

WSAA

WELSH SCHOOLS
ATHLETICS ASSOCIATION



CAYC

CYMDEITHAS ATHLETAU
YSGOLION CYMRU

NASUWT CUP & PLATE FINAL

RESULTS

Wednesday-09-Jul-2025

BRECON

NASUWT CUP FINAL			NASUWT PLATE FINAL		
U14 Boys match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Bro Morgannwg	101.0	1	Cardiff High	100.0

U14 Girls match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	97.0	1	Whitchurch	84.5

U16 Boys match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	90.0	1	Cardiff High	97.0

U16 Girls match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	96.0	1	Cardiff High	85.5

CUP FINAL CBP

2

PLATE FINAL CBP

4

2024 NASUWT Cup & Plate Final

Wednesday 10th July

Penlan Track Brecon



1: Bro Morgannwg = 101.0	5: John Frost = 48.0
2: Gwyr = 76.5	6: Newtown = 46.5
3: Gellihaf = 66.0	7: Argoed = 44.0
4: Queen Elizabeth = 59.0	8: Tryfan = 40.0

T18 U14 - 100m Cup

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

		Heat 1		ws -0.2		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Gwri AWOYEMI	Bro Morgannwg	12.11	9.0	CVG
2	5	Frankie MOSES	Gellihaf	12.12	7.0	GLV
3	1	Efan WILLIAMS	Gwyr	12.90	6.0	ANT
4	4	Jackson ROBERTS	Tryfan	12.99	5.0	ERY
5	6	Finley PETERS	Argoed	13.12	4.0	NEW
6	7	Alvaro JUAREZ-HERNANDEZ	Newtown	13.33	3.0	POW
7	8	Finley PENGELLY	John Frost	13.86	2.0	SEW
8	3	Sean HERNANDEZ	Queen Elizabeth	14.18	1.0	DYF

T10 U14 - 200m Cup

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

		Heat 1		ws +1.8		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Steffan PHILLIPS	Bro Morgannwg	25.92	9.0	CVG
2	7	Charlie HARDMAN	Newtown	26.05	7.0	POW
3	8	Isaac SEXTON-LEWIS	John Frost	26.48	6.0	SEW
4	3	Jamie BILLS	Queen Elizabeth	26.69	5.0	DYF
5	5	George WATKINS	Gellihaf	27.43	4.0	GLV
6	1	Noa RICHARDS	Gwyr	27.88	3.0	ANT
7	4	Max BURKE	Tryfan	27.96	2.0	ERY
8	6	Jonas ODETOYINBO	Argoed	28.79	1.0	NEW

T14 U14 - 300m Cup

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

		Heat 1		ws -0.2		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Tyla PAUL MONKS	Bro Morgannwg	41.17	9.0	CVG
2	1	Bo CUTHBERTSON	Gwyr	41.39	7.0	ANT
3	8	Tomos PICTON	John Frost	43.03	6.0	SEW
4	5	Harri AP LLYWD DAFYDD	Gellihaf	43.15	5.0	GLV
5	6	Connor DAWSON	Argoed	43.70	4.0	NEW
6	3	Sam MORGAN	Queen Elizabeth	44.55	3.0	DYF
7	7	Eathan ASHLEY	Newtown	45.20	2.0	POW
8	4	Sion WILLIAMS	Tryfan	45.25	1.0	ERY

T22 U14 - 800m Cup

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

		Heat 1		ws +3.0		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Tomos AUSTIN	Bro Morgannwg	2:17.60	9.0	CVG
2	1	Tomi JONES	Gwyr	2:22.19	7.0	ANT
3	3	Jacob KELLY	Queen Elizabeth	2:25.56	6.0	DYF
4	8	Riley SYMONS	John Frost	2:26.61	5.0	SEW
5	4	Arthur HUGHES	Tryfan	2:27.05	4.0	ERY
6	6	Connor WILLIAMS	Argoed	2:33.15	3.0	NEW
7	7	James PENGELLY-LEACH	Newtown	2:39.53	2.0	POW
8	5	Rhys JONES	Gellihaf	2:43.89	1.0	GLV

