

WSAA

WELSH SCHOOLS
ATHLETICS ASSOCIATION



CAYC

CYMDEITHAS ATHLETAU
YSGOLION CYMRU

NASUWT CUP & PLATE FINAL

RESULTS

Wednesday-10-Jul-2024

BRECON

NASUWT CUP FINAL			NASUWT PLATE FINAL		
Match Score after (13) U14 BOYS Events : 0 Events to go					
Pos	School	Pts	Pos	School	Pts
1	Brynmawr	75.0	1	Llanishen	93.0

Match Score after (13) U14 GIRLS Events : 0 Events to go					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	100.1	1	Cardiff High	88.1

Match Score after (13) U16 BOYS Events : 0 Events to go					
Pos	School	Pts	Pos	School	Pts
1	Haverfordwest	92.0	1	Glantaf	99.1

Match Score after (13) U16 GIRLS Events : 0 Events to go					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	89.0	1	Monmouth Girls	68.0

CUP FINAL CBP

6

PLATE FINAL CBP

6

1: Brynmawr = 75.0	5: YG Cwm Rhymini - Gwyndy = 61.5
2: YG Gwyr = 75.0	6: Morgan Llywd = 58.0
3: Dyffryn Aman = 70.0	7: Syr Thomas Jones = 45.5
4: Whitchurch = 70.0	8: Llanidloes = 25.0

T18 U14 Boys - 100m Cup

CUP CBP - Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 11.6 (HT), 2004

Heat 1						ws +1.8
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Jake LEONARD	Brynmawr	11.91	9.0	SEW
2	6	Max JONES	Morgan Llywd	12.55	7.0	NEW
3	2	Riley WILLIAMS	Whitchurch	12.65	6.0	CVG
4	5	Olly MILES	YG Cwm Rhymini - Gwyndy	12.79	5.0	GLV
5	3	Ollie REES	Dyffryn Aman	13.24	4.0	DYF
6	1	Matthew BALL	YG Gwyr	13.34	3.0	ANT
7	4	Lucian MYRES	Syr Thomas Jones	13.38	2.0	ERY
8	7	Cian HUTCHINSON	Llanidloes	13.56	1.0	POW

T10 U14 Boys - 200m Cup

CUP CBP - Max EVANS, Llanidloes, Powys, 23.73, 2022

Heat 1						ws +1.2
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Thomas GRUBB	Brynmawr	25.39	9.0	SEW
2	5	Cadel PARRY	YG Cwm Rhymini - Gwyndy	26.70	7.0	GLV
3	2	Munya MSIPA	Whitchurch	26.91	6.0	CVG
4	1	Zac WILLIAMS	YG Gwyr	27.10	5.0	ANT
5	3	Jensen LEWIS-CHENARD	Dyffryn Aman	27.15	4.0	DYF
6	6	Kyran BYOTT	Morgan Llywd	27.54	3.0	NEW
7	7	Llywelyn TURNER	Llanidloes	27.92	2.0	POW
8	4	Zane WILLIAMS	Syr Thomas Jones	28.83	1.0	ERY

T14 U14 Boys - 300m Cup

CUP CBP - Ryan DAVIES, Dyffryn Taf, Dyfed, 37.03, 2013

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Cameron GEORGE	YG Cwm Rhymini - Gwyndy	41.48	9.0	GLV
2	2	Aled ENNIS	Whitchurch	43.78	7.0	CVG
3	6	Owen FELLOWES	Morgan Llywd	44.07	6.0	NEW
4	1	Cynan KING	YG Gwyr	44.66	5.0	ANT
5	4	Jayden ROBERTS	Syr Thomas Jones	45.13	4.0	ERY
6	3	Kian MORRIS	Dyffryn Aman	46.13	3.0	DYF
7	7	Flynn LEWIS	Llanidloes	47.12	2.0	POW
8	8	Jayden PRICE	Brynmawr	48.55	1.0	SEW

T22 U14 Boys - 800m Cup

CUP CBP - Jake HEYWARD, Llanishen, Cardiff & the Vale, 2:09.06, 2012

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Toby EVANS	Whitchurch	2:13.61	9.0	CVG
2	4	Harvey POWNALL	Syr Thomas Jones	2:23.34	7.0	ERY
3	1	Harri WELLS	YG Gwyr	2:24.16	6.0	ANT
4	6	Osian EVANS	Morgan Llywd	2:25.00	5.0	NEW
5	3	Ollie TENCH	Dyffryn Aman	2:25.97	4.0	DYF
6	5	Bradley BUTTS	YG Cwm Rhymini - Gwyndy	2:44.55	3.0	GLV
7	7	Damien DAVIES	Llanidloes	2:45.31	2.0	POW
8	8	Tristan DALEY	Brynmawr	2:52.81	1.0	SEW

T06 U14 Boys - 1500m Cup

CUP CBP - Charlie HARRIS, YG Cwm Rhymini, Gellihaf, Glamorgan Valleys, 4:34.22,

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Cian KNIGHT	Dyffryn Aman	5:02.93	9.0	DYF
2	2	Gethin RICHARDSON	Whitchurch	5:03.95	7.0	CVG
3	1	Isaac MCADIE	YG Gwyr	5:04.89	6.0	ANT
4	6	Ioan MORRIS	Morgan Llywd	5:13.24	5.0	NEW
5	7	Gethin GRIFFTHS	Llanidloes	5:13.55	4.0	POW
6	4	Hari TURNBULL	Syr Thomas Jones	5:24.99	3.0	ERY
7	8	Brody WATKINS	Brynmawr	5:28.65	2.0	SEW
8	5	Alfie DENT	YG Cwm Rhymini - Gwyndy	5:31.57	1.0	GLV

1: Llanishen = 93.0	5: Newtown = 58.0
2: Brynteg = 80.0	6: Ardudwy = 48.0
3: Penglais = 76.0	7: Bryn Tawe = 39.0
4: Rougemont = 67.0	

T18 U14 Boys - 100m Plate

PLATE CBP - Seb DABROWSKI, QEHS, Dyfed, 11.98, 2019

Heat 2						ws +3.2
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Jacob BARNES	Brynteg	12.09	9.0	GLV
2	22	Adam YACOUMI	Llanishen	12.56	7.0	CVG
3	33	Kaidon MOORE	Penglais	12.62	6.0	DYF
4	88	Kingston ATKINS	Rougemont	13.27	5.0	SEW
5	77	Harry DO	Newtown	13.35	4.0	POW
6	11	Elis HOPKINS-DAVIES	Bryn Tawe	13.42	3.0	ANT
7	44	Daniel ROBERTS	Ardudwy	16.55	2.0	ERY

T10 U14 Boys - 200m Plate

PLATE CBP - Joseph WAYTE, Monmouth, South East Wales, 24.20, 2017

Heat 2						ws +1.6
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Kemsi IGBOEKWU	Penglais	24.58	9.0	DYF
2	22	Gethin HUGHES	Llanishen	24.98	7.0	CVG
3	55	Jacob DANIELS	Brynteg	25.40	6.0	GLV
4	77	Charlie HARDMAN	Newtown	27.86	5.0	POW
5	44	Aron ROBERTS	Ardudwy	28.86	4.0	ERY
6	11	Brandon JERMIN	Bryn Tawe	29.31	3.0	ANT
7	88	Lawrence DOWLING	Rougemont	36.12	2.0	SEW

T14 U14 Boys - 300m Plate

PLATE CBP - Toby JONES, Bishopston, Afan Nedd Tawe, 39.36, 2022

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Owen RAPPS	Llanishen	41.10	9.0	CVG
2	55	Toby WILLIAMS	Brynteg	41.85	7.0	GLV
3	88	Dan BEALE	Rougemont	42.82	6.0	SEW
4	33	Cian MORGAN	Penglais	42.85	5.0	DYF
5	44	Ellis FAULKES	Ardudwy	44.13	4.0	ERY
6	77	Elijah MORGAN	Newtown	47.26	3.0	POW
7	11	Mason MEMBURY	Bryn Tawe	51.44	2.0	ANT

T22 U14 Boys - 800m Plate

PLATE CBP - Charlie HOLLAND, Bishopston, Afan Nedd Tawe, 2:05.78, 2017

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Elis SUMMERS	Rougemont	2:24.43	9.0	SEW
2	22	Thomas MILLS	Llanishen	2:28.11	7.0	CVG
3	55	Will MORDECAI	Brynteg	2:30.07	6.0	GLV
4	11	Koby ROGERS	Bryn Tawe	2:34.07	5.0	ANT
5	33	Sonny BARON	Penglais	2:37.93	4.0	DYF
6	77	James PENGELLY-LEACH	Newtown	2:40.87	3.0	POW
7	44	Oliver GREEN	Ardudwy	2:56.95	2.0	ERY

T06 U14 Boys - 1500m Plate

PLATE CBP - Nikita NEARY, Dyffryn Taf, Dyfed, 4:37.35, 2011

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Lewis DURSTON	Brynteg	4:57.92	9.0	GLV
2	22	Kevin FENG	Llanishen	5:17.49	7.0	CVG
3	88	Monty HALL	Rougemont	5:46.66	6.0	SEW
4	11	Jacob GARLAND	Bryn Tawe	5:49.86	5.0	ANT
5	44	Cayden SMEDELEY	Ardudwy	5:53.28	4.0	ERY
6	77	Logan GRANT	Newtown	6:03.97	3.0	POW
7	33	Cory STANDING	Penglais	6:28.42	2.0	DYF



1: Brynmawr = 75.0	5: YG Cwm Rhymni - Gwyndy = 61.5
2: YG Gwyr = 75.0	6: Morgan Llywd = 58.0
3: Dyffryn Aman = 70.0	7: Syr Thomas Jones = 45.5
4: Whitchurch = 70.0	8: Llanidloes = 25.0

1: Llanishen = 93.0	5: Newtown = 58.0
2: Brynteg = 80.0	6: Arduwly = 48.0
3: Penglais = 76.0	7: Bryn Tawe = 39.0
4: Rougemont = 67.0	

T03 U14 Boys - 75m Hurdles Cup

CUP CBP - Immanuel FEYI-WABOSO, Corpus Christi High School, Cardiff & Vale, 1'

Heat 1 ws +2.3					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	3	Aaron CAMPBELL	Dyffryn Aman	11.50	9.0 DYF
2	4	Timothy DAVIES	Syr Thomas Jones	12.92	7.0 ERY
3	1	Harrison CORTAZZI	YG Gwyr	12.98	6.0 ANT
4	5	Tom YOUNG	YG Cwm Rhymni - Gwyndy	13.07	5.0 GLV
5	8	Alex HUIISH	Brynmawr	13.57	4.0 SEW
6	2	Ollie RICHARDS	Whitchurch	13.78	3.0 CVG
7	7	Conor JONES	Llanidloes	14.11	2.0 POW

T03 U14 Boys - 75m Hurdles Plate

PLATE CBP - Aidan ANGILLETTA, Connah's Quay High North East Wales, 11.34, 202

Heat 2 ws +3.0					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Theo TURNER	Llanishen	12.72	9.0 CVG
2	77	Konrad SZNAJDER	Newtown	13.19	7.0 POW
3	33	David AKPOKODJE	Penglais	13.24	6.0 DYF
4	88	Matthius TSVARA	Rougemont	13.56	5.0 SEW
5	11	Archie LEWIS	Bryn Tawe	14.82	4.0 ANT
6	55	Alife HOWELLS	Brynteg	15.40	3.0 GLV
7	44	Garan BENTHAM	Arduwly	15.77	2.0 ERY

T28 U14 Boys - 4 x 100 Relay Cup

CUP CBP - Barry, Cardiff & the Vale, 48.8 (HT), 2003

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	8		Brynmawr	51.01	9.0 SEW
2	5		YG Cwm Rhymni - Gwyndy	51.73	7.0 GLV
3	3		Dyffryn Aman	52.34	6.0 DYF
4	2		Whitchurch	52.99	5.0 CVG
5	6		Morgan Llywd	53.34	4.0 NEW
6	1		YG Gwyr	53.54	3.0 ANT
7	7		Llanidloes	55.75	2.0 POW
8	4		Syr Thomas Jones	56.63	1.0 ERY

T28 U14 Boys - 4 x 100 Relay Plate

PLATE CBP - Bishop of Llandaff, Cardiff & the Vale, 50.13, 2013 **CBP**

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22		Llanishen	49.68	9.0 CVG
2	55		Brynteg	50.36	7.0 GLV
3	33		Penglais	51.81	6.0 DYF
4	88		Rougemont	54.24	5.0 SEW
5	44		Arduwly	55.17	4.0 ERY
6	77		Newtown	56.95	3.0 POW
7	11		Bryn Tawe	57.68	2.0 ANT

- Pos Bib Team**
- 1 8 Henry SNELL, Alex HUIISH, Jayden PRICE, Thomas GRUBB
 - 2 5 Ollie MILES, Tom YOUNG, Ollie MILES, Cadel PARRY
 - 3 3 Iori HUMPHREYS, Caian REES, Jensen LEWIS-CHENARD, Keelan LEWIS
 - 4 2 Carreg VENABLES, Toby EVANS, Connor HALL, Riley WILLIAMS
 - 5 6 Ethan JONES, Owen FELLOWES, Ioan MORRIS, Kyran BYOTT
 - 6 1 Cynan KING, Harri WELLS, Zac WILLIAMS, Cynan KING
 - 7 7 Noah OLDFIELD, Gethin GRIFFTHS, Llywelyn TURNER, Cian HUTCHINSON
 - 8 4 Mackenzie MARSDEN, Lucian MYRES, Zane WILLIAMS, Jayden ROBERTS

- Pos Bib Team**
- 1 22 Daniel BAILEY, Theo TURNER, Gethin HUGHES, Owen RAPPS
 - 2 55 Will MORDECAI, Toby WILLIAMS, Jacob DANIELS, Declan HOWELL
 - 3 33 Kaidon MOORE, Kaidon MOORE, David AKPOKODJE, Cian MORGAN
 - 4 88 Monty HALL, Kingston ATKINS, Dan BEALE, Rhys ANTHONY
 - 5 44 Shawn JONES, Daniel ROBERTS, Ellis FAULKES, Aron ROBERTS
 - 6 77 Tyler MITCHELL, Shane JONES, Tyler MITCHELL, Konrad SZNAJDER
 - 7 11 Koby ROGERS, Aston LEWIS, Koby ROGERS, Brandon JERMIN

F20 U14 Boys - High Jump Cup

CUP CBP - Tom TROTMAN, Cowbridge, Cardiff & the Vale, 1.70, 2011

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	1	Harrison CORTAZZI	YG Gwyr	1.50	9.0 ANT
2	8	Alex HUIISH	Brynmawr	1.50	7.0 SEW
3	6	Max JONES	Morgan Llywd	1.45	6.0 NEW
4=	4	Timothy DAVIES	Syr Thomas Jones	1.35	4.5 ERY
4=	5	Morgan HANIGAN	YG Cwm Rhymni - Gwyndy	1.35	4.5 GLV
6	3	Lucas CARPENTER	Dyffryn Aman	1.30	3.0 DYF
7	2	Fin MALPAS	Whitchurch	1.25	2.0 CVG
8	7	Jake DONALDSON	Llanidloes	1.20	1.0 POW

F20 U14 Boys - High Jump Plate

PLATE CBP - Iolo GRANT, Ysgol Glantaf, Cardiff & the Vale, 1.60, 2019

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Owen RAPPS	Llanishen	1.35	9.0 CVG
2	55	Toby WILLIAMS	Brynteg	1.30	7.0 GLV
3	44	Ellis FAULKES	Arduwly	1.25	6.0 ERY
4	88	Matthius TSVARA	Rougemont	1.25	5.0 SEW
5	33	David AKPOKODJE	Penglais	1.25	4.0 DYF
6	77	Henry ROWLANDS	Newtown	1.20	3.0 POW

F01 U14 Boys - Long Jump Cup

CUP CBP - Jamie JONES, Barry, Cardiff & the Vale, 5.91, 2003

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	1	Zac WILLIAMS	YG Gwyr	4.79	9.0 ANT
2	8	Thomas GRUBB	Brynmawr	4.74	7.0 SEW
3	2	Toby EVANS	Whitchurch	4.67	6.0 CVG
4	4	Hartley WILKINSON	Syr Thomas Jones	4.62	5.0 ERY
5	5	Jac SMYTHE	YG Cwm Rhymni - Gwyndy	4.58	4.0 GLV
6	3	Jensen LEWIS-CHENARD	Dyffryn Aman	4.57	3.0 DYF
7	7	Caden DAVIES	Llanidloes	4.23	2.0 POW
8	6	Ioan MORRIS	Morgan Llywd	4.12	1.0 NEW

F01 U14 Boys - Long Jump Plate

PLATE CBP - Ben VINCENT, Whitchurch High, Cardiff & Vale, 5.44, 2017

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Cian MORGAN	Penglais	4.79	9.0 DYF
2	55	Jacob BARNES	Brynteg	4.72	7.0 GLV
3	22	Kevin FENG	Llanishen	4.59	6.0 CVG
4	88	Kingston ATKINS	Rougemont	4.41	5.0 SEW
5	11	Eliis HOPKINS-DAVIES	Bryn Tawe	4.34	4.0 ANT
6	77	James PENGELLY-LEACH	Newtown	4.02	3.0 POW
7	44	Daniel ROBERTS	Arduwly	3.91	2.0 ERY

1: Brynmawr = 75.0	5: YG Cwm Rhymini - Gwyndy = 61.5
2: YG Gwyr = 75.0	6: Morgan Llywd = 58.0
3: Dyffryn Aman = 70.0	7: Syr Thomas Jones = 45.5
4: Whitchurch = 70.0	8: Llanidloes = 25.0

F24 U14 Boys - Triple Jump Cup

CUP CBP - Josh RAMSEY, YG Cwm Rhymini, Glamorgan Valleys, 11.32, 2006

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Jake LEONARD	Brynmawr	10.47	9.0	SEW
2	3	Aaron CAMPBELL	Dyffryn Aman	9.97	7.0	DYF
3	1	Matthew BALL	YG Gwyr	9.79	6.0	ANT
4	5	Tom YOUNG	YG Cwm Rhymini - Gwyndy	9.69	5.0	GLV
5	4	Lucian MYRES	Syr Thomas Jones	9.40	4.0	ERY
6	2	Munya MSIPA	Whitchurch	9.35	3.0	CVG
7	6	Osian EVANS	Morgan Llywd	8.73	2.0	NEW
8	7	Flynn LEWIS	Llanidloes	7.87	1.0	POW

F16 U14 Boys - Shot Put (3.00kg) Cup

CUP CBP - Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Ieuan WILLIAMS	Brynmawr	9.84	9.0	SEW
2	6	Tomasi FIDOW	Morgan Llywd	9.03	7.0	NEW
3	5	Cadel PARRY	YG Cwm Rhymini - Gwyndy	8.97	6.0	GLV
4	4	Cai BURNS	Syr Thomas Jones	8.34	5.0	ERY
5	2	James MCCORMACK	Whitchurch	8.21	4.0	CVG
6	1	Alexander RANKIN	YG Gwyr	8.15	3.0	ANT
7	3	Xander HOLT	Dyffryn Aman	7.50	2.0	DYF
8	7	Milo THOMSON	Llanidloes	6.72	1.0	POW

F22 U14 Boys - Discus (1.00kg) Cup

CUP CBP - Issac LECKI, Castell Alun High School, North East Wales, 35.25, 2016

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Milo WILSON	Dyffryn Aman	25.57	9.0	DYF
2	2	Aneurin BRUTE- WOOD	Whitchurch	24.86	7.0	CVG
3	6	Kyran BYOTT	Morgan Llywd	20.85	6.0	NEW
4	1	Max COURTNEY	YG Gwyr	19.26	5.0	ANT
5	8	Max PARRY	Brynmawr	19.12	4.0	SEW
6	5	Cameron GEORGE	YG Cwm Rhymini - Gwyndy	19.06	3.0	GLV
7	7	Dillan PRIOR	Llanidloes	17.75	2.0	POW
8	4	Edwin HUGHES	Syr Thomas Jones	15.29	1.0	ERY

F12 U14 Boys - Javelin (400g) Cup

CUP CBP - James EVANS, Whitchurch, Cardiff & the Vale, 48.41, 2000

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Cynan KING	YG Gwyr	35.32	9.0	ANT
2	3	Iori HUMPHREYS	Dyffryn Aman	33.42	7.0	DYF
3	6	Ethan JONES	Morgan Llywd	32.23	6.0	NEW
4	2	Carreg VENABLES	Whitchurch	30.47	5.0	CVG
5	8	Henry SNELL	Brynmawr	24.54	4.0	SEW
6	7	Noah OLDFIELD	Llanidloes	23.08	3.0	POW
7	5	Olly MILES	YG Cwm Rhymini - Gwyndy	22.16	2.0	GLV
8	4	Mackenzie MARSDEN	Syr Thomas Jones	15.42	1.0	ERY

1: Llanishen = 93.0	5: Newtown = 58.0
2: Brynteg = 80.0	6: Ardudwy = 48.0
3: Penglais = 76.0	7: Bryn Tawe = 39.0
4: Rougemont = 67.0	

F24 U14 Boys - Triple Jump Plate

PLATE CBP - Ebenezer MARANGO, Cardiff High, Cardiff & the Vale, 10.88, 2010

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Gethin HUGHES	Llanishen	10.04	9.0	CVG
2	88	Elis SUMMERS	Rougemont	8.54	7.0	SEW
3	44	Guto ANWYL	Ardudwy	7.96	6.0	ERY
4	77	Shane JONES	Newtown	7.88	5.0	POW
5	55	Ellis MOTLEY	Brynteg	7.72	4.0	GLV

F16 U14 Boys - Shot Put (3.00kg) Plate

PLATE CBP - Ethan WITCHELL, Ysgol Glantaf, Cardiff & the Vale, 13.65, 2019

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Ethan RICHARDSON	Brynteg	9.81	9.0	GLV
2	33	Anthony JARVIS	Penglais	9.52	7.0	DYF
3	22	Adam YACOUMI	Llanishen	9.20	6.0	CVG
4	77	Alex RIORDAN	Newtown	8.60	5.0	POW
5	88	Lawrence DOWLING	Rougemont	8.53	4.0	SEW
6	44	Aron ROBERTS	Ardudwy	8.46	3.0	ERY
7	11	Jay PARKIN	Bryn Tawe	7.40	2.0	ANT

F22 U14 Boys - Discus (1.00kg) Plate

PLATE CBP - Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Noah KEITH	Penglais	24.46	9.0	DYF
2	77	Morgan EVANS-JONES	Newtown	24.26	7.0	POW
3	88	Dan BEALE	Rougemont	23.42	6.0	SEW
4	22	Theo TURNER	Llanishen	21.31	5.0	CVG
5	44	Garan BENTHAM	Ardudwy	19.40	4.0	ERY
6	11	Jude HARLIN	Bryn Tawe	16.65	3.0	ANT
7	55	Kai KIDDY	Brynteg	13.17	2.0	GLV

F12 U14 Boys - Javelin (400g) Plate

PLATE CBP - Ben METCALF, YG Cwm Rhymini, Glamorgan Valleys, 40.17, 2012

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Kaidon MOORE	Penglais	31.11	9.0	DYF
2	77	Tyler MITCHELL	Newtown	29.42	7.0	POW
3	11	Koby ROGERS	Bryn Tawe	29.02	6.0	ANT
4	44	Shawn JONES	Ardudwy	27.54	5.0	ERY
5	55	Will MORDECAI	Brynteg	26.43	4.0	GLV
6	22	Daniel BAILEY	Llanishen	20.17	3.0	CVG
7	88	Monty HALL	Rougemont	18.49	2.0	SEW
				13.04		



1: Glantaf = 100.1	5: Welshpool = 50.0
2: Olchfa = 88.0	6: Tryfan = 47.0
3: YG Cwm Rhymini - Gwyndy = 65.0	7: Caerleon = 41.0
4: Bro Myrddin = 54.0	8: Castell Alun = 32.0

T17 U14 Girls - 100m Cup

CUP CBP - Sian JONES, Ystalyfera, Afan Nedd Tawe, 12.7 (HT), 2004

		Heat 1		ws +1.6		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	2	Amber WILLIAMS	Glantaf	13.55	CVG	9.0
2	1	Tochi EMENOGU	Olchfa	13.64	ANT	7.0
3	3	Cristyn BENDLE	Bro Myrddin	13.84	DYF	6.0
4	8	Grace HEK-HUGHES	Caerleon	14.13	SEW	5.0
5	6	Isabelle HUGHES-FAWKES-JO	Castell Alun	14.54	NEW	4.0
6	7	Lwsi JAMES-STAFFORD	Welshpool	14.74	POW	3.0
7	5	Maia PHILLIPS	YG Cwm Rhymini	14.80	GLV	2.0
8	4	Kayla OWEN-LEWIS	Tryfan	14.81	ERY	1.0

T09 U14 Girls - 200m Cup

CUP CBP - Hannah BRIER, Ystalyfera, Afan Nedd Tawe, 25.54, 2011

		Heat 1		ws +1.8		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	1	Katriel UDOH	Olchfa	27.22	ANT	9.0
2	2	Amara-Chukwu HERBERT	Glantaf	28.47	CVG	7.0
3	8	Amelia COLLINS	Caerleon	29.01	SEW	6.0
4	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy	29.90	GLV	5.0
5	7	Evie LANGFORD	Welshpool	30.13	POW	4.0
6	6	Esmee POVEY	Castell Alun	30.95	NEW	3.0
7	3	Alys LEWIS	Bro Myrddin	31.65	DYF	2.0
8	4	Medi MELLOR	Tryfan	32.13	ERY	1.0

T13 U14 Girls - 300m Cup

CUP CBP - Ella WINTLE, Ysgol y Preseli, Dyfed, 42.05, 2017

		Heat 1		ws +1.8		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	3	Beca ELFYN	Bro Myrddin	45.25	DYF	9.0
2	5	Hefina LEWIS	YG Cwm Rhymini - Gwyndy	46.65	GLV	7.0
3	7	Imogen MORRIS	Welshpool	46.87	POW	6.0
4	2	Elin MATTHEWS	Glantaf	47.48	CVG	5.0
5	1	Grace CHESWEKA	Olchfa	48.23	ANT	4.0
6	4	Efa PRICE	Tryfan	48.51	ERY	3.0
7	8	Libby JONES	Caerleon	50.74	SEW	2.0
8	6	Molly KAUFMAN	Castell Alun	52.23	NEW	1.0

T21 U14 Girls - 800m Cup

CUP CBP - Caroline MUNDAY, Chepstow, Gwent, 2:24.6 (HT), 1994

		Heat 1		ws +1.8		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	2	Catrin THOMAS	Glantaf	2:36.13	CVG	9.0
2	1	Rosie JONES	Olchfa	2:43.07	ANT	7.0
3	4	Amber CHAUHAN	Tryfan	2:44.67	ERY	6.0
4	5	Ellie-May HOLMES	YG Cwm Rhymini - Gwyndy	2:45.15	GLV	5.0
5	6	Evie MORTELL	Castell Alun	2:51.86	NEW	4.0
6	8	Eva HILLIER	Caerleon	2:54.48	SEW	3.0
7	3	Miriam WILLIAMS	Bro Myrddin	2:55.61	DYF	2.0
8	7	Leyla WILLIAMS	Welshpool	3:09.54	POW	1.0

T05 U14 Girls - 1500m Cup

CUP CBP - Samia JONES, Ysgol Syr Hugh Owen, Eryri, 4:50.65, 2017

		Heat 1		ws +1.8		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	2	Elinor ROBERTS	Glantaf	5:06.61	CVG	9.0
2	3	Manon PHILLIPS	Bro Myrddin	5:11.28	DYF	7.0
3	7	Bella ROBERTS	Welshpool	5:35.16	POW	6.0
4	6	Bethan ROBERTS	Castell Alun	5:36.25	NEW	5.0
5	5	Ariana SULLIVAN	YG Cwm Rhymini - Gwyndy	5:41.40	GLV	4.0
6	4	Alys PRITCHARD	Tryfan	5:57.62	ERY	3.0
7	1	Mia RABAIOTTI	Olchfa	5:58.08	ANT	2.0
8	8	Poppy SMITH	Caerleon	6:02.27	SEW	1.0

1: Cardiff High = 88.1	5: Islwyn = 55.0
2: Botwnnog = 69.0	6: Bro Preseli = 52.0
3: Llanidloes = 68.0	7: YG Cwm Rhymini - Gellihaaf = 46.0
4: Bishopston = 57.0	8: Alun School = 45.0

T17 U14 Girls - 100m Plate

PLATE CBP - Tiwaha BOATENG, Caerleon Comprehensive, South East Wales, 12.79, 2019

		Heat 2		ws +3.8		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Anna POPE	Cardiff High	13.13	CVG	9.0
2	11	Bella DAVIES	Bishopston	13.28	ANT	7.0
3	77	Carys DAVIES-WILLIAMS	Llanidloes	13.41	POW	6.0
4	88	Myah NEWALL	Islwyn	13.75	SEW	5.0
5	66	Maisie JOHNSON-HUGHES	Alun School	13.99	NEW	4.0
6	55	Freya PIZEY	YG Cwm Rhymini - Gellihaaf	14.38	GLV	3.0
7	33	Emme BRACE	Bro Preseli	14.70	DYF	2.0
8	44	Eva WRIGHT	Botwnnog	15.25	ERY	1.0

T09 U14 Girls - 200m Plate

PLATE CBP - Macey MORRIS, Caldicot School, South East Wales, 26.17, 2016

		Heat 2		ws +2.1		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	44	Mia Nel JONES	Botwnnog	27.48	ERY	9.0
2	77	Freya LAMP	Llanidloes	28.79	POW	7.0
3	22	Lola WADMORE	Cardiff High	29.70	CVG	6.0
4	66	Erin MCGUIRE	Alun School	29.99	NEW	5.0
5	88	Lara PATTERSON	Islwyn	30.13	SEW	4.0
6	55	Lexi LYNCH	YG Cwm Rhymini - Gellihaaf	30.90	GLV	3.0
7	11	Grace BEARD	Bishopston	31.79	ANT	2.0
8	33	Blythe WELSFORD	Bro Preseli	32.50	DYF	1.0

T13 U14 Girls - 300m Plate

PLATE CBP - Beatrice MORGAN, Bro Dinefwr, Dyfed, 42.40, 2022

		Heat 2		ws +2.1		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Mari WILKINSON	Cardiff High	47.01	CVG	9.0
2	44	Carmela ZARAET	Botwnnog	47.13	ERY	7.0
3	77	Bethan EVANS	Llanidloes	48.74	POW	6.0
4	33	Katy JENNINGS	Bro Preseli	48.77	DYF	5.0
5	88	Lowri BRASS	Islwyn	51.78	SEW	4.0
6	55	Hollie CHURCH	YG Cwm Rhymini - Gellihaaf	52.84	GLV	3.0
7	66	Lili MCKENZIE	Alun School	54.95	NEW	2.0
8	11	Taylor SHELMEKDINE	Bishopston	57.02	ANT	1.0

T21 U14 Girls - 800m Plate

PLATE CBP - Lora ROBERTS, Porthcawl, Glamorgan Valleys, 2:22.7 (HT), 2008

		Heat 2		ws +2.1		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Lily PARSONS	Cardiff High	2:29.92	CVG	9.0
2	11	Darcy GIBBON	Bishopston	2:34.55	ANT	7.0
3	88	Poppy HOWELLS	Islwyn	2:37.47	SEW	6.0
4	33	Mabli KING	Bro Preseli	2:40.10	DYF	5.0
5	44	Nan PRYS JONES	Botwnnog	2:42.35	ERY	4.0
6	66	Fleur RANGLES	Alun School	2:48.24	NEW	3.0
7	77	Rene THURSTON	Llanidloes	2:49.43	POW	2.0
8	55	Emilia HARRISON	YG Cwm Rhymini - Gellihaaf	2:51.18	GLV	1.0

T05 U14 Girls - 1500m Plate

PLATE CBP - Nia CLATWORTHY, Porthcawl, Glamorgan Valleys, 4:58.65, 2016

		Heat 2		ws +2.1		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	11	Lyla JOHNSON	Bishopston	5:06.45	ANT	9.0
2	66	Daisy JONES	Alun School	5:35.83	NEW	7.0
3	55	Nansi SHIDE	YG Cwm Rhymini - Gellihaaf	5:46.64	GLV	6.0
4	77	Lily CALVIN-THOMAS	Llanidloes	5:49.12	POW	5.0
5	44	Lucy GRANT	Botwnnog	5:51.95	ERY	4.0
6	33	Efa KERR	Bro Preseli	6:03.46	DYF	3.0
7	22	Nia SUNIL	Cardiff High	6:07.48	CVG	2.0



1: Glantaf = 100.1	5: Welshpool = 50.0
2: Olchfa = 88.0	6: Tryfan = 47.0
3: YG Cwm Rhymini - Gwyndy = 65.0	7: Caerleon = 41.0
4: Bro Myrddin = 54.0	8: Castell Alun = 32.0

1: Cardiff High = 88.1	5: Islwyn = 55.0
2: Botwnnog = 69.0	6: Bro Preseli = 52.0
3: Llanidloes = 68.0	7: YG Cwm Rhymini - Gellihaf = 46.0
4: Bishopston = 57.0	8: Alun School = 45.0

T04 U14 Girls - 70m Hurdles Cup

CUP CBP - Elina DINEEN, Ysgol Glantaf, Cardiff & Vale, 11.02, 2017

		Heat 1		ws +2.7		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	1	Freya BIRT	Olchfa	11.73	ANT	9.0
2	2	Cerys ROWLANDS	Glantaf	12.47	CVG	7.0
3	8	Clara DAVIES	Caerleon	12.51	SEW	6.0
4	5	Saffir SHAWLEY	YG Cwm Rhymini - Gwyndy	12.84	GLV	5.0
5	3	Seren BOWEN	Bro Myrddin	13.86	DYF	4.0
6	4	Abbey DRAKE	Tryfan	14.39	ERY	3.0
7	7	Lacey EVANS	Welshpool	14.49	POW	2.0
8	6	Erin DUNN	Castell Alun	14.92	NEW	1.0

T04 U14 Girls - 70m Hurdles Plate

PLATE CBP - Sophie LISK, Cardiff High, Cardiff & the Vale, 10.93, 2019

		Heat 2		2.4 (Manual).0		
Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Lucie RUTTLEY	Cardiff High	11.78	CVG	9.0
2	33	Tabitha CURTIS	Bro Preseli	12.54	DYF	7.0
3	11	Millie JAYHAM	Bishopston	12.74	ANT	6.0
4	77	Caitlin TURNER	Llanidloes	13.02	POW	5.0
5	44	Mared JONES	Botwnnog	15.20	ERY	4.0
6	88	Millie COX	Islwyn	15.23	SEW	3.0
7	55	Skye MORGANS	YG Cwm Rhymini - Gellihaf	15.30	GLV	2.0
8	66	Izzy FRY	Alun School	17.83	NEW	1.0

T25 U14 Girls - 4 x 100 Relay Cup

CUP CBP - Ysgol Glantaf, Cardiff & the Vale, 52.83, 2017

		Heat 1		CBP	
Pos	Bib	School	Perf.	district	Pts
1	1	Olchfa	52.52	ANT	9.0
2	2	Glantaf	53.88	CVG	7.0
3	5	YG Cwm Rhymini - Gwyndy	56.57	GLV	6.0
4	3	Bro Myrddin	56.59	DYF	5.0
5	8	Caerleon	57.85	SEW	4.0
6	7	Welshpool	58.23	POW	3.0
7	4	Tryfan	58.29	ERY	2.0
8	6	Castell Alun	59.77	NEW	1.0

- Team**
- 1 1 Lucie COLE, Tochi EMENOGU, Grace CHESWEKA, Katriel UDOH
 - 2 2 Alexa RAJOO, Amber WILLIAMS, Elinor ROBERTS, Florence BEVAN
 - 3 5 Hefina LEWIS, Lila GEORGE, Maia PHILLIPS, Betsan BRADBURY
 - 4 3 Alys LEWIS, Alys LEWIS, Cristyn BENDLE, Beca ELFYN
 - 5 8 Neave DAVIES, Isla CARUNA, Grace HEK-HUGHS, Ava BLAKE
 - 6 7 Lacey EVANS, Imogen MORRIS, Evie LANGFORD, Lwsi JAMES-STAFFORD
 - 7 4 Medi MELLOR, Alys PRITCHARD, Kayla OWEN-LEWIS, Efa PRICE
 - 8 6 Kate CHURCH, Isabelle HUGHES-FAWKES-JONES, Esmee POVEY, Lexi EVANS

T25 U14 Girls - 4 x 100 Relay Plate

PLATE CBP - Cardiff High, Cardiff & the Vale, 53.28, 2019

		Heat 2			
Pos	Bib	School	Perf.	district	Pts
1	22	Cardiff High	54.49	CVG	9.0
2	88	Islwyn	56.94	SEW	7.0
3	77	Llanidloes	57.26	POW	6.0
4	44	Botwnnog	57.27	ERY	5.0
5	66	Alun School	58.07	NEW	4.0
6	11	Bishopston	58.28	ANT	3.0
7	33	Bro Preseli	59.09	DYF	2.0
8	55	YG Cwm Rhymini - Gellihaf	59.93	GLV	1.0

- Team**
- 1 22 Lucie RUTTLEY, Anna POPE, Lily PARSONS, Mari WILKINSON
 - 2 88 Martha CAREY, Poppy HOWELLS, Lara PATTERSON, Lowri BRASS
 - 3 77 Erin HILLARY, Carys DAVIES-WILLIAMS, Bethan EVANS, Caitlin TURNER
 - 4 44 Non WILLIAMS, Eva WRIGHT, Nan PRYS JONES, Carmela ZARAET
 - 5 66 Maisie BEALE, Maisie JOHNSON-HUGHES, Adriana MENDIETA, Erin MCGUIRE
 - 6 11 Grace BEARD, Taylor SHELMEARDINE, Millie JAYHAM, Bella DAVIES
 - 7 33 Megan DAVIES, Blythe WELSFORD, Tabitha CURTIS, Mabli KING
 - 8 55 Alexa BOSLEY, Ruby RICHARDS, Lexi LYNCH, Willow JAMES

F09 U14 Girls - High Jump Cup

CUP CBP - Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 2017

Pos	Bib	Athlete	School	Perf.	district	Pts
1	1	Katriel UDOH	Olchfa	1.45	ANT	9.0
2	2	Elin GRIFFITHS	Glantaf	1.35	CVG	7.0
3	5	Anabel PRICE	YG Cwm Rhymini - Gwyndy	1.30	GLV	6.0
4	8	Amelia COLLINS	Caerleon	1.20	SEW	5.0
5	3	Gwenno REES	Bro Myrddin	1.20	DYF	4.0
6	7	Evie LANGFORD	Welshpool	1.15	POW	3.0
7	4	Seren JONES	Tryfan	1.10	ERY	2.0
8	6	Isabelle HUGHES-FAWKES-JO	Castell Alun	NM	NEW	

F09 U14 Girls - High Jump Plate

PLATE CBP - Macey MORRIS, Caldicot School, South East Wales/Marnie MUSGRAVE, Olch

Pos	Bib	Athlete	School	Perf.	district	Pts
1	33	Isobel DUNKELD	Bro Preseli	1.53	DYF	9.0
2	66	Alice SYKES-HAND	Alun School	1.45	NEW	7.0
3	77	Freya LAMP	Llanidloes	1.35	POW	6.0
4	88	Poppy HOWELLS	Islwyn	1.30	SEW	5.0
5	11	Millie JAYHAM	Bishopston	1.30	ANT	4.0
6	22	Isabelle COX	Cardiff High	1.30	CVG	3.0
7	55	Skye MORGANS	YG Cwm Rhymini - Gellihaf	1.20	GLV	2.0
8	44	Nan PRYS JONES	Botwnnog	1.10	ERY	1.0

F13 U14 Girls - Long Jump Cup

CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1995

Pos	Bib	Athlete	School	Perf.	district	Pts
1	1	Grace CHESWEKA	Olchfa	4.67	ANT	9.0
2	2	Elinor ROBERTS	Glantaf	4.40	CVG	7.0
3	5	Maia PHILLIPS	YG Cwm Rhymini - Gwyndy	3.73	GLV	6.0
4	8	Megan DONOVAN	Caerleon	3.68	SEW	5.0
5	4	Martha WYN	Tryfan	3.56	ERY	4.0
6	7	Ivy KUIPERS	Welshpool	3.53	POW	3.0
7	3	Beca ELFYN	Bro Myrddin	3.40	DYF	2.0
8	6	Emily CLARKE	Castell Alun	3.09	NEW	1.0

F13 U14 Girls - Long Jump Plate

PLATE CBP - Ssli OWEN, Penweddig, Dyfed, 4.80, 2023

Pos	Bib	Athlete	School	Perf.	district	Pts
1	11	Bella DAVIES	Bishopston	4.88	ANT	9.0
2	22	Lily PARSONS	Cardiff High	4.25	CVG	7.0
3	77	Bethan EVANS	Llanidloes	4.04	POW	6.0
4	33	Katy JENNINGS	Bro Preseli	3.86	DYF	5.0
5	44	Eva WRIGHT	Botwnnog	3.77	ERY	4.0
6	88	Lara PATTERSON	Islwyn	3.42	SEW	3.0
7	66	Erin MCGUIRE	Alun School	3.16	NEW	2.0
8	55	Phoebe HOLLAND	YG Cwm Rhymini - Gellihaf	3.08	GLV	1.0

1: Glantaf = 100.1	5: Welshpool = 50.0
2: Olchfa = 88.0	6: Tryfan = 47.0
3: YG Cwm Rhymini - Gwyndy = 65.0	7: Caerleon = 41.0
4: Bro Myrddin = 54.0	8: Castell Alun = 32.0

F06 U14 Girls - Triple Jump Cup

CUP CBP - Esther NICHOLLS, Y Gwyndy, Glamorgan Valleys, 8.98, 2C

CBP

Pos	Bib	Athlete	School	Perf.	district	Pts
1	2	Amara-Chukwu HERBERT	Glantaf	9.65	CVG	9.0
2	1	Freya BIRT	Olchfa	9.04	ANT	7.0
3	7	Imogen MORRIS	Welshpool	8.32	POW	6.0
4	4	Alys PRITCHARD	Tryfan	8.29	ERY	5.0
5	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy	8.04	GLV	4.0
6	6	Esmee POVEY	Castell Alun	7.84	NEW	3.0
7	3	Miriam WILLIAMS	Bro Myrddin	7.52	DYF	2.0

1: Cardiff High = 88.1	5: Islwyn = 55.0
2: Botwnnog = 69.0	6: Bro Preseli = 52.0
3: Llanidloes = 68.0	7: YG Cwm Rhymini - Gellihaf = 46.0
4: Bishopston = 57.0	8: Alun School = 45.0

F06 U14 Girls - Triple Jump Plate

PLATE CBP - Sophie FORTY, Cardiff HS, Cardiff & the Vale, 8.62, 2023

CBP

Pos	Bib	Athlete	School	Perf.	district	Pts
1	44	Mia JONES	Botwnnog	9.35	ERY	9.0
2	22	Fi OSBALDESTON	Cardiff High	8.50	CVG	7.0
3	77	Lily WILLIAMS	Llanidloes	8.03	POW	6.0
4	55	Lilly EALES	YG Cwm Rhymini - Gellihaf	7.80	GLV	5.0
5	66	Maisie JOHNSON-HUGHES	Alun School	7.52	NEW	4.0
6	33	Blythe WELSFORD	Bro Preseli	7.44	DYF	3.0
7	88	Annabella FORTAGH	Islwyn	7.42	SEW	2.0
8	11	Taylor SHELMEKDINE	Bishopston	7.33	ANT	1.0

F10 U14 Girls - Shot Put (2.72kg) Cup

CUP CBP - Adele NICOLL, Welshpool, Powys, 11.12, 2009

Pos	Bib	Athlete	School	Perf.	district	Pts
1	2	Karrae-Starr SAVAGE	Glantaf	8.18	CVG	9.0
2	1	Tochi EMENOGU	Olchfa	8.06	ANT	7.0
3	7	Ella-Rose JONES	Welshpool	8.04	POW	6.0
4	4	Aly THOMAS-THOMPSON	Tryfan	7.19	ERY	5.0
5	3	Cristyn BENDLE	Bro Myrddin	6.76	DYF	4.0
6	6	Molly KAUFMAN	Castell Alun	6.73	NEW	3.0
7	5	Magi WALKER-UNDERY	YG Cwm Rhymini - Gwyndy	5.81	GLV	2.0
8	8	Poppy SMALL	Caerleon	5.66	SEW	1.0

F10 U14 Girls - Shot Put (2.72kg) Plate

PLATE CBP - Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017

Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Anna POPE	Cardiff High	9.41	CVG	9.0
2	55	Mali DUMMETT	YG Cwm Rhymini - Gellihaf	7.32	GLV	7.0
3	44	Carmela ZARAET	Botwnnog	6.82	ERY	6.0
4	88	Ella LANE	Islwyn	6.75	SEW	5.0
5	33	Elen FRANCIS	Bro Preseli	6.37	DYF	4.0
6	11	Polly JONES	Bishopston	6.34	ANT	3.0
7	77	Lexi FRANCIS-JONES	Llanidloes	6.28	POW	2.0
8	66	Lili MCKENZIE	Alun School	4.65	NEW	1.0