T06 U14 - 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	6	Finlay POTTER	Argoed	4:44.20	9.0	NEW
2	1	Isaac MCADIE	Gwyr	4:44.24	7.0	ANT
3	2	Luca DICKINSON	Bro Morgannwg	4:48.86	6.0	CVG
4	4	Elis OWEN	Tryfan	5:04.75	5.0	ERY
5	5	Joseph DRAKE	Gellihaf	5:13.91	4.0	GLV
6	8	Dan WILLOUGHBY	John Frost	5:23.91	3.0	SEW
7	7	Tommy PRYCE	Newtown	5:32.99	2.0	POW
8	3	Miles HAYHURST	Queen Elizabeth	5:37.83	1.0	DYF

1: Cardiff High = 100.0	5: Maes Y Gwendraeth = 56.0
2: Gwyndy = 69.5	6: Brynrefail = 46.0
3: Caerleon = 62.0	7: Llanidloes = 43.5
4: Bishopston = 61.0	8: Castell Alun = 41.0

T18 U14 - 100m Plate

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

		Heat 2		ws +2.6		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Dylan FAYE	Bishopston	11.72	9.0	ANT
2	77	Tyler DUNNETT	Llanidloes	12.28	7.0	POW
3	22	Ahmed KARIM	Cardiff High	12.50	6.0	CVG
4	88	James BYRNE	Caerleon	12.53	5.0	SEW
5	44	Owen ROBERTS	Brynrefail	12.64	4.0	ERY
6	33	Brodie THOMAS	Maes Y Gwendraeth	13.03	3.0	DYF
7	55	Jac WALKLEY	Gwyndy	13.19	2.0	GLV
8	66	Harry MORTIMER	Castell Alun	13.50	1.0	NEW

T10 U14 - 200m Plate

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

		Heat 2		ws +0.1		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Dau'D NAVID	Cardiff High	25.69	9.0	CVG
2	44	Alffi HARRIS	Brynrefail	26.57	7.0	ERY
3	88	Marcl BAJOR	Caerleon	27.56	6.0	SEW
4	55	Iolo CRONIN	Gwyndy	27.64	5.0	GLV
5	77	Jasper CORDINGLEY	Llanidloes	27.82	4.0	POW
6	33	Mason HUNT	Maes Y Gwendraeth	28.28	3.0	DYF
7	11	Carter THORBURN	Bishopston	29.63	2.0	ANT
8	66	Mason SMALLWOOD	Castell Alun	30.06	1.0	NEW

T14 U14 - 300m Plate

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

		Heat 2		ws -0.2		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Ellis MATHEWS	Maes Y Gwendraeth	41.43	9.0	DYF
2	55	Hywel EVANS	Gwyndy	43.27	7.0	GLV
3	11	Theo DIULIO	Bishopston	43.88	6.0	ANT
4	88	Tyler COLSEY	Caerleon	44.33	5.0	SEW
5	22	Jeb KER	Cardiff High	44.91	4.0	CVG
6	77	Connor JONES	Llanidloes	45.80	3.0	POW
7	44	Elis PHILLIPS	Brynrefail	49.44	2.0	ERY

T22 U14 - 800m Plate

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

		Heat 2		ws +3.0		
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Isaac DAVIES	Cardiff High	2:23.17	9.0	CVG
2	88	Harrison BERROW	Caerleon	2:23.57	7.0	SEW
3	11	Felix DAVIES	Bishopston	2:27.20	6.0	ANT
4	55	Noah HARRIS	Gwyndy	2:32.16	5.0	GLV
5	77	Damien DAVIES	Llanidloes	2:36.82	4.0	POW
6	33	Cai REES	Maes Y Gwendraeth	2:39.29	3.0	DYF
7	66	Oscar FERRIER	Castell Alun	2:40.85	2.0	NEW
8	44	Shay CAVANAGH	Brynrefail	2:55.88	1.0	ERY