F17 U14 Girls - Discus (0.75kg) Cup

CUP CBP - Adele NICOLL, Welshpool, Powys, 35.92, 2010

Pos	Bib	Athlete	School	Perf.	district	Pts
1	5	Saffir SHAWLEY	YG Cwm Rhymini - Gwyndy	21.11	GLV	9.0
2	4	Mya BLACKHAM	Tryfan	20.24	ERY	7.0
3	2	Aimee BENNETT	Glantaf	18.50	CVG	6.0
4	3	Celyn THOMAS	Bro Myrddin	16.53	DYF	5.0
5	8	Shania DAVIES	Caerleon	16.09	SEW	4.0
6	6	Erin PRITCHARD	Castell Alun	15.67	NEW	3.0
7	1	Alice CALDWELL	Olchfa	13.81	ANT	2.0
8	7	Bella ROBERTS	Welshpool	11.65	POW	1.0

F17 U14 Girls - Discus (0.75kg) Plate

PLATE CBP - Ella JACKSON, Radyr Comprehensive School, Cardiff & Vale, 26.41, 2017

Pos	Bib	Athlete	School	Perf.	district	Pts
1	88	Millie HISCOTT	Islwyn	19.33	SEW	9.0
2	55	Ezara LYNCH	YG Cwm Rhymini - Gellihaf	18.56	GLV	7.0
3	44	Mali JONES	Botwnnog	17.64	ERY	6.0
4	77	Kelsey HARVEY	Llanidloes	16.79	POW	5.0
5	11	Darcey CARMAN	Bishopston	15.19	ANT	4.0
6	33	Lili REES LANGLEY	Bro Preseli	14.62	DYF	3.0
7	22	Lola WADMORE	Cardiff High	14.48	CVG	2.0
8	66	Fleur RANDLES	Alun School	9.82	NEW	1.0

F05 U14 Girls - Javelin (400g) Cup

CUP CBP - Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2005

Pos	Bib	Athlete	School	Perf.	district	Pts
1	5	Hefina LEWIS	YG Cwm Rhymini - Gwyndy	27.72	GLV	9.0
2	6	Kate CHURCH	Castell Alun	22.44	NEW	7.0
3	2	Alexa RAJOO	Glantaf	21.35	CVG	6.0
4	3	Alys LEWIS	Bro Myrddin	21.34	DYF	5.0
5	8	Neave DAVIES	Caerleon	18.54	SEW	4.0
6	7	Lacey EVANS	Welshpool	15.95	POW	3.0
7	4	Medi MELLOR	Tryfan	14.06	ERY	2.0
8	1	Lucie COLE	Olchfa	NM	ANT	

F05 U14 Girls - Javelin (400g) Plate

PLATE CBP - Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2015

Pos	Bib	Athlete	School	Perf.	district	Pts
1	22	Lucie RUTTLEY	Cardiff High	30.75	CVG	9.0
2	44	Non WILLIAMS	Botwnnog	18.94	ERY	7.0
3	55	Alexa BOSLEY	YG Cwm Rhymini - Gellihaf	18.37	GLV	6.0
4	33	Megan DAVIES	Bro Preseli	18.15	DYF	5.0
5	88	Martha CAREY	Islwyn	16.39	SEW	4.0
6	11	Grace BEARD	Bishopston	15.99	ANT	3.0
7	66	Maisie BEALE	Alun School	14.67	NEW	2.0
8	77	Erin HILLARY	Llanidloes	12.95	POW	1.0

1: Haverfordwest = 92.0	5: Friars = 54.0
2: Cardiff High = 84.0	6: Newtown = 49.0
3: YG Cwm Rhymini - Gellihaf = 63.0	7: Caerleon = 47.0
4: Bishopston = 61.0	8: St. Joseph's = 27.0

T20 U16 Boys - 100m Cup

CUP cbp - Jeremiah AZU, Llanishen High, Cardiff & Vale, 11.08, 2016

		Heat 1		ws +2.2	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	1 Ruari HARRIS	Bishopston	11.55	9.0	ANT
2	3 Mohammed SAMIR AL TAANI	Haverfordwest	11.70	7.0	DYF
3	7 Kieron WATSON	Newtown	11.82	6.0	POW
4	4 Will TAYLOR	Friars	12.04	5.0	ERY
5	6 Josh RIMMER	St. Joseph's	12.13	4.0	NEW
6	8 Otis MIGHTEN	Caerleon	12.14	3.0	SEW
7	2 Jack VAUGHAN	Cardiff High	12.15	2.0	CVG
8	5 Charlie CURTIS-TOVEY	YG Cwm Rhymini - Gellihaf	12.53	1.0	GLV

1: Glantaf = 99.1	5: YG Gwyr = 53.0
2: Dyffryn Aman = 73.0	6: Llanidloes = 52.0
3: St. Julian's = 69.0	7: Brynrefail = 39.0
4: Ysgol Rhydywaun = 55.0	8: Castell Alun = 38.0

T20 U16 Boys - 100m Plate

PLATE cbp - Callum DAVIES, YG Gwyr, Afan Nedd Tawe, 11.10, 2014

		Heat 2		ws +2.3	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	88 Ashton WILLIAMS	St. Julian's	11.35	9.0	SEW
2	22 Joseff MAITLAND	Glantaf	11.83	7.0	CVG
3	55 Ellis CAMBOURNE	Ysgol Rhydywaun	12.11	6.0	GLV
4	44 Max ROBERTS	Brynrefail	12.17	5.0	ERY
5	33 Oliver JAMES	Dyffryn Aman	12.23	4.0	DYF
6	77 Lucas EBMEIER	Llanidloes	12.42	3.0	POW
7	11 Liam HUGHES	YG Gwyr	12.53	2.0	ANT
8	66 Dan DRUMMOND	Castell Alun	12.60	1.0	NEW

T12 U16 Boys - 200m Cup

CUP cbp - Tom BRADBURY, Croesyceiliog, South East Wales, 22.5 (HT), 2004

		Heat 1		ws +2.1	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	4 Tomos RIGBY	Friars	23.68	9.0	ERY
2	3 Ollie THOMPSON	Haverfordwest	23.74	7.0	DYF
3	1 Henry PAYNE	Bishopston	23.92	6.0	ANT
4	2 Jack S JONES	Cardiff High	24.35	5.0	CVG
5	8 Rhys DYER	Caerleon	24.75	4.0	SEW
6	5 Ieuan ROSS	YG Cwm Rhymini - Gellihaf	24.80	3.0	GLV
7	7 Haydn JONES	Newtown	24.88	2.0	POW
8	6 Sion ODIS	St. Joseph's	25.10	1.0	NEW

T12 U16 Boys - 200m Plate

PLATE cbp - Josh NOTT, Corpus Christ, Cardiff & Vale, 23.26, 2017

		Heat 2		ws +1.2	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	77 Max EVANS	Llanidloes	21.87	9.0	POW
2	22 Hari MORRIS	Glantaf	24.34	7.0	CVG
3	88 Jalaludeen SUFYAN EL-BAKRY	St. Julian's	24.76	6.0	SEW
4	66 Lasitha EKINYAKE	Castell Alun	25.60	5.0	NEW
5	44 Caio JONES	Brynrefail	25.61	4.0	ERY
6	33 Harri JONES	Dyffryn Aman	25.61	3.0	DYF
7	11 Zac RICHARDS	YG Gwyr	26.26	2.0	ANT
8	55 Tristan HAMER	Ysgol Rhydywaun	26.60	1.0	GLV

T16 U16 Boys - 300m Cup

CUP cbp - Iwan GLYNN, Ysgol Bro Myrddin, Dyfed, 36.37, 2017/Gethin GRIFFITH, \

		Heat 1			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	2 Harry FRY	Cardiff High	38.96	9.0	CVG
2	7 Oscar DAVIES	Newtown	39.86	7.0	POW
3	8 Daniel PENN	Caerleon	39.96	6.0	SEW
4	1 Toby JONES	Bishopston	40.42	5.0	ANT
5	3 Dafydd WILLIAMS	Haverfordwest	40.59	4.0	DYF
6	4 Ollie THOMAS	Friars	40.87	3.0	ERY
7	6 Harri PRINCE	St. Joseph's	42.77	2.0	NEW
8	5 Jack MARTIN	YG Cwm Rhymini - Gellihaf	42.91	1.0	GLV

T16 U16 Boys - 300m Plate

PLATE cbp - Luke BROWN, Afon Taf, Glamorgan Valleys, 36.58, 2013

		Heat 2			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	88 Lucas SALVAGE	St. Julian's	37.36	9.0	SEW
2	22 Macsen MARTINS-HUGHES	Glantaf	37.73	7.0	CVG
3	33 James BENTLEY	Dyffryn Aman	37.97	6.0	DYF
4	77 Wil EVANS	Llanidloes	39.17	5.0	POW
5	55 Mason MORGAN	Ysgol Rhydywaun	39.68	4.0	GLV
6	11 Oliver SAMPSON	YG Gwyr	41.30	3.0	ANT
7	44 Guto WILLIAMS	Brynrefail	41.53	2.0	ERY
8	66 Oliver KEENAN	Castell Alun	46.90	1.0	NEW

T24 U16 Boys - 800m Cup

CUP cbp - Neil WYNNE, Alun, Mold, North East Wales, 2:01.4 (HT), 1997

		Heat 1			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	2 Finlay BURNS	Cardiff High	2:11.64	9.0	CVG
2	4 Elliot SHEARS	Friars	2:15.40	7.0	ERY
3	8 Max WATKINS	Caerleon	2:17.69	6.0	SEW
4	5 Caden PARHAM	YG Cwm Rhymini - Gellihaf	2:17.71	5.0	GLV
5	3 Niall SMITH	Haverfordwest	2:18.83	4.0	DYF
6	1 Owen WOOLEY	Bishopston	2:25.73	3.0	ANT
7	6 Kacper BURY	St. Joseph's	2:28.93	2.0	NEW
8	7 Vincent EVANS	Newtown	2:29.36	1.0	POW

T24 U16 Boys - 800m Plate

PLATE cbp - Oliver PATTERSON, Olchfa School, Afan Nedd Tawe, 2:02.37, 2023

		Heat 2			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	22 Thomas PRICKETT	Glantaf	2:08.08	9.0	CVG
2	33 Zac NOTTINGHAM	Dyffryn Aman	2:17.75	7.0	DYF
3	88 Cai LEWIS	St. Julian's	2:19.25	6.0	SEW
4	77 Aron PECK	Llanidloes	2:20.10	5.0	POW
5	11 Sam REES	YG Gwyr	2:25.05	4.0	ANT
6	44 Ioan OWEN	Brynrefail	2:26.50	3.0	ERY
7	55 Isaac RICHARDSON	Ysgol Rhydywaun	2:30.51	2.0	GLV
8	66 Ethan CHALLINOR	Castell Alun	2:31.89	1.0	NEW

T08 U16 Boys - 1500m Cup

CUP cbp - Louis SPENCER, Stanwell, Cardiff & Vale, 4:19.99, 2017

		Heat 1			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	5 Gethin LEHAJ	YG Cwm Rhymini - Gellihaf	4:32.51	9.0	GLV
2	3 George HUGMAN	Haverfordwest	4:40.97	7.0	DYF
3	2 Daniel REES	Cardiff High	4:42.24	6.0	CVG
4	4 Carwyn PYE	Friars	4:52.63	5.0	ERY
5	7 Corbin VOWELS	Newtown	5:10.99	4.0	POW
6	1 Rocco LEWIS	Bishopston	5:16.71	3.0	ANT
7	8 Tom ISAAC	Caerleon	5:18.12	2.0	SEW
8	6 Natan LEWANDOWSKI	St. Joseph's	5:21.11	1.0	NEW

T08 U16 Boys - 1500m Plate

PLATE cbp - Ben REYNOLDS, Y Gwyndy, Glamorgan Valleys, 4:14.34, 2017

		Heat 2			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	22 Owen JONES	Glantaf	4:46.66	9.0	CVG
2	33 Iolo HERBERT	Dyffryn Aman	4:50.97	7.0	DYF
3	55 Evan ROWE	Ysgol Rhydywaun	4:52.39	6.0	GLV
4	44 Deri HOCKLEY	Brynrefail	4:55.23	5.0	ERY
5	11 Deri JONES	YG Gwyr	4:55.24	4.0	ANT
6	88 Rory COLLINS	St. Julian's	4:56.83	3.0	SEW
7	66 Joe VIVIAN	Castell Alun	4:57.49	2.0	NEW
8	77 Rae LEWIS	Llanidloes	5:13.29	1.0	POW

1: Haverfordwest = 92.0	5: Friars = 54.0
2: Cardiff High = 84.0	6: Newtown = 49.0
3: YG Cwm Rhymini - Gellihaf = 63.0	7: Caerleon = 47.0
4: Bishopston = 61.0	8: St. Joseph's = 27.0

1: Glantaf = 99.1	5: YG Gwyr = 53.0
2: Dyffryn Aman = 73.0	6: Llanidloes = 52.0
3: St. Julian's = 69.0	7: Brynrefail = 39.0
4: Ysgol Rhydywaun = 55.0	8: Castell Alun = 38.0

T01 U16 Boys - 80m Hurdles Cup

CUP cbp - Nathan PALMER/Alec PORTER, Whitchurch, Cardiff & the Vale/Chepstro

		Heat 1 +1.8				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Harvey THOMAS	Haverfordwest	11.86	9.0	DYF
2	5	Rorey GARDNER	YG Cwm Rhymini - Gellihaf	12.06	7.0	GLV
3	2	Joe NAUGHTON	Cardiff High	12.08	6.0	CVG
4	8	Harry MANSFIELD	Caerleon	12.41	5.0	SEW
5	4	Hari RIGBY	Friars	12.88	4.0	ERY
6	1	Sean STREVS	Bishopston	13.09	3.0	ANT
7	7	Dean VOREINAKIS	Newtown	14.49	2.0	POW
8	6	Femi OLAGUNJU	St. Joseph's	14.97	1.0	NEW

T01 U16 Boys - 80m Hurdles Plate

PLATE cbp - Immanuel FEYI-WABOSO, Corpus Christ, Cardiff & Vale, 11.14, 2017

		Heat 2 +1.4				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Javan HERBERT	Glantaf	11.71	9.0	CVG
2	33	Dylan CADWALLADER	Dyffryn Aman	11.82	7.0	DYF
3	66	Lucas GREEN	Castell Alun	12.44	6.0	NEW
4	11	Rhys CHIVERS	YG Gwyr	12.93	5.0	ANT
5	55	Carter CUTTS	Ysgol Rhydywaun	13.13	4.0	GLV
6	88	Dylan LEE	St. Julian's	13.63	3.0	SEW
7	44	Leon FRANCIS	Brynrefail	15.29	2.0	ERY
8	77	Harry JONES	Llanidloes	15.96	1.0	POW

T27 U16 Boys - 4 x 100 Relay Cup

CUP cbp - Radyr, Cardiff & the Vale, 45.22, 2013

		Heat 1				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3		Haverfordwest	46.96	9.0	DYF
2	2		Cardiff High	46.97	7.0	CVG
3	1		Bishopston	47.46	6.0	ANT
4	7		Newtown	47.81	5.0	POW
5	4		Friars	48.67	4.0	ERY
6	8		Caerleon	48.84	3.0	SEW
7	6		St. Joseph's	49.01	2.0	NEW
8	5		YG Cwm Rhymini - Gellihaf	49.18	1.0	GLV

T27 U16 Boys - 4 x 100 Relay Plate

PLATE cbp - YG Gwyr, Afan Nedd Tawe, 45.38, 2014

		Heat 2				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22		Glantaf	46.22	9.0	CVG
2	77		Llanidloes	47.12	7.0	POW
3	88		St. Julian's	47.60	6.0	SEW
4	33		Dyffryn Aman	47.72	5.0	DYF
5	55		Ysgol Rhydywaun	48.71	4.0	GLV
6	11		YG Gwyr	48.92	3.0	ANT
7	66		Castell Alun	49.82	2.0	NEW
8	44		Brynrefail	50.34	1.0	ERY

- Pos Bib Team**
- 1 3 Dafydd WILLIAMS, Ollie THOMPSON, Mohammed SAMIR AL TAANI, Caio JONES
 - 2 2 Jack S JONES, Harry FRY, Mani TAYLOR, Jack VAUGHAN
 - 3 1 Ruari HARRIS, Henry PAYNE, Toby JONES, Rocco LEWIS
 - 4 7 Steve ASHLEY, Haydn JONES, Oscar DAVIES, Kieron WATSON
 - 5 4 Connor JOHN, Elliot SHEARS, Will TAYLOR, Tomos RIGBY
 - 6 8 Otis MIGHTEN, Rhys DYER, Daniel PENN, Adam LINDSAY
 - 7 6 Sion ODIA, Josh RIMMER, Kacper BURY, Harri PRINCE
 - 8 5 Charlie CURTIS-TOVEY, Rorey GARDNER, Ieuan ROSS, Jack MARTIN

- Pos Bib Team**
- 1 22 Hari MORRIS, Joseff MAITLAND, Macsen MARTINS-HUGHES, Javan HERBERT
 - 2 77 Max EVANS, Lucas EBMEIER, Harry JONES, Wil EVANS
 - 3 88 Ashton WILLIAMS, Jalaludeen SUFYAN EL-BAKRY, Lucas SALVAGE, Sam LITTLEFIELD
 - 4 33 Oliver JAMES, Harri JONES, Carter WILLIAMS, James BENTLEY
 - 5 55 Ellis CAMBOURNE, Tristan HAMER, Carter CUTTS, Griff GURNEY
 - 6 11 Callum HEDGES, Oliver SAMPSON, Zac RICHARDS, Liam HUGHES
 - 7 66 Ethan CHALLINOR, Lasitha EKINYAKE, Dan DRUMMOND, Lucas GREEN
 - 8 44 Guto WILLIAMS, Cai WILLIAMS, Caio JONES, Max ROBERTS

F02 U16 Boys - High Jump Cup

CUP cbp - James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	George DEWSTOWE	Haverfordwest	1.65	9.0	DYF
2	7	Kieron WATSON	Newtown	1.65	7.0	POW
3	2	Harry MORRIS	Cardiff High	1.55	6.0	CVG
4	4	Connor JOHN	Friars	1.50	5.0	ERY
5	1	Sean STREVS	Bishopston	1.45	4.0	ANT
6	5	Jason DAVIES	YG Cwm Rhymini - Gellihaf	1.45	3.0	GLV
7	8	Devon MCALDEN	Caerleon	1.40	2.0	SEW

F02 U16 Boys - High Jump Plate

PLATE cbp - Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Tomos SINGLETON	Glantaf	1.60	9.0	CVG
2	88	Dylan LEE	St. Julian's	1.55	7.0	SEW
3	66	Kuba ROCSZACK	Castell Alun	1.55	6.0	NEW
4	55	Mason MORGAN	Ysgol Rhydywaun	1.55	5.0	GLV
5	44	Max ROBERTS	Brynrefail	1.45	4.0	ERY
6	11	Theodore MORKA	YG Gwyr	1.45	3.0	ANT
7	77	Tom HOWELLS	Llanidloes	1.40	2.0	POW
8	33	Scott WIGLEY	Dyffryn Aman	1.30	1.0	DYF

F19 U16 Boys - Long Jump Cup

CUP cbp - Rhys WILLIAMS, YG Cwm Rhymini, Glamorgan Valleys, 6.22, 2009

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Rorey GARDNER	YG Cwm Rhymini - Gellihaf	5.67	9.0	GLV
2	3	Harvey THOMAS	Haverfordwest	5.63	7.0	DYF
3	2	Hari PAUL	Cardiff High	5.52	6.0	CVG
4	4	Tom D'AVOSSA	Friars	5.35	5.0	ERY
5	1	Dexter PARRINGTON	Bishopston	5.02	4.0	ANT
6	8	Rhys DYER	Caerleon	4.99	3.0	SEW
7	6	Kacper BURY	St. Joseph's	4.84	2.0	NEW
8	7	Fyfe DAVIES	Newtown	4.77	1.0	POW

F19 U16 Boys - Long Jump Plate

PLATE cbp - Ben VINCENT, Whitchurch High School, Cardiff & the Vale, 5.99, 2019

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Macsen MARTINS-HUGHES	Glantaf	5.49	9.0	CVG
2	77	Wil EVANS	Llanidloes	5.47	7.0	POW
3	33	Leon WOODLEY	Dyffryn Aman	5.39	6.0	DYF
4	88	Jalaludeen SUFYAN EL-BAKRY	St. Julian's	5.16	5.0	SEW
5	55	Tristan HAMER	Ysgol Rhydywaun	4.91	4.0	GLV
6	11	Danny SPILLETS	YG Gwyr	4.90	3.0	ANT
7	66	Lucas GREEN	Castell Alun	4.51	2.0	NEW
8	44	Llyr ELWYN	Brynrefail	4.04	1.0	ERY

1: Haverfordwest = 92.0	5: Friars = 54.0
2: Cardiff High = 84.0	6: Newtown = 49.0
3: YG Cwm Rhymini - Gellihaf = 63.0	7: Caerleon = 47.0
4: Bishopston = 61.0	8: St. Joseph's = 27.0

F08 U16 Boys - Triple Jump Cup

CUP cbp - Owen JONES, Amman Valley, Dyfed, 13.25, 2003

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Henry PAYNE	Bishopston	11.18	9.0	ANT
2	2	Mani TAYLOR	Cardiff High	11.15	7.0	CVG
3	3	Ollie THOMPSON	Haverfordwest	11.09	6.0	DYF
4	6	Riley ROBERTS	St. Joseph's	10.60	5.0	NEW
5	5	Tom JAMES	YG Cwm Rhymini - Gellihaf	10.48	4.0	GLV
6	7	Shay PAUL	Newtown	10.35	3.0	POW
7	8	George DAVIES	Caerleon	10.02	2.0	SEW

1: Glantaf = 99.1	5: YG Gwyr = 53.0
2: Dyffryn Aman = 73.0	6: Llanidloes = 52.0
3: St. Julian's = 69.0	7: Brynrefail = 39.0
4: Ysgol Rhydywaun = 55.0	8: Castell Alun = 38.0

F08 U16 Boys - Triple Jump Plate

PLATE cbp - Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	James BENTLEY	Dyffryn Aman	11.95	9.0	DYF
2	22	Javan HERBERT	Glantaf	11.44	7.0	CVG
3	88	Sam LITTLEFIELDS	St. Julian's	11.19	6.0	SEW
4	77	Aron PECK	Llanidloes	10.42	5.0	POW
5	11	Oliver SAMPSON	YG Gwyr	10.40	4.0	ANT
6	55	Ellis CAMBOURNE	Ysgol Rhydywaun	10.30	3.0	GLV
7	44	Guto WILLIAMS	Brynrefail	10.19	2.0	ERY
8	66	Owen PARSECEPE	Castell Alun	9.77	1.0	NEW