T06 U14 - 1500m Plate

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

		Heat 2				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Oliver COBBOLD	Bishopston	4:36.73	9.0	ANT
2	22	George BAILEY	Cardiff High	5:05.69	7.0	CVG
3	33	Dylan WILLIAMS	Maes Y Gwendraeth	5:06.87	6.0	DYF
4	55	Bradley BUTTS	Gwyndy	5:07.21	5.0	GLV
5	66	Sam LLOYD	Castell Alun	5:10.05	4.0	NEW
6	88	Toby ROYAL	Caerleon	5:10.63	3.0	SEW
7	44	Shay CAVANAGH	Brynrefail	5:20.03	2.0	ERY
8	77	Tommi DAVES	Llanidloes	5:46.53	1.0	POW

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2: Gwyr = 76.5	6: Newtown = 46.5
3: Gellihaf = 66.0	7: Argoed = 44.0
4: Queen Elizabeth = 59.0	8: Tryfan = 40.0

T03 U14 - 75m Hurdles Cup

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

		Heat 1 ws +1.7				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Dylan ROWAN	Bro Morgannwg	12.78	9.0	CVG
2	5	Hedd CULLINANE	Gellihaf	12.99	7.0	GLV
3	1	James PRICE	Gwyr	13.06	6.0	ANT
4	3	Miguel NESPEROS	Queen Elizabeth	14.45	5.0	DYF
5	8	Azeem ODUMOSU	John Frost	14.50	4.0	SEW
6	4	Nathan HINCE	Tryfan	14.76	3.0	ERY
7	6	Harry ASTBURY	Argoed	15.98	2.0	NEW
8	7	Henry ROWLANDS	Newtown	17.00	1.0	POW

T28 U14 - 4 x 100 Relay Cup

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

		Heat 1 ws +3.0				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2		Bro Morgannwg	50.09	9.0	CVG
2	5		Gellihaf	52.03	7.0	GLV
3	1		Gwyr	52.22	6.0	ANT
4	3		Queen Elizabeth	52.39	5.0	DYF
5	8		John Frost	53.61	4.0	SEW
6	4		Tryfan	54.04	3.0	ERY
7	7		Newtown	54.29	2.0	POW
8	6		Argoed	55.34	1.0	NEW

Pos Bib Team

- 12 Steffan DAVEY, Steffan DAVEY, Dylan ROWAN, Steffan PHILLIPS
- 25 Ollie CELLARD, Ollie CELLARD, Harri AP LLYWD DAFYDD, Hedd CULLINANE
- 31 Jacob THOMAS-CUMMING, Jacob THOMAS-CUMMING, Noa RICHARDS, Bo CUTHB
- 43 Freddie BURKE, Freddie BURKE, Aiden JAMES, Seth THOMAS
- 58 Sebastiano LAO, Sebastiano LAO, Boris GEORGIEV, Tomos PICTON
- 64 Connor SMITH, Connor SMITH, Sion WILLIAMS, Jackson ROBERTS
- 77 Eathan ASHLEY, Eathan ASHLEY, Alvaro JUAREZ-HERNANDEZ, James PENGELLY-L
- 86 George CLARK, George CLARK, Finley PETERS, Connor DAWSON

F20 U14 - High Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Dylan ROWAN	Bro Morgannwg	1.40	9.0	CVG
2	5	Oliver SZEKERLEY	Gellihaf	1.40	7.0	GLV
3	3	Sam MORGAN	Queen Elizabeth	1.40	6.0	DYF
4=	7	Henry ROWLANDS	Newtown	1.35	4.5	POW
4=	1	Isaac KOWALSKI	Gwyr	1.35	4.5	ANT
6	4	Jackson ROBERTS	Tryfan	1.35	3.0	ERY
7	6	Harry ASTBURY	Argoed	1.30	2.0	NEW
8	8	Dan WILLOUGHBY	John Frost	1.30	1.0	SEW

F01 U14 - Long Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Frankie MOSES	Gellihaf	5.19	9.0	GLV
2	2	Gwri AWOYEMI	Bro Morgannwg	5.05	7.0	CVG
3	1	Efan WILLIAMS	Gwyr	4.79	6.0	ANT
4	8	Azeem ODUMOSU	John Frost	4.55	5.0	SEW
5	7	James PENGELLY-LEACH	Newtown	4.41	4.0	POW
6	3	Sean HERNANDEZ	Queen Elizabeth	4.08	3.0	DYF
7	4	Nathan HINCE	Tryfan	4.00	2.0	ERY
8	6	Reece ROBERTS	Argoed	2.57	1.0	NEW

1: Cardiff High = 100.0	5: Maes Y Gwendraeth = 56.0
2: Gwynndy = 69.5	6: Brynrefail = 46.0
3: Caerleon = 62.0	7: Llanidloes = 43.5
4: Bishopston = 61.0	8: Castell Alun = 41.0

T03 U14 - 75m Hurdles Plate

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

		Heat 2 ws +0.5				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Taliesin WILLIAMS	Gwynndy	12.41	9.0	GLV
2	22	Alex DRURY	Cardiff High	12.73	7.0	CVG
3	33	Evan ENOCH	Maes Y Gwendraeth	13.02	6.0	DYF
4	88	Max ROBSON	Caerleon	13.29	5.0	SEW
5	66	Arthur MITCHELL	Castell Alun	13.57	4.0	NEW
6	77	Jeremaih MUKIIBI	Llanidloes	14.12	3.0	POW
7	11	Kai CLEMENT	Bishopston	15.26	2.0	ANT
8	44	Rhys JONES	Brynrefail	15.55	1.0	ERY

T28 U14 - 4 x 100 Relay Plate

PLATE CBP - Llanishen, Cardiff & Vale, 49.68, 2024

		Heat 2 ws +3.0				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22		Cardiff High	50.27	9.0	CVG
2	11		Bishopston	51.40	7.0	ANT
3	55		Gwynndy	52.19	6.0	GLV
4	33		Maes Y Gwendraeth	52.71	5.0	DYF
5	88		Caerleon	53.62	4.0	SEW
6	44		Brynrefail	54.14	3.0	ERY
7	77		Llanidloes	55.00	2.0	POW
8	66		Castell Alun	56.56	1.0	NEW

Pos Bib Team

- 122 Alex DRURY, Alex DRURY, Hamza IQBAL, Dau'D NAVID
- 211 Griff SHINGLER, Griff SHINGLER, Dylan FAYE, Noah RICHARDS
- 355 Cian WYATT, Cian WYATT, Iolo CRONIN, Ifan MCCARTHY
- 433 Nico SMITH, Nico SMITH, Evan ENOCH, Brodie THOMAS
- 588 Evan BEDDOW, Jace SAUNDERS, Tyler COLSEY, Marcle BAJOR
- 644 Ifan GRIFFITHS, Ifan GRIFFITHS, Owain WILLIAMS, Owen ROBERTS
- 777 Dillon PRIOR, Connor JONES, Tyler DUNNETT, Cian HUTCHINSON
- 866 Josh THORBURN, Josh THORBURN, Harry MORTIMER, Marcus SMITH

F20 U14 - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	44	Alffi HARRIS	Brynrefail	1.40	9.0	ERY
2	66	Harry MORTIMER	Castell Alun	1.40	7.0	NEW
3	22	Dylan COX	Cardiff High	1.40	6.0	CVG
4	88	Harrison BERROW	Caerleon	1.35	5.0	SEW
5=	77	Damien DAVIES	Llanidloes	1.30	3.5	POW
5=	55	Tomos BERRY	Gwynndy	1.30	3.5	GLV
7	33	Cai REES	Maes Y Gwendraeth	1.30	2.0	DYF
8	11	Rudy JAYHAM	Bishopston	NM		ANT

F01 U14 - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Dylan FAYE	Bishopston	4.71	9.0	ANT
2	22	James PUGH	Cardiff High	4.63	7.0	CVG
3	44	Owen ROBERTS	Brynrefail	4.49	6.0	ERY
4	66	Teddy YEARSLEY	Castell Alun	4.36	5.0	NEW
5	88	Bobby LEWIS	Caerleon	4.35	4.0	SEW
6	55	Hywel EVANS	Gwynndy	4.27	3.0	GLV
7	33	Brodie THOMAS	Maes Y Gwendraeth	3.95	2.0	DYF
8	77	Feddy WILKY	Llanidloes	3.80	1.0	POW