F21 U16 Boys - Shot Put (4.00kg) Cup

CUP cbp - Josh LEWIS, YG Cwm Rhymini, Glamorgan Valleys, 14.17, 2014

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Brayden JONES	Haverfordwest	12.41	9.0	DYF
2	5	Noah JONES	YG Cwm Rhymini - Gellihaf	11.86	7.0	GLV
3	2	Valdi JOP	Cardiff High	11.43	6.0	CVG
4	8	Reuben JOHNSTONE	Caerleon	10.65	5.0	SEW
5	4	Carwyn ROBERTS	Friars	10.38	4.0	ERY
6	1	Ben LOOSMORE	Bishopston	10.23	3.0	ANT
7	6	Praise OSADIAYE	St. Joseph's	8.83	2.0	NEW
8	7	Liam EDWARDS	Newtown	8.36	1.0	POW

F21 U16 Boys - Shot Put (4.00kg) Plate

PLATE cbp - Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Tomos DAVIES	YG Gwyr	12.35	9.0	ANT
2	55	Haydn WHITEHOUSE	Ysgol Rhydywaun	11.53	7.0	GLV
3	22	Meredydd IFAN	Glantaf	10.48	6.0	CVG
4	88	Luca-Jay ARLETT	St. Julian's	10.44	5.0	SEW
5	44	Cai WILLIAMS	Brynrefail	10.08	4.0	ERY
6	33	Kelston FAIRHURST	Dyffryn Aman	9.67	3.0	DYF
7	77	Oscar LAMP	Llanidloes	9.00	2.0	POW
8	66	Jorge PARRY-LOPEZ	Castell Alun	7.66	1.0	NEW

F04 U16 Boys - Discus (1.25kg) Cup

CUP cbp - Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Alex MYNETT	Cardiff High	32.98	9.0	CVG
2	3	Manny DAVIES	Haverfordwest	30.84	7.0	DYF
3	7	James RIORDAN	Newtown	30.43	6.0	POW
4	5	Toby JONES	YG Cwm Rhymini - Gellihaf	28.49	5.0	GLV
5	6	Henry ELLIS	St. Joseph's	28.24	4.0	NEW
6	1	Ben LOOSMORE	Bishopston	25.48	3.0	ANT
7	4	Hari RIGBY	Friars	22.05	2.0	ERY
8	8	Joe ROSADO	Caerleon	20.37	1.0	SEW

F04 U16 Boys - Discus (1.25kg) Plate

PLATE cbp - Jay MORSE, Stanwell, Cardiff & the Vale, 45.27, 2015

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Dai THOMAS	Dyffryn Aman	36.55	9.0	DYF
2	66	Rhys JONES	Castell Alun	27.44	7.0	NEW
3	22	Joseff MAITLAND	Glantaf	27.38	6.0	CVG
4	77	James SMITH	Llanidloes	27.09	5.0	POW
5	11	Harri WILLIAMS	YG Gwyr	23.56	4.0	ANT
6	44	Caio JONES	Brynrefail	21.89	3.0	ERY
7	88	Riley SMITH	St. Julian's	18.58	2.0	SEW
8	55	Raith SCANELL	Ysgol Rhydywaun	16.88	1.0	GLV

F18 U16 Boys - Javelin (600g) Cup

CUP cbp - Chris THOMAS, West Mon, Gwent, 56.58, 1995

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Kai WILLIAMS	YG Cwm Rhymini - Gellihaf	32.06	9.0	GLV
2	3	Yaroslav LOPHUA	Haverfordwest	32.05	7.0	DYF
3	2	Jack S JONES	Cardiff High	29.98	6.0	CVG
4	8	Edward RIDEOUT	Caerleon	29.15	5.0	SEW
5	7	George FARRINGTON	Newtown	28.57	4.0	POW
6	1	Ed THOMAS	Bishopston	24.65	3.0	ANT
7	6	Valdir COSTA	St. Joseph's	22.51	2.0	NEW
8	4	Mason ROWLANDS	Friars	22.42	1.0	ERY

F18 U16 Boys - Javelin (600g) Plate

PLATE cbp - Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Jacob STYLING	Ysgol Rhydywaun	38.23	9.0	GLV
2	11	Macsen HOLLAND	YG Gwyr	36.28	7.0	ANT
3	33	Ronnie BULLIONS	Dyffryn Aman	30.43	6.0	DYF
4	22	Finlay EVANS	Glantaf	29.45	5.0	CVG
5	66	Josh HOLLINSHEAD	Castell Alun	25.95	4.0	NEW
6	44	Gwion JONES	Brynrefail	24.15	3.0	ERY
7	88	Jake STANAWAY	St. Julian's	24.01	2.0	SEW



1: Glantaf = 89.0	5: YG Cwm Rhymni - Gwyndy = 57.0
2: YG Gwyr = 70.0	6: Tryfan = 51.0
3: Gwent Is Coed = 61.0	7: Llanidloes = 48.0
4: Bro Dinefwr = 58.0	7: Llanidloes = 48.0

T19 U16 Girls - 100m Cup

CUP cbp - Danielle SELLEY, Pembroke, Dyfed, 12.1 (HT), 1999

Heat 1 ws +1.3					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	6	Jess ODA	St. Joseph's	13.32	9.0 NEW
2	2	Elan HALL	Glantaf	13.38	7.0 CVG
3	7	Ffion DAVIES-WILLIAMS	Llanidloes	13.56	6.0 POW
4	4	Esther PARRY	Tryfan	13.92	5.0 ERY
5	1	Eva EVANS	YG Gwyr	14.09	4.0 ANT
6	8	Armani HESTER-DEMILLE	Gwent Is Coed	14.14	3.0 SEW
7	3	Poppy GOSS	Bro Dinefwr	14.42	2.0 DYF
8	5	Lexie MORRIS	YG Cwm Rhymni - Gwyndy	14.58	1.0 GLV

T11 U16 Girls - 200m Cup

CUP cbp - Caitlyn MAPPS, Islwyn High School, South East Wales, 24.95, 2018

Heat 1 ws +1.5					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Elen BLACKMORE	Glantaf	27.94	9.0 CVG
2	1	Gwenllian JONES	YG Gwyr	28.40	7.0 ANT
3	4	Hawys OWEN	Tryfan	28.61	6.0 ERY
3	6	Amy APPIAH-KUBI	St. Joseph's	28.61	6.0 NEW
5	8	Daiton O'NEILL	Gwent Is Coed	29.37	4.0 SEW
6	3	Lily ALICE HUGHES	Bro Dinefwr	29.64	3.0 DYF
7	5	Jessie THOMAS	YG Cwm Rhymni - Gwyndy	29.74	2.0 GLV
8	7	Seren DUNNETT	Llanidloes	30.21	1.0 POW

T15 U16 Girls - 300m Cup

CUP cbp - Holly HUMPHREYS, YG Gwyr, Afan Nedd Tawe, 43.14, 2023

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	8	Aaliyah BEAVAN	Gwent Is Coed	43.31	9.0 SEW
2	1	Holly HUMPHREYS	YG Gwyr	44.00	7.0 ANT
3	6	Hanna TENTEROBA	St. Joseph's	45.15	6.0 NEW
4	5	Caitlyn SALMONI	YG Cwm Rhymni - Gwyndy	45.81	5.0 GLV
5	2	Bella TYSON	Glantaf	45.97	4.0 CVG
6	7	Eva JONES	Llanidloes	46.44	3.0 POW
7	4	Nest OWEN	Tryfan	46.72	2.0 ERY
8	3	Menna HARRIS	Bro Dinefwr	51.69	1.0 DYF

T23 U16 Girls - 800m Cup

CUP cbp - Melanie DAVIES, YG Gwyr, Afan Nedd Tawe, 2:17.3 (HT), 2003

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Elffin BRYANT	Glantaf	2:26.21	9.0 CVG
2	1	Hannah JONES	YG Gwyr	2:30.07	7.0 ANT
3	7	Olivia MORGAN	Llanidloes	2:30.88	6.0 POW
4	3	Esme LYNOCK	Bro Dinefwr	2:47.81	5.0 DYF
5	4	Efa DWYFOR-CLARK	Tryfan	2:51.27	4.0 ERY
6	5	Esther NICHOLLS	YG Cwm Rhymni - Gwyndy	2:54.11	3.0 GLV
7	8	Nia LIAN	Gwent Is Coed	3:08.35	2.0 SEW
8	6	Keilah GERASMO	St. Joseph's	3:10.78	1.0 NEW

T07 U16 Girls - 1500m Cup

CUP cbp - Amy Thomas, YG Gwyr, Afan Nedd Tawe, 4:50.76, 2023

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Sioned JOHN	Glantaf	4:48.47	9.0 CVG
2	7	Maddie HUGHES	Llanidloes	4:50.92	7.0 POW
3	5	Eleanor WRIGHT NICHOLAS	YG Cwm Rhymni - Gwyndy	5:16.16	6.0 GLV
4	3	Mari PRITCHARD	Bro Dinefwr	5:41.55	5.0 DYF
5	1	Imogen MCADIE	YG Gwyr	5:57.94	4.0 ANT
6	4	Cari WILLIAMS	Tryfan	6:03.35	3.0 ERY
7	8	Olivia BAKER	Gwent Is Coed	6:10.50	2.0 SEW
8	6	Eve CLARKE	St. Joseph's	6:37.48	1.0 NEW

1: Monmouth Girls = 68.0	5: YG Cwm Rhymni - Gellihaaf = 59.0
2: Dyffryn Aman = 68.0	6: Olchfa = 56.0
3: Alun School = 65.0	7: Radyr = 55.0
4: Duffryn Conwy = 63.0	8: Welshpool = 45.0

T19 U16 Girls - 100m Plate

PLATE cbp - Arian WILLIAMS, Syr Hugh Owen, Eryri, 12.65, 2019

Heat 2 ws +1.4					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	66	Macey JONES	Alun School	12.46	9.0 NEW
2	22	Katie HIGGINSON	Radyr	12.74	7.0 CVG
3	44	Cari ROBERTS	Duffryn Conwy	12.93	6.0 ERY
4	33	Ella Marie JONES	Dyffryn Aman	13.43	5.0 DYF
5	77	Lucy WARD	Welshpool	13.86	4.0 POW
6	11	Adaeez EMENOGU	Olchfa	14.23	3.0 ANT
6	88	Mathilde HIRST	Monmouth Girls	14.23	3.0 SEW
8	55	Ffion BOWDEN	YG Cwm Rhymni - Gellihaaf	14.49	1.0 GLV

T11 U16 Girls - 200m Plate

PLATE cbp - Carys HIGGS, Risca, South East Wales, 25.71, 2022

Heat 2 ws +2.2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	66	Layla DRURY	Alun School	26.62	9.0 NEW
2	44	Mared JONES	Duffryn Conwy	28.21	7.0 ERY
3	33	Siwan THOMAS	Dyffryn Aman	29.25	6.0 DYF
4	88	Verity AINSWORTH	Monmouth Girls	29.51	5.0 SEW
5	11	Martha CALDWELL	Olchfa	29.94	4.0 ANT
6	55	Emily VOYLE	YG Cwm Rhymni - Gellihaaf	30.75	3.0 GLV
7	22	Cerys FARMAHAN	Radyr	30.82	2.0 CVG
8	77	Maia PARR	Welshpool	33.34	1.0 POW

T15 U16 Girls - 300m Plate

PLATE cbp - Isabel DAVIES, Bassaleg, South East Wales, 41.86, 2016

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Holly VITTLE	Radyr	43.48	9.0 CVG
2	44	Beca GRIFFITHS	Duffryn Conwy	44.79	7.0 ERY
3	88	Victoria ROSSITER	Monmouth Girls	48.33	6.0 SEW
4	55	Ava HUGHES	YG Cwm Rhymni - Gellihaaf	48.83	5.0 GLV
5	33	Elin THOMAS	Dyffryn Aman	48.87	4.0 DYF
6	11	Isobel BRAMHALL	Olchfa	49.51	3.0 ANT
7	77	Alice JOYCE	Welshpool	50.26	2.0 POW
8	66	Poppy HEBDEN-JACKS	Alun School	51.61	1.0 NEW

T23 U16 Girls - 800m Plate

PLATE cbp - Nia RILEY, Radyr Comprehensive, Cardiff & Vale, 2:22.33, 2017

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	55	Eva PARRY	YG Cwm Rhymni - Gellihaaf	2:32.43	9.0 GLV
2	44	Nel ROBERTS	Duffryn Conwy	2:40.60	7.0 ERY
3	11	Susanna CUNNINGHAM	Olchfa	2:49.45	6.0 ANT
4	88	Sienna MCKENNA	Monmouth Girls	2:55.14	5.0 SEW
5	77	Libby LOXAM	Welshpool	2:56.11	4.0 POW
6	22	Felicity WATHAN	Radyr	2:58.69	3.0 CVG
7	33	Lily KNIGHT	Dyffryn Aman	3:01.95	2.0 DYF
8	66	Ella ANDERSON	Alun School	3:06.58	1.0 NEW

T07 U16 Girls - 1500m Plate

PLATE cbp - Samia JONES, Syr Hugh Owen, Eryri, 4:50.01, 2019

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	11	Millie PIERCE	Olchfa	4:47.83	9.0 ANT
2	22	Olivia LING	Radyr	5:12.82	7.0 CVG
3	55	Megan PEWTNER	YG Cwm Rhymni - Gellihaaf	5:22.20	6.0 GLV
4	44	Lleucu NEWTON	Duffryn Conwy	5:57.43	5.0 ERY
5	33	Leela FINDLAY	Dyffryn Aman	6:00.14	4.0 DYF
6	66	Jess HODGSON	Alun School	6:01.25	3.0 NEW
7	77	Lexi-Mai BURROWS	Welshpool	6:07.79	2.0 POW
8	88	Seren WALL	Monmouth Girls	6:33.19	1.0 SEW

1: Glantaf = 89.0	5: YG Cwm Rhymni - Gwyndy = 57.0
2: YG Gwyr = 70.0	6: Tryfan = 51.0
3: Gwent Is Coed = 61.0	7: Llanidloes = 48.0
4: Bro Dinefwr = 58.0	7: Llanidloes = 48.0

T02 U16 Girls - 75m Hurdles Cup

CUP cbp - Lydia THOMAS, Sir Thomas Picton, Dyfed, 11.23, 2014

		Heat 1 ws +3.6			
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	3	Beatrice MORGAN	Bro Dinefwr	11.81	9.0 DYF
2	2	Carys MAYERS	Glantaf	12.81	7.0 CVG
3	5	Rebecca ELMS	YG Cwm Rhymni - Gwyndy	12.87	6.0 GLV
4	7	Phoebe SHORT	Llanidloes	13.69	5.0 POW
5	1	Efa MORGAN-ROBERTS	YG Gwyr	13.93	4.0 ANT
6	4	Hanna JONES	Tryfan	14.23	3.0 ERY
7	6	Crystal ANKU-MORNEY	St. Joseph's	15.64	2.0 NEW
8	8	Molly-Rose FORESTER	Gwent Is Coed	16.16	1.0 SEW

T26 U16 Girls - 4 x 100 Relay Cup

CUP cbp - Islwyn High School, South East Wales, 51.79, 2018

		Heat 1			
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2		Glantaf	53.89	9.0 CVG
2	6		St. Joseph's	54.03	7.0 NEW
3	4		Tryfan	54.25	6.0 ERY
4	1		YG Gwyr	54.35	5.0 ANT
5	5		YG Cwm Rhymni - Gwyndy	55.32	4.0 GLV
6	3		Bro Dinefwr	55.33	3.0 DYF
7	8		Gwent Is Coed	55.53	2.0 SEW
8	7		Llanidloes	56.37	1.0 POW

Pos Bib Team

- 1 2 **Bella TYSON, Rhiannon DERRICK, Elen BLACKMORE, Etan HALL**
- 2 6 **Jess ODA, Amy APPIAH-KUBI, Hanna TENTEROBA, Crystal ANKU-MORNEY**
- 3 4 **Alanna DAVIES, Esther PARRY, Hawys OWEN, Nest OWEN**
- 4 1 **Gwenllian JONES, Holly HUMPHREYS, Eva EVANS, Eva CARVER**
- 5 5 **Eleanor WRIGHT NICHOLAS, Caitlyn SALMONI, Jessie THOMAS, Esther NICHOLLS**
- 6 3 **Hannah MOORE, Poppy GOSS, Lily HUGHES, Beatrice MORGAN**
- 7 8 **Daiton O'NEILL, Sienna KOUKARAS, Armani HESTER-DEMILLE, Aaliyah BEAVAN**
- 8 7 **Ffion DAVIES-WILLIAMS, Seren DUNNETT, Phoebe SHORT, Eva JONES**

F15 U16 Girls - High Jump Cup

CUP cbp - Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Carys MAYERS	Glantaf	1.40	9.0 CVG
2	8	Armani HESTER-DEMILLE	Gwent Is Coed	1.40	7.0 SEW
3	1	Efa MORGAN-ROBERTS	YG Gwyr	1.35	6.0 ANT
4	7	Phoebe SHORT	Llanidloes	1.35	5.0 POW
5	5	Grace CADDY	YG Cwm Rhymni - Gwyndy	1.35	4.0 GLV
6	6	Amy APPIAH-KUBI	St. Joseph's	1.30	3.0 NEW
7	4	Hanna JONES	Tryfan	1.30	2.0 ERY
8	3	Menna HARRIS	Bro Dinefwr	1.25	1.0 DYF

F07 U16 Girls - Long Jump Cup

CUP cbp - Carys POOLE, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 5.39, 2017/Caitlyn M **CBP**

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	3	Beatrice MORGAN	Bro Dinefwr	5.64	9.0 DYF
2	6	Jess ODA	St. Joseph's	4.54	7.0 NEW
3	1	Gwenllian JONES	YG Gwyr	4.54	6.0 ANT
4	5	Rebecca ELMS	YG Cwm Rhymni - Gwyndy	4.34	5.0 GLV
5	8	Martha JONES-DEKERF	Gwent Is Coed	4.25	4.0 SEW
6	4	Nest OWEN	Tryfan	4.14	3.0 ERY
7	2	Elan HALL	Glantaf	4.09	2.0 CVG
8	7	Celeste BOULANGER	Llanidloes	3.01	1.0 POW

1: Monmouth Girls = 68.0	5: YG Cwm Rhymni - Gellihaf = 59.0
2: Dyffryn Aman = 68.0	6: Olchfa = 56.0
3: Alun School = 65.0	7: Radyr = 55.0
4: Duffryn Conwy = 63.0	8: Welshpool = 45.0

T02 U16 Girls - 75m Hurdles Plate

PLATE cbp - Stacey COLLINS, Dwr-y-Felin, Afan Nedd Tawe, 11.70, 2009

		Heat 2 ws +1.4			
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Tia POWELL	Dyffryn Aman	12.52	9.0 DYF
2	66	Megan WOOD	Alun School	12.76	7.0 NEW
3	88	Sophie BAILEY	Monmouth Girls	12.86	6.0 SEW
4	22	Amber RAYNER	Radyr	13.60	5.0 CVG
5	55	Lily MAY HUTCHINGS	YG Cwm Rhymni - Gellihaf	14.12	4.0 GLV
6	11	Tabby VENTRESS-BRETT	Olchfa	16.00	3.0 ANT
7	44	Non DAFYDD	Duffryn Conwy	19.31	2.0 ERY

T26 U16 Girls - 4 x 100 Relay Plate

PLATE cbp - Cardiff High, Cardiff & the Vale, 52.83, 2022

		Heat 2			
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	66		Alun School	53.87	9.0 NEW
2	44		Duffryn Conwy	54.12	7.0 ERY
3	33		Dyffryn Aman	54.55	6.0 DYF
4	22		Radyr	55.49	5.0 CVG
5	11		Olchfa	55.66	4.0 ANT
6	88		Monmouth Girls	56.41	3.0 SEW
7	55		YG Cwm Rhymni - Gellihaf	56.95	2.0 GLV
8	77		Welshpool	56.98	1.0 POW

Pos Bib Team

- 1 66 **Layla DRURY, Megan WOOD, Poppy HEBDEN-JACKS, Macey JONES**
- 2 44 **Nel ROBERTS, Beca GRIFFITHS, Mared JONES, Cari ROBERTS**
- 3 33 **Ava GREGORY, Tia POWELL, Zakia JOHNSON, Ella Marie JONES**
- 4 22 **Amber RAYNER, Carys FARMAHAN, Penny BRYANT, Katie HIGGINSON**
- 5 11 **Martha CALDWELL, Aadaeze EMENOGU, Tabby VENTRESS-BRETT, Jessica ARNOLD**
- 6 88 **Mathilde HIRST, Victoria ROSSITER, Sophie BAILEY, Verity AINSWORTH**
- 7 55 **Emily VOYLE, Ava HUGHES, Ffion BOWDEN, Seren REES**
- 8 77 **Libby LOXAM, Lucy WARD, Maia PARR, Lexi-Mai BURROWS**

F15 U16 Girls - High Jump Plate

PLATE cbp - Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	88	Sophie BAILEY	Monmouth Girls	1.45	9.0 SEW
2	77	Lucy WARD	Welshpool	1.45	7.0 POW
3	33	Zakia JOHNSON	Dyffryn Aman	1.35	6.0 DYF
4	66	Layla DRURY	Alun School	1.35	5.0 NEW
5	55	Holli MACKENZIE PRICE	YG Cwm Rhymni - Gellihaf	1.25	4.0 GLV
6	44	Lleucu NEWTON	Duffryn Conwy	1.20	3.0 ERY
7	11	Millie PIERCE	Olchfa	1.20	2.0 ANT

F07 U16 Girls - Long Jump Plate

PLATE cbp - Megan TAYLOR, Cardiff Hs, Cardiff & the Vale, 5.49, 2023

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Ella Marie JONES	Dyffryn Aman	4.48	9.0 DYF
2	77	Libby LOXAM	Welshpool	4.45	7.0 POW
3	11	Aadaeze EMENOGU	Olchfa	4.32	6.0 ANT
4	55	Seren REES	YG Cwm Rhymni - Gellihaf	4.08	5.0 GLV
5	44	Cari ROBERTS	Duffryn Conwy	3.95	4.0 ERY
6	66	Maisie INGHAM	Alun School	3.79	3.0 NEW
7	22	Holly VITTLE	Radyr	3.68	2.0 CVG
8	88	Mathilde HIRST	Monmouth Girls	3.44	1.0 SEW

1: Glantaf = 89.0	5: YG Cwm Rhymni - Gwyndy = 57.0
2: YG Gwyr = 70.0	6: Tryfan = 51.0
3: Gwent Is Coed = 61.0	7: Llanidloes = 48.0
4: Bro Dinefwr = 58.0	7: Llanidloes = 48.0

F14 U16 Girls - Triple Jump Cup

CUP cbp - Elyse VEATER, YG Cwm Rhymni - Gelli Haf, Glamorgan Valleys, 10.29, 21

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Daiton O'NEILL	Gwent Is Coed	9.70	9.0	SEW
2	2	Elen BLACKMORE	Glantaf	9.63	7.0	CVG
3	5	Esther NICHOLLS	YG Cwm Rhymni - Gwyndy	9.21	6.0	GLV
4	7	Ffion DAVIES-WILLIAMS	Llanidloes	9.12	5.0	POW
5	1	Imogen MCADIE	YG Gwyr	8.98	4.0	ANT
6	6	Hanna TENTEROBA	St. Joseph's	8.60	3.0	NEW
7	4	Hawys OWEN	Tryfan	8.49	2.0	ERY
8	3	Lily ALICE HUGHES	Bro Dinefwr	8.02	1.0	DYF

F03 U16 Girls - Shot Put (3.00kg) CupCUP cbp - Ariana NWAIWU, Gwent is Coed, South East Wales, 9.79, 2023 **CBP**

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Ariana NWAIWU	Gwent Is Coed	9.95	9.0	SEW
2	1	Violet SNELGROVE	YG Gwyr	9.72	7.0	ANT
3	3	Charlotte MERRY	Bro Dinefwr	8.76	6.0	DYF
4	2	Alexa FISHER	Glantaf	8.50	5.0	CVG
5	7	Myndy PRICE	Llanidloes	8.46	4.0	POW
6	5	Lena DAVIES	YG Cwm Rhymni - Gwyndy	8.42	3.0	GLV
7	4	Cadi GRIFFITH	Tryfan	6.81	2.0	ERY
8	6	Vivienne KAROLAK	St. Joseph's	6.42	1.0	NEW

F11 U16 Girls - Discus (1.00kg) Cup

CUP cbp - Adele NICOLL, Welshpool, Powys, 43.87, 2012

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	4	Erin JACOBS	Tryfan	25.96	9.0	ERY
2	2	Yvie JONES	Glantaf	22.68	7.0	CVG
3	1	Eva EVANS	YG Gwyr	18.85	6.0	ANT
4	5	Mali HUGHES	YG Cwm Rhymni - Gwyndy	16.29	5.0	GLV
5	3	Freya MORGAN	Bro Dinefwr	15.18	4.0	DYF
6	8	Aaliyah BEAVAN	Gwent Is Coed	14.96	3.0	SEW
7	7	Seren PUGH	Llanidloes	13.47	2.0	POW
8	6	Vivienne WILLIAMS	St. Joseph's	12.00	1.0	NEW

F23 U16 Girls - Javelin (500g) Cup

CUP cbp - Rhian EVANS, YG Gweyr, Afan Nedd Tawe, 36.62, 2015

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Eleri MORGAN	Bro Dinefwr	26.30	9.0	DYF
2	5	Anwen BAILEY	YG Cwm Rhymni - Gwyndy	24.67	7.0	GLV
3	8	Nia LIAN	Gwent Is Coed	21.70	6.0	SEW
4	2	Mali EMMERSON	Glantaf	21.30	5.0	CVG
5	4	Efa DWYFOR-CLARK	Tryfan	16.18	4.0	ERY
6	1	Gwenna PHILLIPS	YG Gwyr	15.92	3.0	ANT
7	7	Ava HILLARY	Llanidloes	14.95	2.0	POW

1: Monmouth Girls = 68.0	5: YG Cwm Rhymni - Gellihaf = 59.0
2: Dyffryn Aman = 68.0	6: Olchfa = 56.0
3: Alun School = 65.0	7: Radyr = 55.0
4: Duffryn Conwy = 63.0	8: Welshpool = 45.0

F14 U16 Girls - Triple Jump Plate

PLATE cbp - Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Tabby VENTRESS-BRETT	Olchfa	9.21	9.0	ANT
2	88	Victoria ROSSITER	Monmouth Girls	9.15	7.0	SEW
3	66	Myah PEARSON	Alun School	8.57	6.0	NEW
4	77	Florence KUIPERS	Welshpool	8.42	5.0	POW
5	44	Nel ROBERTS	Duffryn Conwy	8.40	4.0	ERY
6	55	Ffion BOWDEN	YG Cwm Rhymni - Gellihaf	8.19	3.0	GLV
7	33	Zoe DOWLER	Dyffryn Aman	7.89	2.0	DYF
8	22	Penny BRYANT	Radyr	7.74	1.0	CVG

F03 U16 Girls - Shot Put (3.00kg) Plate

PLATE cbp - Molly GREENMAN, Radyr Comprehensive, Cardiff & Vale, 10.62, 2017

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Verity AINSWORTH	Monmouth Girls	8.43	9.0	SEW
2	55	Evie PRITCHARD	YG Cwm Rhymni - Gellihaf	7.73	7.0	GLV
3	77	Darcy WOOLLEY	Welshpool	7.63	6.0	POW
4	22	Cassie MAY	Radyr	7.47	5.0	CVG
5	44	Cara MULOCK-JONES	Duffryn Conwy	7.32	4.0	ERY
6	33	Casi PUGH	Dyffryn Aman	7.22	3.0	DYF
7	66	Macey JONES	Alun School	6.59	2.0	NEW
8	11	Chloe BRETTELL	Olchfa	6.17	1.0	ANT

F11 U16 Girls - Discus (1.00kg) Plate

PLATE cbp - Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Megan DAVIES	Dyffryn Aman	17.91	9.0	DYF
2	22	Katie HIGGINSON	Radyr	17.05	7.0	CVG
3	11	Maddie GRIFFITHS	Olchfa	16.00	6.0	ANT
4	66	Eva MCKENZIE	Alun School	15.46	5.0	NEW
5	88	Jessica LAW	Monmouth Girls	14.26	4.0	SEW
6	55	Tori Leigh ELLIS-WILLIAMS	YG Cwm Rhymni - Gellihaf	13.99	3.0	GLV
7	77	Tilly JONES	Welshpool	13.98	2.0	POW
8	44	Non DAFYDD	Duffryn Conwy	13.04	1.0	ERY

F23 U16 Girls - Javelin (500g) Plate

PLATE cbp - Daisy LLOYD EVANS, Llanfyllin, Powys, 38.16, 2017/Holly PEMBERTON

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Sienna MCKENNA	Monmouth Girls	26.43	9.0	SEW
2	55	Tegwen PATTERSON	YG Cwm Rhymni - Gellihaf	19.44	7.0	GLV
3	44	Beca GRIFFITHS	Duffryn Conwy	18.49	6.0	ERY
4	66	Megan WOOD	Alun School	18.44	5.0	NEW
5	77	Caitlin OWEN	Welshpool	16.72	4.0	POW
6	33	Mari WOOD	Dyffryn Aman	15.69	3.0	DYF
7	22	Rebecca GUNNEY	Radyr	13.81	2.0	CVG

NASUWT CUP FINAL

NASUWT PLATE FINAL

Match Score after (13) U14 BOYS Events : 0 Events to go

Pos	School	Pts	Pos	School	Pts
1	Brynmawr	75.0	1	Llanishen	93.0
2	YG Gwyr	75.0	2	Brynteg	80.0
3	Dyffryn Aman	70.0	3	Penglais	76.0
4	Whitchurch	70.0	4	Rougemont	67.0
5	YG Cwm Rhymni - Gwyndy	61.5	5	Newtown	58.0
6	Morgan Llywd	58.0	6	Ardudwy	48.0
7	Syr Thomas Jones	45.5	7	Bryn Tawe	39.0
8	Llanidloes	25.0	8		

Match Score after (13) U14 GIRLS Events : 0 Events to go

Pos	School	Pts	Pos	School	Pts
1	Glantaf	100.1	1	Cardiff High	88.1
2	Olchfa	88.0	2	Botwnnog	69.0
3	YG Cwm Rhymni - Gwyndy	65.0	3	Llanidloes	68.0
4	Bro Myrddin	54.0	4	Bishopston	57.0
5	Welshpool	50.0	5	Islwyn	55.0
6	Tryfan	47.0	6	Bro Preseli	52.0
7	Caerleon	41.0	7	YG Cwm Rhymni - Gellihaf	46.0
8	Castell Alun	32.0	8	Alun School	45.0

Match Score after (13) U16 BOYS Events : 0 Events to go

Pos	School	Pts	Pos	School	Pts
1	Haverfordwest	92.0	1	Glantaf	99.1
2	Cardiff High	84.0	2	Dyffryn Aman	73.0
3	YG Cwm Rhymni - Gellihaf	63.0	3	St. Julian's	69.0
4	Bishopston	61.0	4	Ysgol Rhydywaun	55.0
5	Friars	54.0	5	YG Gwyr	53.0
6	Newtown	49.0	6	Llanidloes	52.0
7	Caerleon	47.0	7	Brynrefail	39.0
8	St. Joseph's	27.0	8	Castell Alun	38.0

Match Score after (13) U16 GIRLS Events : 0 Events to go

Pos	School	Pts	Pos	School	Pts
1	Glantaf	89.0	1	Monmouth Girls	68.0
2	YG Gwyr	70.0	2	Dyffryn Aman	68.0
3	Gwent Is Coed	61.0	3	Alun School	65.0
4	Bro Dinefwr	58.0	4	Duffryn Conwy	63.0
5	YG Cwm Rhymni - Gwyndy	57.0	5	YG Cwm Rhymni - Gellihaf	59.0
6	Tryfan	51.0	6	Olchfa	56.0
7	Llanidloes	48.0	7	Radyr	55.0
8	St. Joseph's	47.0	8	Welshpool	45.0

WELSH SCHOOLS ATHLETIC ASSOCIATION

2024 NASUWT Cup & Plate Final

Wednesday 10th July

Penlan Track Brecon

Pos	U14B CUP		Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
2	1	YG Gwyr	75.0	3.0	5.0	5.0	6.0	6.0	6.0	3.0	9.0	9.0	6.0	3.0	5.0	9.0
4	2	Whitchurch	70.0	6.0	6.0	7.0	9.0	7.0	3.0	5.0	2.0	6.0	3.0	4.0	7.0	5.0
3	3	Dyffryn Aman	70.0	4.0	4.0	3.0	4.0	9.0	9.0	6.0	3.0	3.0	7.0	2.0	9.0	7.0
7	4	Syr Thomas Jones	45.5	2.0	1.0	4.0	7.0	3.0	7.0	1.0	4.5	5.0	4.0	5.0	1.0	1.0
5	5	YG Cwm Rhymni - Gwyndy	61.5	5.0	7.0	9.0	3.0	1.0	5.0	7.0	4.5	4.0	5.0	6.0	3.0	2.0
6	6	Morgan Llywd	58.0	7.0	3.0	6.0	5.0	5.0		4.0	6.0	1.0	2.0	7.0	6.0	6.0
8	7	Llanidloes	25.0	1.0	2.0	2.0	2.0	4.0	2.0	2.0	1.0	2.0	1.0	1.0	2.0	3.0
1	8	Brynmawr	75.0	9.0	9.0	1.0	1.0	2.0	4.0	9.0	7.0	7.0	9.0	9.0	4.0	4.0
Pos	U14G CUP		Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
2	1	Olfha	88.0	7.0	9.0	4.0	7.0	2.0	9.0	9.0	9.0	9.0	7.0	7.0	7.0	2.0
1	2	Glantaf	100.1	9.0	7.0	5.0	9.0	9.0	7.0	7.0	7.0	7.0	9.0	9.0	9.0	6.0
4	3	Bro Myrddin	54.0	6.0	2.0	9.0	2.0	7.0	4.0	5.0	4.0	2.0	2.0	2.0	4.0	5.0
6	4	Tryfan	47.0	1.0	1.0	3.0	6.0	3.0	3.0	2.0	2.0	4.0	5.0	5.0	5.0	7.0
3	5	YG Cwm Rhymni - Gwyndy	65.0	2.0	5.0	7.0	5.0	4.0	5.0	6.0	6.0	6.0	4.0	4.0	2.0	9.0
8	6	Castell Alun	32.0	4.0	3.0	1.0	4.0	5.0	1.0	1.0		1.0	3.0	3.0	3.0	3.0
5	7	Welshpool	50.0	3.0	4.0	6.0	1.0	6.0	2.0	3.0	3.0	3.0	6.0	6.0	6.0	1.0
7	8	Caerleon	41.0	5.0	6.0	2.0	3.0		6.0	4.0	5.0	5.0			1.0	4.0
Pos	U16B CUP		Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
4	1	Bishopston	61.0	9.0	6.0	5.0	3.0	3.0	3.0	6.0	4.0	4.0	9.0	3.0	3.0	3.0
2	2	Cardiff High	84.0	2.0	5.0	9.0	9.0	6.0	6.0	7.0	6.0	6.0	7.0	6.0	9.0	6.0
1	3	Haverfordwest	92.0	7.0	7.0	4.0	4.0	7.0	9.0	9.0	9.0	7.0	6.0	9.0	7.0	7.0
5	4	Friars	54.0	5.0	9.0	3.0	7.0	5.0	4.0	4.0	5.0	5.0		4.0	2.0	1.0
3	5	YG Cwm Rhymni - Gellihaf	63.0		3.0	1.0	5.0	9.0	7.0	1.0	3.0	9.0	4.0	7.0	5.0	9.0
8	6	St. Joseph's	27.0	4.0		2.0	2.0	1.0	1.0	2.0		2.0	5.0	2.0	4.0	2.0
6	7	Newtown	49.0	6.0	2.0	7.0	1.0	4.0	2.0	5.0	7.0	1.0	3.0	1.0	6.0	4.0
7	8	Caerleon	47.0	3.0	4.0	6.0	6.0	2.0	5.0	3.0	2.0	3.0	2.0	5.0	1.0	5.0
Pos	U16G CUP		Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
2	1	YG Gwyr	70.0	4.0	7.0	7.0	7.0	4.0	4.0	5.0	6.0	6.0	4.0	7.0	6.0	3.0
1	2	Glantaf	89.0	7.0	9.0	4.0	9.0	9.0	7.0	9.0	9.0	2.0	7.0	5.0	7.0	5.0
4	3	Bro Dinefwr	58.0	2.0	3.0	1.0	5.0	5.0	9.0	3.0	1.0	9.0	1.0	6.0	4.0	9.0
6	4	Tryfan	51.0	5.0	6.0	2.0	4.0	3.0	3.0	6.0	2.0	3.0	2.0	2.0	9.0	4.0
5	5	YG Cwm Rhymni - Gwyndy	57.0	1.0	2.0	5.0	3.0	6.0	6.0	4.0	4.0	5.0	6.0	3.0	5.0	7.0
8	6	St. Joseph's	47.0	9.0	6.0	6.0	1.0	1.0	2.0	7.0	3.0	7.0	3.0	1.0	1.0	
7	7	Llanidloes	48.0	6.0	1.0	3.0	6.0	7.0	5.0	1.0	5.0	1.0	5.0	4.0	2.0	2.0
3	8	Gwent Is Coed	61.0	3.0	4.0	9.0	2.0	2.0	1.0	2.0	7.0	4.0	9.0	9.0	3.0	6.0

WELSH SCHOOLS ATHLETIC ASSOCIATION

2024 NASUWT Cup & Plate Final

Wednesday 10th July

Penlan Track Brecon

Pos	U14B PLATE		Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
7	11	Bryn Tawe	39.0	3.0	3.0	2.0	5.0	5.0	4.0	2.0		4.0		2.0	3.0	6.0
1	22	Llanishen	93.0	7.0	7.0	9.0	7.0	7.0	9.0	9.0	9.0	6.0	9.0	6.0	5.0	3.0
3	33	Penglais	76.0	6.0	9.0	5.0	4.0	2.0	6.0	6.0	4.0	9.0		7.0	9.0	9.0
6	44	Ardudwy	48.0	2.0	4.0	4.0	2.0	4.0	2.0	4.0	6.0	2.0	6.0	3.0	4.0	5.0
2	55	Brynteg	80.0	9.0	6.0	7.0	6.0	9.0	3.0	7.0	7.0	7.0	4.0	9.0	2.0	4.0
	66	TBC														
5	77	Newtown	58.0	4.0	5.0	3.0	3.0	3.0	7.0	3.0	3.0	3.0	5.0	5.0	7.0	7.0
4	88	Rougemont	67.0	5.0	2.0	6.0	9.0	6.0	5.0	5.0	5.0	5.0	7.0	4.0	6.0	2.0
Pos	U14G PLATE		Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
4	11	Bishopston	57.0	7.0	2.0	1.0	7.0	9.0	6.0	3.0	4.0	9.0	1.0	1.0	3.0	4.0
1	22	Cardiff High	88.1	9.0	6.0	9.0	9.0	2.0	9.0	9.0	3.0	7.0	7.0	7.0	9.0	2.0
6	33	Bro Preseli	52.0	2.0	1.0	5.0	5.0	3.0	7.0	2.0	9.0	5.0	3.0	3.0	4.0	3.0
2	44	Botwnnog	69.0	1.0	9.0	7.0	4.0	4.0	4.0	5.0	1.0	4.0	9.0	9.0	6.0	6.0
7	55	YG Cwm Rhymni - Gellihaf	46.0	3.0	3.0	3.0	1.0	6.0	2.0	1.0	2.0	1.0	5.0	5.0	7.0	7.0
8	66	Alun School	45.0	4.0	5.0	2.0	3.0	7.0	1.0	4.0	7.0	2.0	4.0	4.0	1.0	1.0
3	77	Llanidloes	68.0	6.0	7.0	6.0	2.0	5.0	5.0	6.0	6.0	6.0	6.0	6.0	2.0	5.0
5	88	Islwyn	55.0	5.0	4.0	4.0	6.0		3.0	7.0	5.0	3.0	2.0	2.0	5.0	9.0
Pos	U16B PLATE		Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
5	11	YG Gwyr	53.0	2.0	2.0	3.0	4.0	4.0	5.0	3.0	3.0	3.0	4.0	9.0	4.0	7.0
1	22	Glantaf	99.1	7.0	7.0	7.0	9.0	9.0	9.0	9.0	9.0	9.0	7.0	6.0	6.0	5.0
2	33	Dyffryn Aman	73.0	4.0	3.0	6.0	7.0	7.0	7.0	5.0	1.0	6.0	9.0	3.0	9.0	6.0
7	44	Brynrefail	39.0	5.0	4.0	2.0	3.0	5.0	2.0	1.0	4.0	1.0	2.0	4.0	3.0	3.0
4	55	Ysgol Rhydywaun	55.0	6.0		4.0	2.0	6.0	4.0	4.0	5.0	4.0	3.0	7.0	1.0	9.0
8	66	Castell Alun	38.0		5.0	1.0	1.0	2.0	6.0	2.0	6.0	2.0	1.0	1.0	7.0	4.0
6	77	Llanidloes	52.0	3.0	9.0	5.0	5.0	1.0	1.0	7.0	2.0	7.0	5.0	2.0	5.0	
3	88	St. Julian's	69.0	9.0	6.0	9.0	6.0	3.0	3.0	6.0	7.0	5.0	6.0	5.0	2.0	2.0
Pos	U16G PLATE		Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
6	11	Olchfa	56.0	3.0	4.0	3.0	6.0	9.0	3.0	4.0	2.0	6.0	9.0	1.0	6.0	
7	22	Radyr	55.0	7.0	2.0	9.0	3.0	7.0	5.0	5.0		2.0	1.0	5.0	7.0	2.0
2	33	Dyffryn Aman	68.0	5.0	6.0	4.0	2.0	4.0	9.0	6.0	6.0	9.0	2.0	3.0	9.0	3.0
4	44	Duffryn Conwy	63.0	6.0	7.0	7.0	7.0	5.0	2.0	7.0	3.0	4.0	4.0	4.0	1.0	6.0
5	55	YG Cwm Rhymni - Gellihaf	59.0	1.0	3.0	5.0	9.0	6.0	4.0	2.0	4.0	5.0	3.0	7.0	3.0	7.0
3	66	Alun School	65.0	9.0	9.0	1.0	1.0	3.0	7.0	9.0	5.0	3.0	6.0	2.0	5.0	5.0
8	77	Welshpool	45.0	4.0	1.0	2.0	4.0	2.0		1.0	7.0	7.0	5.0	6.0	2.0	4.0
1	88	Monmouth Girls	68.0	3.0	5.0	6.0	5.0	1.0	6.0	3.0	9.0	1.0	7.0	9.0	4.0	9.0

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	12:00 PM	Date	Wednesday-10-Jul-2024	
Event		F01 U14 Boys Long Jump		CUP CBP - Jamie JONES, Barry, Cardiff & the Vale, 5.91, 2003			START TIME			
				PLATE CBP - Ben VINCENT, Whitchurch High , Cardiff & Vale, 5.44, 2017			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	4	Harley WILKINSON	Syr Thomas Jones	4.62	4.36	X	4.62	4	5	
2	8	Thomas GRUBB	Brynmawr	4.74	4.17	4.42	4.74	2	7	
3	6	Ioan MORRIS	Morgan Llywd	4.11	4.12	4.04	4.12	8	1	
4	3	Jensen LEWIS-CHENARD	Dyffryn Aman	4.57	X	4.40	4.57	6	3	
5	5	Jac SMYTHE	YG Cwm Rhymni - Gwyndy	4.58	4.23	4.40	4.58	5	4	
6	1	Zac WILLIAMS	YG Gwyr	X	4.60	4.79	4.79	1	9	
7	2	Toby EVANS	Whitchurch	4.67	X	4.53	4.67	3	6	
8	7	Caden DAVIES	Llanidloes	4.23	4.08	2.56	4.23	7	2	
9	44	Daniel ROBERTS	Ardudwy	3.91	3.52	3.59	3.91	7	2	
10	88	Kingston ATKINS	Rougemont	4.17	4.41	X	4.41	4	5	
11	66	-	TBC							
12	33	Cian MORGAN	Penglais	4.23	4.79	4.74	4.79	1	9	
13	55	Jacob BARNES	Brynteg	4.72	4.33	4.13	4.72	2	7	
14	11	Elis HOPKINS-DAVIES	Bryn Tawe	4.34	4.01	3.57	4.34	5	4	
15	22	Kevin FENG	Llanishen	3.36	3.96	4.59	4.59	3	6	
16	77	James PENGELLY-LEACH	Newtown	3.66	4.01	4.02	4.02	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	1	Zac WILLIAMS	YG Gwyr	4.79	1	33	Cian MORGAN	Penglais	4.79	REFeree SIGNATURE
2	8	Thomas GRUBB	Brynmawr	4.74	2	55	Jacob BARNES	Brynteg	4.72	
3	2	Toby EVANS	Whitchurch	4.67	3	22	Kevin FENG	Llanishen	4.59	
4	4	Harley WILKINSON	Syr Thomas Jones	4.62	4	88	Kingston ATKINS	Rougemont	4.41	
5	5	Jac SMYTHE	YG Cwm Rhymni - Gwyndy	4.58	5	11	Elis HOPKINS-DAVIES	Bryn Tawe	4.34	
6	3	Jensen LEWIS-CHENARD	Dyffryn Aman	4.57	6	77	James PENGELLY-LEACH	Newtown	4.02	
7	7	Caden DAVIES	Llanidloes	4.23	7	44	Daniel ROBERTS	Ardudwy	3.91	
8	6	Ioan MORRIS	Morgan Llywd	4.12	8					