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3: Gellihaf = 66.0	7: Argoed = 44.0
4: Queen Elizabeth = 59.0	8: Tryfan = 40.0

F24 U14 - Triple Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	James PRICE	Gwyr	9.82	9.0	ANT
2	5	Rhys JONES	Gellihaf	9.49	7.0	GLV
3	8	Boris GEORGIEV	John Frost	9.36	6.0	SEW
4	2	George DAVIES	Bro Morgannwg	9.23	5.0	CVG
5	7	Charlie HARDMAN	Newtown	9.13	4.0	POW
6	4	Max BURKE	Tryfan	8.83	3.0	ERY
7	3	Miles HAYHURST	Queen Elizabeth	8.52	2.0	DYF
8	6	Alfie ROBERTS	Argoed	7.60	1.0	NEW

F16 U14 - Shot Put (3.00kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Charlie BAILEY	Bro Morgannwg	10.52	9.0	CVG
2	1	Max EVANS	Gwyr	10.22	7.0	ANT
3	3	Seth THOMAS	Queen Elizabeth	10.00	6.0	DYF
4	6	Tomos PHOENIX	Argoed	9.84	5.0	NEW
5	8	Reuben PRYTHERCH-ROBERTS	John Frost	9.57	4.0	SEW
6	7	Jacob JOHNSON	Newtown	9.38	3.0	POW
7	4	Zachary WILLIAMS	Tryfan	9.20	2.0	ERY
8	5	George RIDGWAY	Gellihaf	8.91	1.0	GLV

F22 U14 - 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	Buddy EVANS	Queen Elizabeth	31.31	9.0	DYF
2	2	Lucas BLACKMORE	Bro Morgannwg	25.22	7.0	CVG
3	7	Kai PAGET	Newtown	23.99	6.0	POW
4	5	Carwyn MORGAN	Gellihaf	23.25	5.0	GLV
5	4	Owen WILLIAMS	Tryfan	21.37	4.0	ERY
6	1	Jay DANCER	Gwyr	20.61	3.0	ANT
7	6	Cole WILLIAMS	Argoed	17.83	2.0	NEW
8	8	Finley PENGELLY	John Frost	16.42	1.0	SEW

F12 U14 - Javelin (400g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	6	George CLARK	Argoed	41.29	9.0	NEW
2	3	Freddie BURKE	Queen Elizabeth	35.98	7.0	DYF
3	7	Eathan ASHLEY	Newtown	33.45	6.0	POW
4	1	Jacob THOMAS-CUMMING	Gwyr	30.42	5.0	ANT
5	2	Steffan DAVEY	Bro Morgannwg	28.91	4.0	CVG
6	4	Connor SMITH	Tryfan	28.55	3.0	ERY
7	5	Ollie CELLARD	Gellihaf	25.65	2.0	GLV
8	8	Sebastiano LAO	John Frost	15.88	1.0	SEW

1: Cardiff High = 100.0	5: Maes Y Gwendraeth = 56.0
2: Gwyndy = 69.5	6: Brynrefail = 46.0
3: Caerleon = 62.0	7: Llanidloes = 43.5
4: Bishopston = 61.0	8: Castell Alun = 41.0

F24 U14 - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Charlie EVANS	Cardiff High	9.79	9.0	CVG
2	88	Marcel BAJOR	Caerleon	9.07	7.0	SEW
3	55	Alfie DENT	Gwyndy	8.88	6.0	GLV
4	66	Auston COLLIS	Castell Alun	8.71	5.0	NEW
5	33	Ellis MATHEWS	Maes Y Gwendraeth	8.71	4.0	DYF
6	77	Reggie CLEWES	Llanidloes	8.30	3.0	POW
7	44	Ynyr AP RHYS	Brynrefail	8.18	2.0	ERY
8	11	Arlo SIMONCINI	Bishopston	8.04	1.0	ANT