Welsh Athletics - Height Card																				
MEETING		NASUWT - CUP & PLATE FINAL				VENUE	BRECON			TIME	12:00 PM			DATE	Wednesday-10-July-2024					
EVENT		F02 U16 Boys High Jump				CUP CBP - James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997										START TIME				
						PLATE CBP - Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014										END TIME				
Order	BIB	NAME	CLUB	START	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65				Best	Trials @ Ht cleared	Total Failures	Final Position	PTS
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm				
1	6	Femi OLAGUNJU	St. Joseph's		xxx															
2	2	Harry MORRIS	Cardiff High					o	o	xo	xxx					1.55			3	6.0
3	5	Jason DAVIES	YG Cwm Rhymni - Gellihaf				o	xo	xxx							1.45			6	3.0
4	1	Sean STREVENS	Bishopston				o	o		xxx						1.45			5	4.0
5	8	Devon MCALDEN	Caerleon			o	o	xxx								1.40			7	2.0
6	4	Connor JOHN	Friars			o		xxx	o	xxx						1.50			4	5.0
7	7	Kieron WATSON	Newtown			o	o	o	o	o	o	xxx				1.65			2	7.0
8	3	George DEWSTOWE	Haverfordwest			o	o		o	o	o					1.65			1	9.0
9	66	Kuba ROCSZACK	Castell Alun				o	o	xx	o	xxx					1.55			3	6.0
10	22	Tomos SINGLETON	Glantaf						o	o	xo	xx				1.60			1	9.0
11	55	Mason MORGAN	Ysgol Rhydywaun				xo	o	o	xo	xx					1.55			4	5.0
12	11	Theodore MORKA	YG Gwyr		o	o	o	xo	x	xx						1.45			6	3.0
13	88	Dylan LEE	St. Julian's			o	o	o	xo	xxo						1.55			2	7.0
14	44	Max ROBERTS	Brynrefail				o	o	x	xx						1.45			5	4.0
15	77	Tom HOWELLS	Llanidloes		o	o	xo	xx	x							1.40			7	2.0
16	33	Scott WIGLEY	Dyffryn Aman		o		xx	x								1.30			8	1.0

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Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	3	George DEWSTOWE	Haverfordwest	1.65	1	22	Tomos SINGLETON	Glantaf	1.60		
2	7	Kieron WATSON	Newtown	1.65	2	88	Dylan LEE	St. Julian's	1.55		
3	2	Harry MORRIS	Cardiff High	1.55	3	66	Kuba ROCSZACK	Castell Alun	1.55		
4	4	Connor JOHN	Friars	1.50	4	55	Mason MORGAN	Ysgol Rhydywaun	1.55		
5	1	Sean STREVENS	Bishopston	1.45	5	44	Max ROBERTS	Brynrefail	1.45		
6	5	Jason DAVIES	YG Cwm Rhymni - Gellihaf	1.45	6	11	Theodore MORKA	YG Gwyr	1.45	REFEREE'S SIGNATURE	
7	8	Devon MCALDEN	Caerleon	1.40	7	77	Tom HOWELLS	Llanidloes	1.40		
8					8	33	Scott WIGLEY	Dyffryn Aman	1.30		

Welsh Athletics : Distance Card

Cup cbp

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	12:00 PM	Date	Wednesday-10-Jul-2024	
Event		F03 U16 Girls Shot Put (3.00kg)		CUP CBP - Ariana Nwaiwu, Gwent is Coed, South East Wales, 9.79, 2023			START TIME			
				PLATE CBP - Molly GREENMAN, Radyr Comprehensive, Cardiff & Vale, 10.62, 2023			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	8	Ariana Nwaiwu	Gwent Is Coed	9.67	9.45	9.95	9.95	1	9	
2	5	Lena DAVIES	YG Cwm Rhymni - Gwyndy	8.42	8.17	x	8.42	6	3	
3	7	Myndy PRICE	Llanidloes	8.14	8.46	7.94	8.46	5	4	
4	4	Cadi GRIFFITH	Tryfan	6.51	6.57	6.81	6.81	7	2	
5	1	Violet Snelgrove	YG Gwyr	9.72	9.70	x	9.72	2	7	
6	6	Vivienne KAROLAK	St. Joseph's	6.09	6.42	6.16	6.42	8	1	
7	3	Charlotte MERRY	Bro Dinefwr	7.73	8.76	8.15	8.76	3	6	
8	2	Alexa FISHER	Glantaf	8.10	8.50	7.27	8.50	4	5	
9	88	Verity AINSWORTH	Monmouth Girls	8.43	8.05	7.69	8.43	1	9	
10	55	Evie PRITCHARD	YG Cwm Rhymni - Gellihaf	7.57	7.73	7.44	7.73	2	7	
11	77	Darcy WOOLLEY	Welshpool	7.63	x	7.45	7.63	3	6	
12	44	Cara MULOCK-JONES	Duffryn Conwy	6.93	7.15	7.32	7.32	5	4	
13	11	Chloe BRETTELL	Olchfa	6.11	5.86	6.17	6.17	8	1	
14	66	Macey JONES	Alun School	5.64	6.12	6.59	6.59	7	2	
15	33	Casi PUGH	Dyffryn Aman	7.22	7.20	7.22	7.22	6	3	
16	22	Cassie MAY	Radyr	6.90	7.47	7.23	7.47	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Ariana Nwaiwu	Gwent Is Coed	9.95	1	88	Verity AINSWORTH	Monmouth Girls	8.43	REFeree SIGNATURE
2	1	Violet Snelgrove	YG Gwyr	9.72	2	55	Evie PRITCHARD	YG Cwm Rhymni - Gellihaf	7.73	
3	3	Charlotte MERRY	Bro Dinefwr	8.76	3	77	Darcy WOOLLEY	Welshpool	7.63	
4	2	Alexa FISHER	Glantaf	8.50	4	22	Cassie MAY	Radyr	7.47	
5	7	Myndy PRICE	Llanidloes	8.46	5	44	Cara MULOCK-JONES	Duffryn Conwy	7.32	
6	5	Lena DAVIES	YG Cwm Rhymni - Gwyndy	8.42	6	33	Casi PUGH	Dyffryn Aman	7.22	
7	4	Cadi GRIFFITH	Tryfan	6.81	7	66	Macey JONES	Alun School	6.59	
8	6	Vivienne KAROLAK	St. Joseph's	6.42	8	11	Chloe BRETTELL	Olchfa	6.17	

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	12:00 PM	Date	Wednesday-10-Jul-2024	
Event		F04 U16 Boys Discus (1.25kg)		CUP CBP - Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991				START TIME		
				PLATE CBP - Jay MORSE, Stanwell, Cardiff & the Vale, 45.27, 2015				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	1	Ben LOOSMORE	Bishopston	24.00	25.48	24.24	25.48	6	3	
2	7	James RIORDAN	Newtown	29.75	30.02	30.43	30.43	3	6	
3	8	Joe ROSADO	Caerleon	20.37	x	20.13	20.37	8	1	
4	6	Henry ELLIS	St. Joseph's	28.24	X	X	28.24	5	4	
5	3	Manny DAVIES	Haverfordwest	24.14	X	30.84	30.84	2	7	
6	2	Alex MYNETT	Cardiff High	28.22	32.98	26.30	32.98	1	9	
7	5	Toby JONES	YG Cwm Rhymni - Gellihaf	26.07	27.58	28.49	28.49	4	5	
8	4	Hari RIGBY	Friars	X	22.05	17.52	22.05	7	2	
9	11	Harri WILLIAMS	YG Gwyr	23.56	23.06	22.11	23.56	5	4	
10	77	James SMITH	Llanidloes	23.94	27.09	X	27.09	4	5	
11	88	Riley SMITH	St. Julian's	18.58	16.68	X	18.58	7	2	
12	66	Rhys JONES	Castell Alun	X	18.55	27.44	27.44	2	7	
13	33	Dai THOMAS	Dyffryn Aman	28.81	36.55	34.26	36.55	1	9	
14	22	Joseff MAITLAND	Glantaf	27.38	X	X	27.38	3	6	
15	55	Raith SCANELL	Ysgol Rhydywaun	16.88	14.67	16.57	16.88	8	1	
16	44	Caio JONES	Brynrefail	X	X	21.89	21.89	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Alex MYNETT	Cardiff High	32.98	1	33	Dai THOMAS	Dyffryn Aman	36.55	REFeree SIGNATURE
2	3	Manny DAVIES	Haverfordwest	30.84	2	66	Rhys JONES	Castell Alun	27.44	
3	7	James RIORDAN	Newtown	30.43	3	22	Joseff MAITLAND	Glantaf	27.38	
4	5	Toby JONES	YG Cwm Rhymni - Gellihaf	28.49	4	77	James SMITH	Llanidloes	27.09	
5	6	Henry ELLIS	St. Joseph's	28.24	5	11	Harri WILLIAMS	YG Gwyr	23.56	
6	1	Ben LOOSMORE	Bishopston	25.48	6	44	Caio JONES	Brynrefail	21.89	
7	4	Hari RIGBY	Friars	22.05	7	88	Riley SMITH	St. Julian's	18.58	
8	8	Joe ROSADO	Caerleon	20.37	8	55	Raith SCANELL	Ysgol Rhydywaun	16.88	

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	12:00 PM	Date	Wednesday-10-Jul-2024	
Event		F05 U14 Girls Javelin (400g)		CUP CBP - Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2005			START TIME			
				PLATE CBP - Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2015			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	2	Alexa RAJOO	Glantaf	18.29	21.35	17.02	21.35	3	6	
2	3	Alys LEWIS	Bro Myrddin	20.42	21.34	17.92	21.34	4	5	
3	4	Medi MELLOR	Tryfan	14.06	12.28	11.50	14.06	7	2	
4	5	Hefina LEWIS	YG Cwm Rhymni - Gwyndy	23.03	23.08	27.72	27.72	1	9	
5	6	Kate CHURCH	Castell Alun	22.44	21.35	21.07	22.44	2	7	
6	7	Lacey EVANS	Welshpool	X	15.95	X	15.95	6	3	
7	8	Neave DAVIES	Caerleon	18.54	X	X	18.54	5	4	
8	1	Lucie COLE	Olchfa	X	X	X				
9	22	Lucie RUTTLEY	Cardiff High	27.73	30.75	29.13	30.75	1	9	
10	33	Megan DAVIES	Bro Preseli	18.15	16.66	17.62	18.15	4	5	
11	44	Non WILLIAMS	Botwnnog	X	18.94	17.65	18.94	2	7	
12	55	Alexa BOSLEY	YG Cwm Rhymni - Gellihaf	15.48	18.37	16.68	18.37	3	6	
13	66	Maisie BEALE	Alun School	14.67	12.06	11.82	14.67	7	2	
14	77	Erin HILLARY	Llanidloes	X	12.95	X	12.95	8	1	
15	88	Martha CAREY	Islwyn	16.39	14.33	15.05	16.39	5	4	
16	11	Grace BEARD	Bishopston	X	X	15.99	15.99	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Hefina LEWIS	YG Cwm Rhymni - Gwyndy	27.72	1	22	Lucie RUTTLEY	Cardiff High	30.75	REFeree SIGNATURE
2	6	Kate CHURCH	Castell Alun	22.44	2	44	Non WILLIAMS	Botwnnog	18.94	
3	2	Alexa RAJOO	Glantaf	21.35	3	55	Alexa BOSLEY	YG Cwm Rhymni - Gellihaf	18.37	
4	3	Alys LEWIS	Bro Myrddin	21.34	4	33	Megan DAVIES	Bro Preseli	18.15	
5	8	Neave DAVIES	Caerleon	18.54	5	88	Martha CAREY	Islwyn	16.39	
6	7	Lacey EVANS	Welshpool	15.95	6	11	Grace BEARD	Bishopston	15.99	
7	4	Medi MELLOR	Tryfan	14.06	7	66	Maisie BEALE	Alun School	14.67	
8					8	77	Erin HILLARY	Llanidloes	12.95	

Welsh Athletics : Distance Card

Cup cbp

Plate cbp

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	12:00 PM	Date	Wednesday-10-Jul-2024	
Event		F06 U14 Girls Triple Jump		CUP CBP - Esther NICHOLLS, Y Gwyndy, Glamorgan Valleys, 8.98, 2023				START TIME		
				PLATE CBP - Sophie FORTY, Cardiff HS, Cardiff & the Vale, 8.62, 2023				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	7	Imogen MORRIS	Welshpool	7.94	8.30	8.32	8.32	3	6	
2	6	Esmee POVEY	Castell Alun	7.51	7.77	7.84	7.84	6	3	
3	2	Amara-Chukwu HERBERT	Glantaf	X	9.56	9.65	9.65	1	9	
4	8	Stella GEORGE	Caerleon	X	X	X				
5	4	Alys PRITCHARD	Tryfan	8.29	7.90	8.18	8.29	4	5	
6	3	Miriam WILLIAMS	Bro Myrddin	X	7.52	7.40	7.52	7	2	
7	1	Freya BIRT	Olchfa	8.94	8.79	9.04	9.04	2	7	
8	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy	8.04	8.00	7.80	8.04	5	4	
9	77	Lily WILLIAMS	Llanidloes	8.03	7.99	8.01	8.03	3	6	
10	66	Maisie JOHNSON-HUGHES	Alun School	7.29	7.52	7.47	7.52	5	4	
11	22	Fi OSBALDESTON	Cardiff High	7.97	8.50	8.13	8.50	2	7	
12	88	Annabella FORTAGH	Islwyn	X	7.42	X	7.42	7	2	
13	44	Mia JONES	Botwnnog	8.50	9.35	8.62	9.35	1	9	
14	33	Blythe WELSFORD	Bro Preseli	7.44			7.44	6	3	
15	11	Taylor SHELMEARDINE	Bishopston	X	7.06	7.33	7.33	8	1	
16	55	Lilly EALES	YG Cwm Rhymini - Gellihaf	7.49	7.66	7.80	7.80	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Amara-Chukwu HERBERT	Glantaf	9.65	1	44	Mia JONES	Botwnnog	9.35	REFeree SIGNATURE
2	1	Freya BIRT	Olchfa	9.04	2	22	Fi OSBALDESTON	Cardiff High	8.50	
3	7	Imogen MORRIS	Welshpool	8.32	3	77	Lily WILLIAMS	Llanidloes	8.03	
4	4	Alys PRITCHARD	Tryfan	8.29	4	55	Lilly EALES	YG Cwm Rhymini - Gellihaf	7.80	
5	5	Lila GEORGE	YG Cwm Rhymini - Gwyndy	8.04	5	66	Maisie JOHNSON-HUGHES	Alun School	7.52	
6	6	Esmee POVEY	Castell Alun	7.84	6	33	Blythe WELSFORD	Bro Preseli	7.44	
7	3	Miriam WILLIAMS	Bro Myrddin	7.52	7	88	Annabella FORTAGH	Islwyn	7.42	
8					8	11	Taylor SHELMEARDINE	Bishopston	7.33	

Welsh Athletics : Distance Card

Cup cbp

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	1:00 PM	Date	Wednesday-10-Jul-2024	
Event		F07 U16 Girls Long Jump		CUP CBP - Carys POOLE, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 5.39, 2017/Caitlyn M			START TIME			
				PLATE CBP - Megan TAYLOR, Cardiff Hs, Cardiff & the Vale, 5.49, 2023			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	5	Rebecca ELMS	YG Cwm Rhymni - Gwyndy	4.34	4.02	x	4.34	4	5	
2	4	Nest OWEN	Tryfan	4.07	3.90	4.14	4.14	6	3	
3	3	Beatrice MORGAN	Bro Dinefwr	5.49	5.42	5.64	5.64	1	9	
4	7	Celeste BOULANGER	Llanidloes	2.99	3.01	3.00	3.01	8	1	
5	2	Elan HALL	Glantaf	4.09	3.68	x	4.09	7	2	
6	1	Gwenllian JONES	YG Gwyr	4.50	4.47	4.54	4.54	3	6	
7	6	Jess ODIA	St. Joseph's	4.51	x	4.54	4.54	2	7	
8	8	Martha JONES-DEKERF	Gwent Is Coed	4.04	4.07	4.25	4.25	5	4	
9	55	Seren REES	YG Cwm Rhymni - Gellihaf	3.27	4.08	x	4.08	4	5	
10	44	Cari ROBERTS	Duffryn Conwy	3.95	3.84	3.69	3.95	5	4	
11	33	Ella Marie JONES	Dyffryn Aman	4.31	4.27	4.48	4.48	1	9	
12	77	Libby LOXAM	Welshpool	3.81	4.04	4.45	4.45	2	7	
13	22	Holly VITTLE	Radyr	x	3.56	3.68	3.68	7	2	
14	11	Adaeze EMENOGU	Olchfa	4.32	4.10	3.72	4.32	3	6	
15	66	Maisie INGHAM	Alun School	2.47	x	3.79	3.79	6	3	
16	88	Mathilde HIRST	Monmouth Girls	3.44	x	3.42	3.44	8	1	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Beatrice MORGAN	Bro Dinefwr	5.64	1	33	Ella Marie JONES	Dyffryn Aman	4.48	
2	6	Jess ODIA	St. Joseph's	4.54	2	77	Libby LOXAM	Welshpool	4.45	
3	1	Gwenllian JONES	YG Gwyr	4.54	3	11	Adaeze EMENOGU	Olchfa	4.32	
4	5	Rebecca ELMS	YG Cwm Rhymni - Gwyndy	4.34	4	55	Seren REES	YG Cwm Rhymni - Gellihaf	4.08	
5	8	Martha JONES-DEKERF	Gwent Is Coed	4.25	5	44	Cari ROBERTS	Duffryn Conwy	3.95	
6	4	Nest OWEN	Tryfan	4.14	6	66	Maisie INGHAM	Alun School	3.79	
7	2	Elan HALL	Glantaf	4.09	7	22	Holly VITTLE	Radyr	3.68	
8	7	Celeste BOULANGER	Llanidloes	3.01	8	88	Mathilde HIRST	Monmouth Girls	3.44	

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	1:00 PM	Date	Wednesday-10-Jul-2024	
Event		F08 U16 Boys Triple Jump		CUP CBP - Owen JONES, Amman Valley, Dyfed, 13.25, 2003				START TIME		
				PLATE CBP - Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	4	Elliot SHEARS	Friars	x	x	x				
2	8	George DAVIES	Caerleon	x	x	10.02	10.02	7	2	
3	6	Riley ROBERTS	St. Joseph's	10.20	10.08	10.60	10.60	4	5	
4	3	Ollie THOMPSON	Haverfordwest	10.58	11.09	10.74	11.09	3	6	
5	5	Tom JAMES	YG Cwm Rhymni - Gellihaf	x	10.33	10.48	10.48	5	4	
6	1	Henry PAYNE	Bishopston	x	11.18	10.61	11.18	1	9	
7	2	Mani TAYLOR	Cardiff High	x	10.74	11.15	11.15	2	7	
8	7	Shay PAUL	Newtown	10.35	10.01	x	10.35	6	3	
9	44	Guto WILLIAMS	Brynrefail	10.13	10.19	9.94	10.19	7	2	
10	88	Sam LITTLEFIELDS	St. Julian's	11.19	10.75	10.86	11.19	3	6	
11	66	Owen PARSCCEPE	Castell Alun	9.23	9.77	9.27	9.77	8	1	
12	33	James BENTLEY	Dyffryn Aman	11.95	11.83	x	11.95	1	9	
13	55	Ellis CAMBOURNE	Ysgol Rhydywaun	9.88	10.30	10.25	10.30	6	3	
14	11	Oliver SAMPSON	YG Gwyr	10.07	9.29	10.40	10.40	5	4	
15	22	Javan HERBERT	Glantaf	11.44	11.39	x	11.44	2	7	
16	77	Aron PECK	Llanidloes	10.42	10.25	x	10.42	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	1	Henry PAYNE	Bishopston	11.18	1	33	James BENTLEY	Dyffryn Aman	11.95	REFeree SIGNATURE
2	2	Mani TAYLOR	Cardiff High	11.15	2	22	Javan HERBERT	Glantaf	11.44	
3	3	Ollie THOMPSON	Haverfordwest	11.09	3	88	Sam LITTLEFIELDS	St. Julian's	11.19	
4	6	Riley ROBERTS	St. Joseph's	10.60	4	77	Aron PECK	Llanidloes	10.42	
5	5	Tom JAMES	YG Cwm Rhymni - Gellihaf	10.48	5	11	Oliver SAMPSON	YG Gwyr	10.40	
6	7	Shay PAUL	Newtown	10.35	6	55	Ellis CAMBOURNE	Ysgol Rhydywaun	10.30	
7	8	George DAVIES	Caerleon	10.02	7	44	Guto WILLIAMS	Brynrefail	10.19	
8					8	66	Owen PARSCCEPE	Castell Alun	9.77	

Welsh Athletics - Height Card																					
MEETING		NASUWT - CUP & PLATE FINAL				VENUE	BRECON			TIME	1:00 PM			DATE	Wednesday-10-July-2024						
EVENT		F09 U14 Girls High Jump				CUP CBP - Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 2017										START TIME					
						PLATE CBP - Macey MORRIS, Caldicot School, South East Wales/Marnie MUSGRAVE, Olchfa, Af										END TIME					
Order	BIB	NAME	CLUB	START	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.53	Best	Trials @ Ht cleared	Total Failures	Final Position	PTS	
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	6	Isabelle HUGHES-FAWKES	Castell Alun		xxx																
2	2	Elin GRIFFITHS	Glantaf					o	o	o	xxo	xx				1.35			2	7.0	
3	5	Anabel PRICE	YG Cwm Rhymni - Gwyndy				o	o	xo	o	xxx					1.30			3	6.0	
4	1	Katriel UDOH	Olchfa							o	o	xxo	xo	x		1.45			1	9.0	
5	8	Amelia COLLINS	Caerleon				o	o	xxx							1.20			4	5.0	
6	4	Seren JONES	Tryfan		o	o	xxx									1.10			7	2.0	
7	7	Evie LANGFORD	Welshpool		o	xo	xxx									1.15			6	3.0	
8	3	Gwenno REES	Bro Myrddin			xo	o	o	xxx							1.20			5	4.0	
9	66	Alice SYKES-HAND	Alun School						o	o	o	o	xxo	x		1.45			2	7.0	
10	22	Isabelle COX	Cardiff High						o	xxo	xxx					1.30			6	3.0	
11	55	Skye MORGANS	YG Cwm Rhymni - Gellihaf			o	o	o	xxx							1.20			7	2.0	
12	11	Millie JAYHAM	Bishopston				xo	o	xxo	o	x					1.30			5	4.0	
13	88	Poppy HOWELLS	Islwyn					o	o	xxx						1.30			4	5.0	
14	44	Nan PRYS JONES	Botwnnog		xo	xxx										1.10			8	1.0	
15	77	Freya LAMP	Llanidloes			o	o	o	xo	xo	x					1.35			3	6.0	
16	33	Isobel DUNKELD	Bro Preseli						o		o	o	xo	xo	o	1.53			1	9.0	

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Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	1	Katriel UDOH	Olchfa	1.45	1	33	Isobel DUNKELD	Bro Preseli	1.53		
2	2	Elin GRIFFITHS	Glantaf	1.35	2	66	Alice SYKES-HAND	Alun School	1.45		
3	5	Anabel PRICE	YG Cwm Rhymni - Gwyndy	1.30	3	77	Freya LAMP	Llanidloes	1.35		
4	8	Amelia COLLINS	Caerleon	1.20	4	88	Poppy HOWELLS	Islwyn	1.30		
5	3	Gwenno REES	Bro Myrddin	1.20	5	11	Millie JAYHAM	Bishopston	1.30		
6	7	Evie LANGFORD	Welshpool	1.15	6	22	Isabelle COX	Cardiff High	1.30	REFEREE'S SIGNATURE	
7	4	Seren JONES	Tryfan	1.10	7	55	Skye MORGANS	YG Cwm Rhymni - Gellihaf	1.20		
8					8	44	Nan PRYS JONES	Botwnnog	1.10		

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	1:00 PM	Date	Wednesday-10-Jul-2024		
Event		F10 U14 Girls Shot Put (2.72kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 11.12, 2009				START TIME			
				PLATE CBP - Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017				END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts		
				m.cm	m.cm	m.cm	m.cm				
1	8	Poppy SMALL	Caerleon	5.65	5.66	5.38	5.66	8	1		
2	5	Magi WALKER-UNDERY	YG Cwm Rhymni - Gwyndy	5.81	5.74	5.56	5.81	7	2		
3	7	Ella-Rose JONES	Welshpool	7.55	7.98	8.04	8.04	3	6		
4	4	Aly THOMAS-THOMPSON	Tryfan	7.19	6.80	6.45	7.19	4	5		
5	1	Tochi EMENOGU	Olchfa	7.35	8.06	7.81	8.06	2	7		
6	6	Molly KAUFMAN	Castell Alun	6.62	6.15	6.73	6.73	6	3		
7	3	Cristyn BENDLE	Bro Myrddin	6.19	6.69	6.76	6.76	5	4		
8	2	Karrae-Starr SAVAGE	Glantaf	7.28	8.18	7.70	8.18	1	9		
9	88	Ella LANE	Islwyn	6.75	6.73	6.23	6.75	4	5		
10	55	Mali DUMMETT	YG Cwm Rhymni - Gellihaf	7.19	7.32	6.79	7.32	2	7		
11	77	Lexi FRANCIS-JONES	Llanidloes	6.25	6.28	6.04	6.28	7	2		
12	44	Carmela ZARAET	Botwnnog	6.63	6.82	6.02	6.82	3	6		
13	11	Polly JONES	Bishopston	5.75	6.01	6.34	6.34	6	3		
14	66	Lili MCKENZIE	Alun School	x	4.65	4.64	4.65	8	1		
15	33	Elen FRANCIS	Bro Preseli	x	6.37	6.17	6.37	5	4		
16	22	Anna POPE	Cardiff High	9.41	9.32	9.17	9.41	1	9		

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Karrae-Starr SAVAGE	Glantaf	8.18	1	22	Anna POPE	Cardiff High	9.41	
2	1	Tochi EMENOGU	Olchfa	8.06	2	55	Mali DUMMETT	YG Cwm Rhymni - Gellihaf	7.32	
3	7	Ella-Rose JONES	Welshpool	8.04	3	44	Carmela ZARAET	Botwnnog	6.82	
4	4	Aly THOMAS-THOMPSON	Tryfan	7.19	4	88	Ella LANE	Islwyn	6.75	
5	3	Cristyn BENDLE	Bro Myrddin	6.76	5	33	Elen FRANCIS	Bro Preseli	6.37	
6	6	Molly KAUFMAN	Castell Alun	6.73	6	11	Polly JONES	Bishopston	6.34	
7	5	Magi WALKER-UNDERY	YG Cwm Rhymni - Gwyndy	5.81	7	77	Lexi FRANCIS-JONES	Llanidloes	6.28	
8	8	Poppy SMALL	Caerleon	5.66	8	66	Lili MCKENZIE	Alun School	4.65	

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	1:00 PM	Date	Wednesday-10-Jul-2024	
Event		F11 U16 Girls Discus (1.00kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 43.87, 2012			START TIME			
				PLATE CBP - Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	1	Eva EVANS	YG Gwyr	16.82	18.85	18.17	18.85	3	6	
2	7	Seren PUGH	Llanidloes	x	13.16	13.47	13.47	7	2	
3	8	Aaliyah BEAVAN	Gwent Is Coed	14.20	14.96	12.46	14.96	6	3	
4	6	Vivienne WILLIAMS	St. Joseph's	12.00	11.44	x	12.00	8	1	
5	3	Freya MORGAN	Bro Dinefwr	14.39	13.15	15.18	15.18	5	4	
6	2	Yvie JONES	Glantaf	22.68	22.13	21.53	22.68	2	7	
7	5	Mali HUGHES	YG Cwm Rhymni - Gwyndy	14.31	x	16.29	16.29	4	5	
8	4	Erin JACOBS	Tryfan	25.96	x	22.84	25.96	1	9	
9	11	Maddie GRIFFITHS	Olchfa	12.89	16.00	13.94	16.00	3	6	
10	77	Tilly JONES	Welshpool	13.98	12.92	x	13.98	7	2	
11	88	Jessica LAW	Monmouth Girls	14.26	13.51	13.61	14.26	5	4	
12	66	Eva MCKENZIE	Alun School	11.37	15.46	x	15.46	4	5	
13	33	Megan DAVIES	Dyffryn Aman	9.69	17.91	17.59	17.91	1	9	
14	22	Katie HIGGINSON	Radyr	x	13.04	17.05	17.05	2	7	
15	55	Tori Leigh ELLIS-WILLIAMS	YG Cwm Rhymni - Gellihaf	x	13.99	x	13.99	6	3	
16	44	Non DAFYDD	Duffryn Conwy	x	11.05	13.04	13.04	8	1	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	4	Erin JACOBS	Tryfan	25.96	1	33	Megan DAVIES	Dyffryn Aman	17.91	
2	2	Yvie JONES	Glantaf	22.68	2	22	Katie HIGGINSON	Radyr	17.05	
3	1	Eva EVANS	YG Gwyr	18.85	3	11	Maddie GRIFFITHS	Olchfa	16.00	
4	5	Mali HUGHES	YG Cwm Rhymni - Gwyndy	16.29	4	66	Eva MCKENZIE	Alun School	15.46	
5	3	Freya MORGAN	Bro Dinefwr	15.18	5	88	Jessica LAW	Monmouth Girls	14.26	
6	8	Aaliyah BEAVAN	Gwent Is Coed	14.96	6	55	Tori Leigh ELLIS-WILLIAMS	YG Cwm Rhymni - Gellihaf	13.99	
7	7	Seren PUGH	Llanidloes	13.47	7	77	Tilly JONES	Welshpool	13.98	
8	6	Vivienne WILLIAMS	St. Joseph's	12.00	8	44	Non DAFYDD	Duffryn Conwy	13.04	
										REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	1:00 PM	Date	Wednesday-10-Jul-2024	
Event		F12 U14 Boys Javelin (400g)		CUP CBP - James EVANS, Whitchurch, Cardiff & the Vale, 48.41, 2000			START TIME			
				PLATE CBP - Ben METCALF, YG Cwm Rhywni, Glamorgan Valleys, 40.17, 2012			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	2	Carreg VENABLES	Whitchurch	26.80	30.47	30.29	30.47	4	5	
2	3	Iori HUMPHREYS	Dyffryn Aman	32.22	33.42	31.97	33.42	2	7	
3	4	Mackenzie MARSDEN	Syr Thomas Jones	15.42	x	13.44	15.42	8	1	
4	5	Olly MILES	YG Cwm Rhywni - Gwyndy	22.16	21.15	17.83	22.16	7	2	
5	6	Ethan JONES	Morgan Llywd	32.23	x	29.09	32.23	3	6	
6	7	Noah OLDFIELD	Llanidloes	x	x	23.08	23.08	6	3	
7	8	Henry SNELL	Brynawr	16.50	21.19	24.54	24.54	5	4	
8	1	Cynan KING	YG Gwyr	35.32	26.00	28.35	35.32	1	9	
9	22	Daniel BAILEY	Llanishen	19.91	20.17	18.49	20.17	6	3	
10	33	Kaidon MOORE	Penglais	27.93	x	31.11	31.11	1	9	
11	44	Shawn JONES	Ardudwy	24.49	24.83	27.54	27.54	4	5	
12	55	Will MORDECAI	Brynteg	24.71	26.43	19.35	26.43	5	4	
13	66	-	TBC							
14	77	Tyler MITCHELL	Newtown	20.43	27.37	29.42	29.42	2	7	
15	88	Monty HALL	Rougemont	15.98	18.49	x	18.49	7	2	
16	11	Koby ROGERS	Bryn Tawe	23.56	x	29.02	29.02	3	6	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	1	Cynan KING	YG Gwyr	35.32	1	33	Kaidon MOORE	Penglais	31.11	REFeree SIGNATURE
2	3	Iori HUMPHREYS	Dyffryn Aman	33.42	2	77	Tyler MITCHELL	Newtown	29.42	
3	6	Ethan JONES	Morgan Llywd	32.23	3	11	Koby ROGERS	Bryn Tawe	29.02	
4	2	Carreg VENABLES	Whitchurch	30.47	4	44	Shawn JONES	Ardudwy	27.54	
5	8	Henry SNELL	Brynawr	24.54	5	55	Will MORDECAI	Brynteg	26.43	
6	7	Noah OLDFIELD	Llanidloes	23.08	6	22	Daniel BAILEY	Llanishen	20.17	
7	5	Olly MILES	YG Cwm Rhywni - Gwyndy	22.16	7	88	Monty HALL	Rougemont	18.49	
8	4	Mackenzie MARSDEN	Syr Thomas Jones	15.42	8					

Welsh Athletics : Distance Card

Plate cbp

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	2:00 PM	Date	Wednesday-10-Jul-2024		
Event		F13 U14 Girls Long Jump		CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999				START TIME			
				PLATE CBP - Sali OWEN, Penweddig, Dyfed, 4.80, 2023				END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts		
				m.cm	m.cm	m.cm	m.cm				
1	7	Ivy KUIPERS	Welshpool	3.46	3.53	3.39	3.53	6	3		
2	6	Emily CLARKE	Castell Alun	3.09	3.09	2.96	3.09	8	1		
3	2	Elinor ROBERTS	Glantaf	3.85	4.40	4.09	4.40	2	7		
4	8	Megan DONOVAN	Caerleon	3.45	3.68	3.65	3.68	4	5		
5	4	Martha WYN	Tryfan	3.39	3.39	3.56	3.56	5	4		
6	3	Beca ELFYN	Bro Myrddin	3.40	3.36	3.35	3.40	7	2		
7	1	Grace CHESWEKA	Olchfa	x	4.67	4.58	4.67	1	9		
8	5	Maia PHILLIPS	YG Cwm Rhymini - Gwyndy	3.73	x	3.62	3.73	3	6		
9	77	Bethan EVANS	Llanidloes	4.01	4.04	3.94	4.04	3	6		
10	66	Erin MCGUIRE	Alun School	3.16	x	3.07	3.16	7	2		
11	22	Lily PARSONS	Cardiff High	4.25	4.22	4.20	4.25	2	7		
12	88	Lara PATTERSON	Islwyn	3.42	3.12	3.36	3.42	6	3		
13	44	Eva WRIGHT	Botwnnog	3.77	3.71	3.55	3.77	5	4		
14	33	Katy JENNINGS	Bro Preseli	3.64	3.86	3.81	3.86	4	5		
15	11	Bella DAVIES	Bishopston	4.88	4.67	4.54	4.88	1	9		
16	55	Phoebe HOLLAND	YG Cwm Rhymini - Gellihaf	2.85	3.08	x	3.08	8	1		

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	1	Grace CHESWEKA	Olchfa	4.67	1	11	Bella DAVIES	Bishopston	4.88	REFeree SIGNATURE
2	2	Elinor ROBERTS	Glantaf	4.40	2	22	Lily PARSONS	Cardiff High	4.25	
3	5	Maia PHILLIPS	YG Cwm Rhymini - Gwyndy	3.73	3	77	Bethan EVANS	Llanidloes	4.04	
4	8	Megan DONOVAN	Caerleon	3.68	4	33	Katy JENNINGS	Bro Preseli	3.86	
5	4	Martha WYN	Tryfan	3.56	5	44	Eva WRIGHT	Botwnnog	3.77	
6	7	Ivy KUIPERS	Welshpool	3.53	6	88	Lara PATTERSON	Islwyn	3.42	
7	3	Beca ELFYN	Bro Myrddin	3.40	7	66	Erin MCGUIRE	Alun School	3.16	
8	6	Emily CLARKE	Castell Alun	3.09	8	55	Phoebe HOLLAND	YG Cwm Rhymini - Gellihaf	3.08	

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	2:00 PM	Date	Wednesday-10-Jul-2024	
Event		F14 U16 Girls Triple Jump		CUP CBP - Elyse VEATER, YG Cwm Rhymni - Gelli Haf, Glamorgan Valleys, 10.29, 2023			START TIME			
				PLATE CBP - Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	5	Esther NICHOLLS	YG Cwm Rhymni - Gwyndy	9.21	9.07	x	9.21	3	6	
2	4	Hawys OWEN	Tryfan	8.08	8.40	8.49	8.49	7	2	
3	3	Lily ALICE HUGHES	Bro Dinefwr	7.65	7.53	8.02	8.02	8	1	
4	7	Ffion DAVIES-WILLIAMS	Llanidloes	8.81	8.94	9.12	9.12	4	5	
5	2	Elen BLACKMORE	Glantaf	9.63	8.83	9.19	9.63	2	7	
6	1	Imogen MCADIE	YG Gwyr	8.97	8.98	8.60	8.98	5	4	
7	6	Hanna TENTEROBA	St. Joseph's	x	8.46	8.60	8.60	6	3	
8	8	Daiton O'NEILL	Gwent Is Coed	9.70	9.18	9.64	9.70	1	9	
9	55	Ffion BOWDEN	YG Cwm Rhymni - Gellihaf	7.71	7.81	8.19	8.19	6	3	
10	44	Nel ROBERTS	Duffryn Conwy	7.90	8.22	8.40	8.40	5	4	
11	33	Zoe DOWLER	Dyffryn Aman	7.61	7.77	7.89	7.89	7	2	
12	77	Florence KUIPERS	Welshpool	x	8.41	8.42	8.42	4	5	
13	22	Penny BRYANT	Radyr	7.09	7.20	7.74	7.74	8	1	
14	11	Tabby VENTRESS-BRETT	Olchfa	8.74	8.83	9.21	9.21	1	9	
15	66	Myah PEARSON	Alun School	x	x	8.57	8.57	3	6	
16	88	Victoria ROSSITER	Monmouth Girls	8.65	9.12	9.15	9.15	2	7	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Daiton O'NEILL	Gwent Is Coed	9.70	1	11	Tabby VENTRESS-BRETT	Olchfa	9.21	
2	2	Elen BLACKMORE	Glantaf	9.63	2	88	Victoria ROSSITER	Monmouth Girls	9.15	
3	5	Esther NICHOLLS	YG Cwm Rhymni - Gwyndy	9.21	3	66	Myah PEARSON	Alun School	8.57	
4	7	Ffion DAVIES-WILLIAMS	Llanidloes	9.12	4	77	Florence KUIPERS	Welshpool	8.42	
5	1	Imogen MCADIE	YG Gwyr	8.98	5	44	Nel ROBERTS	Duffryn Conwy	8.40	
6	6	Hanna TENTEROBA	St. Joseph's	8.60	6	55	Ffion BOWDEN	YG Cwm Rhymni - Gellihaf	8.19	
7	4	Hawys OWEN	Tryfan	8.49	7	33	Zoe DOWLER	Dyffryn Aman	7.89	
8	3	Lily ALICE HUGHES	Bro Dinefwr	8.02	8	22	Penny BRYANT	Radyr	7.74	

REFEREE SIGNATURE

Welsh Athletics - Height Card																				
MEETING		NASUWT - CUP & PLATE FINAL				VENUE	BRECON			TIME	2:00 PM			DATE	Wednesday-10-July-2024					
EVENT		F15 U16 Girls High Jump				CUP CBP - Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995										START TIME				
						PLATE CBP - Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011										END TIME				
Order	BIB	NAME	CLUB	START	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50			Best	Trials @ Ht cleared	Total Failures	Final Position	PTS
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm				
1	4	Hanna JONES	Tryfan						xo	xxx						1.30			7	2.0
2	8	Armani HESTER-DEMILLE	Gwent Is Coed						o	o	xxo	xxx				1.40			2	7.0
3	6	Amy APPIAH-KUBI	St. Joseph's				o	o	o	xxx						1.30			6	3.0
4	3	Menna HARRIS	Bro Dinefwr				o	xo	xxx							1.25			8	1.0
5	5	Grace CADDY	YG Cwm Rhymni - Gwyndy						o	xxo	xxx					1.35			5	4.0
6	1	Efa MORGAN-ROBERTS	YG Gwyr					o	xo	o	xxx					1.35			3	6.0
7	2	Carys MAYERS	Glantaf						o	xo	o	xxx				1.40			1	9.0
8	7	Phoebe SHORT	Llanidloes				o	o	xo	xo	xx					1.35			4	5.0
9	44	Lleucu NEWTON	Duffryn Conwy				o	xxx								1.20			6	3.0
10	88	Sophie BAILEY	Monmouth Girls						o	o	o	xxx				1.45			1	9.0
11	66	Layla DRURY	Alun School				o	xxo	o	xxo						1.35			4	5.0
12	33	Zakia JOHNSON	Dyffryn Aman				o	o	xo	xo	xx					1.35			3	6.0
13	55	Holli MACKENZIE PRICE	YG Cwm Rhymni - Gellihaf				xo	o	xxx							1.25			5	4.0
14	11	Millie PIERCE	Olchfa				o	xo	xxx							1.20			7	2.0
15	22	Elin RUSSIL	Radyr		xxx															
16	77	Lucy WARD	Welshpool						o	xo	xo	xxx				1.45			2	7.0

PLEASE ENTER o for clearance and x for fail

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	2	Carys MAYERS	Glantaf	1.40	1	88	Sophie BAILEY	Monmouth Girls	1.45		
2	8	Armani HESTER-DEMILLE	Gwent Is Coed	1.40	2	77	Lucy WARD	Welshpool	1.45		
3	1	Efa MORGAN-ROBERTS	YG Gwyr	1.35	3	33	Zakia JOHNSON	Dyffryn Aman	1.35		
4	7	Phoebe SHORT	Llanidloes	1.35	4	66	Layla DRURY	Alun School	1.35		
5	5	Grace CADDY	YG Cwm Rhymni - Gwyndy	1.35	5	55	Holli MACKENZIE PRICE	YG Cwm Rhymni - Gellihaf	1.25		
6	6	Amy APPIAH-KUBI	St. Joseph's	1.30	6	44	Lleucu NEWTON	Duffryn Conwy	1.20	REFEREE'S SIGNATURE	
7	4	Hanna JONES	Tryfan	1.30	7	11	Millie PIERCE	Olchfa	1.20		
8	3	Menna HARRIS	Bro Dinefwr	1.25	8						

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	2:00 PM	Date	Wednesday-10-Jul-2024	
Event		F16 U14 Boys Shot Put (3.00kg)		CUP CBP - Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004				START TIME		
				PLATE CBP - Ethan WITCHELL, Ysgol Glantaf, Cardiff & the Vale, 13.65, 2019				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	6	Tomasi FIDOW	Morgan Llywd	9.03	8.39	8.19	9.03	2	7	
2	2	James MCCORMACK	Whitchurch	8.12	7.92	8.21	8.21	5	4	
3	5	Cadel PARRY	YG Cwm Rhymni - Gwyndy	8.29	8.27	8.97	8.97	3	6	
4	1	Alexander RANKIN	YG Gwyr	8.15	8.08	7.75	8.15	6	3	
5	8	Ieuan WILLIAMS	Brynmawr	9.66	9.36	9.84	9.84	1	9	
6	4	Cai BURNS	Syr Thomas Jones	7.83	8.31	8.34	8.34	4	5	
7	7	Milo THOMSON	Llanidloes	6.72	6.63	X	6.72	8	1	
8	3	Xander HOLT	Dyffryn Aman	7.32	6.96	7.50	7.50	7	2	
9	66	-	TBC							
10	22	Adam YACOUMI	Llanishen	9.20	8.79	9.09	9.20	3	6	
11	55	Ethan RICHARDSON	Brynteg	9.58	9.43	9.81	9.81	1	9	
12	11	Jay PARKIN	Bryn Tawe	7.40	7.12	6.33	7.40	7	2	
13	88	Lawrence DOWLING	Rougemont	7.89	7.70	8.53	8.53	5	4	
14	44	Aron ROBERTS	Ardudwy	7.44	8.46	8.35	8.46	6	3	
15	77	Alex RIORDAN	Newtown	8.60	8.01	7.94	8.60	4	5	
16	33	Anthony JARVIS	Penglais	9.20	9.12	9.52	9.52	2	7	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Ieuan WILLIAMS	Brynmawr	9.84	1	55	Ethan RICHARDSON	Brynteg	9.81	
2	6	Tomasi FIDOW	Morgan Llywd	9.03	2	33	Anthony JARVIS	Penglais	9.52	
3	5	Cadel PARRY	YG Cwm Rhymni - Gwyndy	8.97	3	22	Adam YACOUMI	Llanishen	9.20	
4	4	Cai BURNS	Syr Thomas Jones	8.34	4	77	Alex RIORDAN	Newtown	8.60	
5	2	James MCCORMACK	Whitchurch	8.21	5	88	Lawrence DOWLING	Rougemont	8.53	
6	1	Alexander RANKIN	YG Gwyr	8.15	6	44	Aron ROBERTS	Ardudwy	8.46	
7	3	Xander HOLT	Dyffryn Aman	7.50	7	11	Jay PARKIN	Bryn Tawe	7.40	
8	7	Milo THOMSON	Llanidloes	6.72	8					