F16 U14 - 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	22	Dau'D NAVID	Cardiff High	12.06	9.0	CVG
2	55	Taliesin WILLIAMS	Gwyndy	11.24	7.0	GLV
3	11	Seth BEYNON	Bishopston	9.99	6.0	ANT
4	33	Mason HUNT	Maes Y Gwendraeth	9.93	5.0	DYF
5	77	Will BEAMOND	Llanidloes	8.26	4.0	POW
6	66	Zach XENOS	Castell Alun	8.17	3.0	NEW
7	88	Euan ROBERTSON	Caerleon	7.90	2.0	SEW
8	44	Leo TAYLOR	Brynrefail	7.36	1.0	ERY

F22 U14 - Discus (1.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Charlie PHILLIPS	Cardiff High	26.85	9.0	CVG
2	88	Mihran HUSSAIN	Caerleon	26.12	7.0	SEW
3	55	Jack JONES	Gwyndy	21.81	6.0	GLV
4	66	Isaac GREEN	Castell Alun	21.57	5.0	NEW
5	77	Cam ADAMS	Llanidloes	19.78	4.0	POW
6	11	Noah RICHARDS	Bishopston	17.75	3.0	ANT
7	33	Osian GRIFFITHS	Maes Y Gwendraeth	16.50	2.0	DYF
8	44	Kai COPPERWAITE	Brynrefail	13.83	1.0	ERY

F12 U14 - Javelin (400g) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Alex DRURY	Cardiff High	31.62	9.0	CVG
2	44	Ifan GRIFFITHS	Brynrefail	28.04	7.0	ERY
3	33	Nico SMITH	Maes Y Gwendraeth	23.88	6.0	DYF
4	55	Cian WYATT	Gwyndy	23.49	5.0	GLV
5	77	Dillon PRIOR	Llanidloes	23.40	4.0	POW
6	66	Josh THORBURN	Castell Alun	22.80	3.0	NEW
7	88	Evan BEDDOW	Caerleon	22.04	2.0	SEW
8	11	Griff SHINGLER	Bishopston	17.24	1.0	ANT

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1: Glantaf = 97.0	5: Llanidloes = 49.0
2: Olchfa = 81.0	6: Castell Alun = 42.0
3: Dyffryn Aman = 71.0	7: Caerleon = 42.0
4: Gellihaf = 58.0	8: Tryfan = 39.0

T17 U14 - 100m Cup

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

		Heat 1		0.8 (Manual).0	
Pos	Bib	Athlete	School	Perf.	district Pts
1	2	Amber WILLIAMS	Glantaf	13.43	CVG 9.0
2	3	Jodie HOPE	Dyffryn Aman	13.75	DYF 7.0
3	8	Ava BLAKE	Caerleon	14.02	SEW 6.0
4	6	Lena DABROWSKA	Castell Alun	14.19	NEW 5.0
5	5	Freya PIZEY	Gellihaf	14.22	GLV 4.0
6	1	Lily SHUBIN	Olchfa	14.37	ANT 3.0
7	7	Mila MORGAN	Llanidloes	14.50	POW 2.0
8	4	Kayla OWEN-LEWIS	Tryfan	14.76	ERY 1.0

T09 U14 - 200m Cup

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

		Heat 1		ws +1.1	
Pos	Bib	Athlete	School	Perf.	district Pts
1	3	Mari OWEN	Dyffryn Aman	27.74	DYF 9.0
2	2	Amy FORD	Glantaf	28.19	CVG 7.0
3	1	Tochi EMENOGU	Olchfa	28.84	ANT 6.0
4	5	Lexi LYNCH	Gellihaf	29.88	GLV 5.0
5	6	Amelia CLARK	Castell Alun	30.28	NEW 4.0
6	7	Elsie JONES	Llanidloes	30.97	POW 3.0
7	8	Elsie BERROW	Caerleon	31.00	SEW 2.0
8	4	Grace ECKERSLEY	Tryfan	31.34	ERY 1.0