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	2:00 PM	Date	Wednesday-10-Jul-2024		
Event		F17 U14 Girls Discus (0.75kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 35.92, 2010				START TIME			
				PLATE CBP - Ella JACKSON, Radyr Comprehensive School , Cardiff & Vale, 26.41, 20				END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts		
				m.cm	m.cm	m.cm	m.cm				
1	8	Shania DAVIES	Caerleon	x	16.09	14.32	16.09	5	4		
2	5	Saffir SHAWLEY	YG Cwm Rhymni - Gwyndy	21.11	13.99	6.17	21.11	1	9		
3	7	Bella ROBERTS	Welshpool	x	10.25	11.65	11.65	8	1		
4	4	Mya BLACKHAM	Tryfan	x	x	20.24	20.24	2	7		
5	1	Alice CALDWELL	Olchfa	13.81	13.63	x	13.81	7	2		
6	6	Erin PRITCHARD	Castell Alun	15.67	x	13.93	15.67	6	3		
7	3	Celyn THOMAS	Bro Myrddin	15.45	16.53	16.35	16.53	4	5		
8	2	Aimee BENNETT	Glantaf	16.90	16.50	18.50	18.50	3	6		
9	88	Millie HISCOTT	Islwyn	19.33	x	x	19.33	1	9		
10	55	Ezara LYNCH	YG Cwm Rhymni - Gellihaf	18.56	14.30	16.96	18.56	2	7		
11	77	Kelsey HARVEY	Llanidloes	16.79	x	16.71	16.79	4	5		
12	44	Mali JONES	Botwnnog	17.64	x	9.28	17.64	3	6		
13	11	Darcey CARMAN	Bishopston	13.52	15.19	14.63	15.19	5	4		
14	66	Fleur RANGLES	Alun School	x	9.11	9.82	9.82	8	1		
15	33	Lili REES LANGLEY	Bro Preseli	13.79	14.33	14.62	14.62	6	3		
16	22	Lola WADMORE	Cardiff High	13.14	14.48	x	14.48	7	2		

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Saffir SHAWLEY	YG Cwm Rhymni - Gwyndy	21.11	1	88	Millie HISCOTT	Islwyn	19.33	REFeree SIGNATURE
2	4	Mya BLACKHAM	Tryfan	20.24	2	55	Ezara LYNCH	YG Cwm Rhymni - Gellihaf	18.56	
3	2	Aimee BENNETT	Glantaf	18.50	3	44	Mali JONES	Botwnnog	17.64	
4	3	Celyn THOMAS	Bro Myrddin	16.53	4	77	Kelsey HARVEY	Llanidloes	16.79	
5	8	Shania DAVIES	Caerleon	16.09	5	11	Darcey CARMAN	Bishopston	15.19	
6	6	Erin PRITCHARD	Castell Alun	15.67	6	33	Lili REES LANGLEY	Bro Preseli	14.62	
7	1	Alice CALDWELL	Olchfa	13.81	7	22	Lola WADMORE	Cardiff High	14.48	
8	7	Bella ROBERTS	Welshpool	11.65	8	66	Fleur RANGLES	Alun School	9.82	

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	2:00 PM	Date	Wednesday-10-Jul-2024	
Event		F18 U16 Boys Javelin (600g)		CUP CBP - Chris THOMAS, West Mon, Gwent, 56.58, 1995				START TIME		
				PLATE CBP - Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	1	Ed THOMAS	Bishopston	21.36	24.65	24.07	24.65	6	3	
2	7	George FARRINGTON	Newtown	x	28.57	x	28.57	5	4	
3	8	Edward RIDEOUT	Caerleon	24.98	29.15	x	29.15	4	5	
4	6	Valdir COSTA	St. Joseph's	x	x	22.51	22.51	7	2	
5	3	Yaroslav LOPHUA	Haverfordwest	30.41	32.05	29.87	32.05	2	7	
6	2	Jack S JONES	Cardiff High	x	x	29.98	29.98	3	6	
7	5	Kai WILLIAMS	YG Cwm Rhymni - Gellihaf	27.47	x	32.06	32.06	1	9	
8	4	Mason ROWLANDS	Friars	22.42	18.79	21.88	22.42	8	1	
9	11	Macsen HOLLAND	YG Gwyr	35.45	35.98	36.28	36.28	2	7	
10	77	Levi POWELL	Llanidloes	x	x	x				
11	88	Jake STANAWAY	St. Julian's	23.64	24.01	19.36	24.01	7	2	
12	66	Josh HOLLINSHEAD	Castell Alun	x	25.95	24.34	25.95	5	4	
13	33	Ronnie BULLIONS	Dyffryn Aman	30.43	25.95	24.34	30.43	3	6	
14	22	Finlay EVANS	Glantaf	28.30	29.45	28.13	29.45	4	5	
15	55	Jacob STYLING	Ysgol Rhydywaun	30.49	x	38.23	38.23	1	9	
16	44	Gwion JONES	Brynrefail	x	24.15	23.78	24.15	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Kai WILLIAMS	YG Cwm Rhymni - Gellihaf	32.06	1	55	Jacob STYLING	Ysgol Rhydywaun	38.23	REFeree SIGNATURE
2	3	Yaroslav LOPHUA	Haverfordwest	32.05	2	11	Macsen HOLLAND	YG Gwyr	36.28	
3	2	Jack S JONES	Cardiff High	29.98	3	33	Ronnie BULLIONS	Dyffryn Aman	30.43	
4	8	Edward RIDEOUT	Caerleon	29.15	4	22	Finlay EVANS	Glantaf	29.45	
5	7	George FARRINGTON	Newtown	28.57	5	66	Josh HOLLINSHEAD	Castell Alun	25.95	
6	1	Ed THOMAS	Bishopston	24.65	6	44	Gwion JONES	Brynrefail	24.15	
7	6	Valdir COSTA	St. Joseph's	22.51	7	88	Jake STANAWAY	St. Julian's	24.01	
8	4	Mason ROWLANDS	Friars	22.42	8					

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	3:00 PM	Date	Wednesday-10-Jul-2024	
Event		F19 U16 Boys Long Jump		CUP CBP - Rhys WILLIAMS, YG Cwm Rhymni, Glamorgan Valleys, 6.22, 2009			START TIME			
				PLATE CBP - Ben VINCENT, Whitchurch High School, Cardiff & the Vale, 5.99, 201			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	2	Hari PAUL	Cardiff High	5.51	5.17	5.52	5.52	3	6	
2	3	Harvey THOMAS	Haverfordwest	5.62	5.48	5.63	5.63	2	7	
3	4	Tom D'AVOSSA	Friars	4.98	5.16	5.35	5.35	4	5	
4	5	Rorey GARDNER	YG Cwm Rhymni - Gellihaf	x	5.41	5.67	5.67	1	9	
5	6	Kacper BURY	St. Joseph's	4.78	4.79	4.84	4.84	7	2	
6	7	Fyfe DAVIES	Newtown	x	4.63	4.77	4.77	8	1	
7	8	Rhys DYER	Caerleon	4.62	4.94	4.99	4.99	6	3	
8	1	Dexter PARRINGTON	Bishopston	4.10	4.25	5.02	5.02	5	4	
9	22	Macsen MARTINS-HUGHES	Glantaf	5.14	5.49	5.30	5.49	1	9	
10	33	Leon WOODLEY	Dyffryn Aman	5.29	5.36	5.39	5.39	3	6	
11	44	Llyr ELWYN	Brynrefail	3.95	4.04	4.03	4.04	8	1	
12	55	Tristan HAMER	Ysgol Rhydywaun	4.45	4.91	4.89	4.91	5	4	
13	66	Lucas GREEN	Castell Alun	4.40	4.51	4.28	4.51	7	2	
14	77	Wil EVANS	Llanidloes	x	5.31	5.47	5.47	2	7	
15	88	Jalaludeen SUFYAN EL-BAK	St. Julian's	5.16	x	4.30	5.16	4	5	
16	11	Danny SPILLETS	YG Gwyr	4.90	4.76	4.89	4.90	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Rorey GARDNER	YG Cwm Rhymni - Gellihaf	5.67	1	22	Macsen MARTINS-HUGHES	Glantaf	5.49	REFeree SIGNATURE
2	3	Harvey THOMAS	Haverfordwest	5.63	2	77	Wil EVANS	Llanidloes	5.47	
3	2	Hari PAUL	Cardiff High	5.52	3	33	Leon WOODLEY	Dyffryn Aman	5.39	
4	4	Tom D'AVOSSA	Friars	5.35	4	88	Jalaludeen SUFYAN EL-BAK	St. Julian's	5.16	
5	1	Dexter PARRINGTON	Bishopston	5.02	5	55	Tristan HAMER	Ysgol Rhydywaun	4.91	
6	8	Rhys DYER	Caerleon	4.99	6	11	Danny SPILLETS	YG Gwyr	4.90	
7	6	Kacper BURY	St. Joseph's	4.84	7	66	Lucas GREEN	Castell Alun	4.51	
8	7	Fyfe DAVIES	Newtown	4.77	8	44	Llyr ELWYN	Brynrefail	4.04	

Welsh Athletics - Height Card																				
MEETING		NASUWT - CUP & PLATE FINAL				VENUE	BRECON			TIME	3:00 PM			DATE	Wednesday-10-July-2024					
EVENT		F20 U14 Boys High Jump				CUP CBP - Tom TROTMAN, Cowbridge, Cardiff & the Vale, 1.70, 2011										START TIME				
						PLATE CBP - Iolo GRANT, Ysgol Glantaf, Cardiff & the Vale, 1.60, 2019										END TIME				
Order	BIB	NAME	CLUB	START	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55				Best	Trials @ Ht cleared	Total Failures	Final Position	PTS
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	7	Jake DONALDSON	Llanidloes		xo	xxx										1.20			8	
2	6	Max JONES	Morgan Llywd				xo	o	o	xxo	x					1.45			3	
3	2	Fin MALPAS	Whitchurch			o	xxx									1.25			7	
4	8	Alex HUIISH	Brynawr				o	o	o	xo	xo	x				1.50			2	
5	4	Timothy DAVIES	Syr Thomas Jones					xxo	xxx							1.35			4	
6	3	Lucas CARPENTER	Dyffryn Aman			o	o	xxx								1.30			6	
7	1	Harrison CORTAZZI	YG Gwyr				o	o	o	xxo	o	x				1.50			1	
8	5	Morgan HANIGAN	YG Cwm Rhymni - Gwyndy		o	o	o	xxo	xx							1.35			5	
9	77	Henry ROWLANDS	Newtown		o	xxx										1.20			6	3.0
10	66	-	TBC																	
11	22	Owen RAPPS	Llanishen		o	o	o	o	xxx							1.35			1	9.0
12	88	Matthius TSVARA	Rougemont			xxo	xxx									1.25			4	5.0
13	44	Ellis FAULKES	Ardudwy			o										1.25			3	6.0
14	33	David AKPOKODJE	Penglais		xxo	xxo	xx									1.25			5	4.0
15	11	Leo CHANG	Bryn Tawe			xxx														
16	55	Toby WILLIAMS	Brynteg			o	o	xxx								1.30			2	7.0

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Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	1	Harrison CORTAZZI	YG Gwyr	1.50	1	22	Owen RAPPS	Llanishen	1.35		
2	8	Alex HUIISH	Brynawr	1.50	2	55	Toby WILLIAMS	Brynteg	1.30		
3	6	Max JONES	Morgan Llywd	1.45	3	44	Ellis FAULKES	Ardudwy	1.25		
4	4	Timothy DAVIES	Syr Thomas Jones	1.35	4	88	Matthius TSVARA	Rougemont	1.25		
5	5	Morgan HANIGAN	YG Cwm Rhymni - Gwyndy	1.35	5	33	David AKPOKODJE	Penglais	1.25		
6	3	Lucas CARPENTER	Dyffryn Aman	1.30	6	77	Henry ROWLANDS	Newtown	1.20		
7	2	Fin MALPAS	Whitchurch	1.25	7					REFEREE'S SIGNATURE	
8	7	Jake DONALDSON	Llanidloes	1.20	8						

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	3:00 PM	Date	Wednesday-10-Jul-2024	
Event		F21 U16 Boys Shot Put (4.00kg)		CUP CBP - Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014			START TIME			
				PLATE CBP - Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	5	Noah JONES	YG Cwm Rhymni - Gellihaf	11.86	X	X	11.86	2	7	
2	4	Carwyn ROBERTS	Friars	9.91	10.38	X	10.38	5	4	
3	3	Brayden JONES	Haverfordwest	11.25	12.41	11.58	12.41	1	9	
4	7	Liam EDWARDS	Newtown	8.36	7.56	7.88	8.36	8	1	
5	2	Valdi JOP	Cardiff High	10.26	10.99	11.43	11.43	3	6	
6	1	Ben LOOSMORE	Bishopston	9.97	10.23	9.52	10.23	6	3	
7	6	Praise OSADIAYE	St. Joseph's	8.57	8.83	8.52	8.83	7	2	
8	8	Reuben JOHNSTONE	Caerleon	X	10.65	10.31	10.65	4	5	
9	55	Haydn WHITEHOUSE	Ysgol Rhydywaun	11.31	11.53	10.26	11.53	2	7	
10	44	Cai WILLIAMS	Brynrefail	X	8.86	10.08	10.08	5	4	
11	33	Kelston FAIRHURST	Dyffryn Aman	9.59	9.67	8.46	9.67	6	3	
12	77	Oscar LAMP	Llanidloes	9.00	8.25	X	9.00	7	2	
13	22	Meredydd IFAN	Glantaf	10.48	9.98	10.25	10.48	3	6	
14	11	Tomos DAVIES	YG Gwyr	12.35	11.33	12.33	12.35	1	9	
15	66	Jorge PARRY-LOPEZ	Castell Alun	X	X	7.66	7.66	8	1	
16	88	Luca-Jay ARLETT	St. Julian's	9.91	10.28	10.44	10.44	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Brayden JONES	Haverfordwest	12.41	1	11	Tomos DAVIES	YG Gwyr	12.35	
2	5	Noah JONES	YG Cwm Rhymni - Gellihaf	11.86	2	55	Haydn WHITEHOUSE	Ysgol Rhydywaun	11.53	
3	2	Valdi JOP	Cardiff High	11.43	3	22	Meredydd IFAN	Glantaf	10.48	
4	8	Reuben JOHNSTONE	Caerleon	10.65	4	88	Luca-Jay ARLETT	St. Julian's	10.44	
5	4	Carwyn ROBERTS	Friars	10.38	5	44	Cai WILLIAMS	Brynrefail	10.08	
6	1	Ben LOOSMORE	Bishopston	10.23	6	33	Kelston FAIRHURST	Dyffryn Aman	9.67	
7	6	Praise OSADIAYE	St. Joseph's	8.83	7	77	Oscar LAMP	Llanidloes	9.00	
8	7	Liam EDWARDS	Newtown	8.36	8	66	Jorge PARRY-LOPEZ	Castell Alun	7.66	
										REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	3:00 PM	Date	Wednesday-10-Jul-2024	
Event		F22 U14 Boys Discus (1.00kg)		CUP CBP - Issac LECKI, Castell Alun High School , North East Wales, 35.25, 2016			START TIME			
				PLATE CBP - Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	4	Edwin HUGHES	Syr Thomas Jones	14.90	15.29	15.12	15.29	8	1	
2	8	Max PARRY	Brynmawr	15.05	19.12	13.84	19.12	5	4	
3	6	Kyran BYOTT	Morgan Llywd	20.41	18.76	20.85	20.85	3	6	
4	3	Milo WILSON	Dyffryn Aman	x	23.48	25.57	25.57	1	9	
5	5	Cameron GEORGE	YG Cwm Rhymni - Gwyndy	19.06	18.47	x	19.06	6	3	
6	1	Max COURTNEY	YG Gwyr	19.26	x	x	19.26	4	5	
7	2	Aneurin BRUTE- WOOD	Whitchurch	24.86	x	24.81	24.86	2	7	
8	7	Dillan PRIOR	Llanidloes	x	17.75	14.10	17.75	7	2	
9	44	Garan BENTHAM	Ardudwy	14.64	14.65	19.40	19.40	5	4	
10	88	Dan BEALE	Rougemont	14.83	23.42	21.62	23.42	3	6	
11	66	-	TBC							
12	33	Noah KEITH	Penglais	24.46	20.83	9.77	24.46	1	9	
13	55	Kai KIDDY	Brynteg	13.17	10.34	x	13.17	7	2	
14	11	Jude HARLIN	Bryn Tawe	x	x	16.65	16.65	6	3	
15	22	Theo TURNER	Llanishen	19.01	21.31	20.55	21.31	4	5	
16	77	Morgan EVANS-JONES	Newtown	24.26	x	19.76	24.26	2	7	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Milo WILSON	Dyffryn Aman	25.57	1	33	Noah KEITH	Penglais	24.46	REFeree SIGNATURE
2	2	Aneurin BRUTE- WOOD	Whitchurch	24.86	2	77	Morgan EVANS-JONES	Newtown	24.26	
3	6	Kyran BYOTT	Morgan Llywd	20.85	3	88	Dan BEALE	Rougemont	23.42	
4	1	Max COURTNEY	YG Gwyr	19.26	4	22	Theo TURNER	Llanishen	21.31	
5	8	Max PARRY	Brynmawr	19.12	5	44	Garan BENTHAM	Ardudwy	19.40	
6	5	Cameron GEORGE	YG Cwm Rhymni - Gwyndy	19.06	6	11	Jude HARLIN	Bryn Tawe	16.65	
7	7	Dillan PRIOR	Llanidloes	17.75	7	55	Kai KIDDY	Brynteg	13.17	
8	4	Edwin HUGHES	Syr Thomas Jones	15.29	8					

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	3:00 PM	Date	Wednesday-10-Jul-2024	
Event		F23 U16 Girls Javelin (500g)		CUP CBP - Rhian EVANS, YG Gweyr, Afan Nedd Tawe, 36.62, 2015				START TIME		
				PLATE CBP - Daisy LLOYD EVANS, Llanfyllin, Powys, 38.16, 2017/Holly PEMBERTON				END TIME		
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	6	Isabella BENNETT	St. Joseph's	x	x	x				
2	2	Mali EMMERSON	Glantaf	17.94	19.60	21.30	21.30	4	5	
3	5	Anwen BAILEY	YG Cwm Rhymni - Gwyndy	24.67	22.18	22.82	24.67	2	7	
4	1	Gwenna PHILLIPS	YG Gwyr	15.66	x	15.92	15.92	6	3	
5	8	Nia LIAN	Gwent Is Coed	21.70	18.09	19.65	21.70	3	6	
6	4	Efa DWYFOR-CLARK	Tryfan	14.40	x	16.18	16.18	5	4	
7	7	Ava HILLARY	Llanidloes	x	13.53	14.95	14.95	7	2	
8	3	Eleri MORGAN	Bro Dinefwr	25.55	26.30	x	26.30	1	9	
9	66	Megan WOOD	Alun School	16.84	x	18.44	18.44	4	5	
10	22	Rebecca GUNNEY	Radyr	13.81	13.27	13.68	13.81	7	2	
11	55	Tegwen PATTERSON	YG Cwm Rhymni - Gellihaf	x	18.37	19.44	19.44	2	7	
12	11	Izzy JONES	Olchfa	x	x	x				
13	88	Sienna MCKENNA	Monmouth Girls	24.88	x	26.43	26.43	1	9	
14	44	Beca GRIFFITHS	Duffryn Conwy	17.60	18.49	18.19	18.49	3	6	
15	77	Caitlin OWEN	Welshpool	13.61	15.21	16.72	16.72	5	4	
16	33	Mari WOOD	Dyffryn Aman	12.03	12.99	15.69	15.69	6	3	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Eleri MORGAN	Bro Dinefwr	26.30	1	88	Sienna MCKENNA	Monmouth Girls	26.43	REFeree SIGNATURE
2	5	Anwen BAILEY	YG Cwm Rhymni - Gwyndy	24.67	2	55	Tegwen PATTERSON	YG Cwm Rhymni - Gellihaf	19.44	
3	8	Nia LIAN	Gwent Is Coed	21.70	3	44	Beca GRIFFITHS	Duffryn Conwy	18.49	
4	2	Mali EMMERSON	Glantaf	21.30	4	66	Megan WOOD	Alun School	18.44	
5	4	Efa DWYFOR-CLARK	Tryfan	16.18	5	77	Caitlin OWEN	Welshpool	16.72	
6	1	Gwenna PHILLIPS	YG Gwyr	15.92	6	33	Mari WOOD	Dyffryn Aman	15.69	
7	7	Ava HILLARY	Llanidloes	14.95	7	22	Rebecca GUNNEY	Radyr	13.81	
8					8					

Welsh Athletics : Distance Card

Meeting		NASUWT - CUP & PLATE FINAL		Venue	BRECON	Time	3:00 PM	Date	Wednesday-10-Jul-2024	
Event		F24 U14 Boys Triple Jump		CUP CBP - Josh RAMSEY, YG Cwm Rhymni, Glamorgan Valleys, 11.32, 2006			START TIME			
				PLATE CBP - Ebenezer MARANGO, Cardiff High, Cardiff & the Vale, 10.88, 2010			END TIME			
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	8	Jake LEONARD	Brynmawr	9.53	9.91	10.47	10.47	1	9	
2	5	Tom YOUNG	YG Cwm Rhymni - Gwyndy	9.39	9.69	x	9.69	4	5	
3	7	Flynn LEWIS	Llanidloes	7.74	7.60	7.87	7.87	8	1	
4	4	Lucian MYRES	Syr Thomas Jones	9.40	9.23	8.73	9.40	5	4	
5	1	Matthew BALL	YG Gwyr	9.13	9.72	9.79	9.79	3	6	
6	6	Osian EVANS	Morgan Llywd	8.73	8.50	8.53	8.73	7	2	
7	3	Aaron CAMPBELL	Dyffryn Aman	9.97	9.83	x	9.97	2	7	
8	2	Munya MSIPA	Whitchurch	9.33	9.27	9.35	9.35	6	3	
9	88	Elis SUMMERS	Rougemont	8.03	8.39	8.54	8.54	2	7	
10	55	Ellis MOTLEY	Brynteg	7.72	x	x	7.72	5	4	
11	77	Shane JONES	Newtown	x	7.32	7.88	7.88	4	5	
12	44	Guto ANWYL	Ardudwy	7.59	7.94	7.96	7.96	3	6	
13	11	Brandon JERMIN	Bryn Tawe	x	x	x				
14	66	-	TBC							
15	33	Sonny BARON	Penglais							
16	22	Gethin HUGHES	Llanishen	9.34	9.87	10.04	10.04	1	9	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Jake LEONARD	Brynmawr	10.47	1	22	Gethin HUGHES	Llanishen	10.04	
2	3	Aaron CAMPBELL	Dyffryn Aman	9.97	2	88	Elis SUMMERS	Rougemont	8.54	
3	1	Matthew BALL	YG Gwyr	9.79	3	44	Guto ANWYL	Ardudwy	7.96	
4	5	Tom YOUNG	YG Cwm Rhymni - Gwyndy	9.69	4	77	Shane JONES	Newtown	7.88	
5	4	Lucian MYRES	Syr Thomas Jones	9.40	5	55	Ellis MOTLEY	Brynteg	7.72	
6	2	Munya MSIPA	Whitchurch	9.35	6					
7	6	Osian EVANS	Morgan Llywd	8.73	7					
8	7	Flynn LEWIS	Llanidloes	7.87	8					

REFEREE SIGNATURE