T13 U14 - 300m Cup

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

		Heat 1		ws -0.2	
Pos	Bib	Athlete	School	Perf.	district Pts
1	1	Katriel UDOH	Olchfa	44.68	ANT 9.0
2	2	Seren PEARCE	Glantaf	47.14	CVG 7.0
3	7	Daisy FORMAN	Llanidloes	49.44	POW 6.0
4	3	Isabelle ADAMS	Dyffryn Aman	50.13	DYF 5.0
5	5	Amelia MATTHEWS	Gellihaf	51.03	GLV 4.0
6	8	Maisie BUSHELL	Caerleon	51.23	SEW 3.0
7	6	Eleanor RAYNOR	Castell Alun	51.67	NEW 2.0
8	4	Seren WORTHINGTON	Tryfan	53.20	ERY 1.0

T21 U14 - 800m Cup

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

		Heat 1		ws +3.0	
Pos	Bib	Athlete	School	Perf.	district Pts
1	1	Rosie JONES	Olchfa	2:37.89	ANT 9.0
2	2	Mali GRACE	Glantaf	2:41.10	CVG 7.0
3	5	Emilia HARRISON	Gellihaf	2:43.55	GLV 6.0
4	7	Ella WILLIAMS	Llanidloes	2:46.55	POW 5.0
5	3	Paige LILY WILLIAMS	Dyffryn Aman	2:51.81	DYF 4.0
6	6	Freya CAUGHTER	Castell Alun	2:54.57	NEW 3.0
7	4	Medi MELLOR	Tryfan	2:56.64	ERY 2.0
8	8	Megan JONES	Caerleon	2:57.58	SEW 1.0

T05 U14 - 1500m Cup

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

		Heat 1			
Pos	Bib	Athlete	School	Perf.	district Pts
1	6	Bethan ROBERTS	Castell Alun	5:14.54	NEW 9.0
2	1	Zoe THOMPSON	Olchfa	5:22.69	ANT 7.0
3	7	Monique BRANDON-HIGGS	Llanidloes	5:28.20	POW 6.0
4	4	Amber CHAUHAN	Tryfan	5:30.20	ERY 5.0
5	3	Emily WILLIAMS EVANS	Dyffryn Aman	5:35.40	DYF 4.0
6	5	Nansi SHIDE	Gellihaf	5:44.17	GLV 3.0
7	2	Ela LOIS DAVIES	Glantaf	5:45.29	CVG 2.0
8	8	Grace DAVIES	Caerleon	5:59.27	SEW 1.0

1: Whitchurch = 84.5	5: Bishopston = 57.5
2: Haverfordwest = 73.0	6: St. Joseph's = 55.5
3: Gwyndy = 69.5	7: Newtown = 42.0
4: John Bright = 58.0	8: Mold Alun = 40.0

T17 U14 - 100m Plate

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

		Heat 2		ws +0.8	
Pos	Bib	Athlete	School	Perf.	district Pts
1	66	Alice SYKES-HAND	Mold Alun	12.86	NEW 9.0
2	88	Lily EMENIKE	St. Joseph's	13.55	SEW 7.0
3	33	Olivia HARRIES	Haverfordwest	13.76	DYF 6.0
3	22	Amira HUSSAIN	Whitchurch	13.76	CVG 6.0
5	11	Bea JONES	Bishopston	13.83	ANT 4.0
6	55	Betsan BRADBURY	Gwyndy	14.17	GLV 3.0
7	77	Abi MORGAN	Newtown	14.23	POW 2.0
8	44	Esme WILLIAMS	John Bright	15.24	ERY 1.0

T09 U14 - 200m Plate

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

		Heat 2		ws 0.0	
Pos	Bib	Athlete	School	Perf.	district Pts
1	88	Tabitha FOMBA	St. Joseph's	28.38	SEW 9.0
2	55	Jessie MORGAN	Gwyndy	28.68	GLV 7.0
3	33	Grace BUSBY	Haverfordwest	28.80	DYF 6.0
4	22	Elin MORRIS	Whitchurch	29.23	CVG 5.0
5	66	Imogen CARRIGAN	Mold Alun	29.65	NEW 4.0
6	11	Heidi WAGSTAFF	Bishopston	29.68	ANT 3.0
7	44	Kala O'LEARY	John Bright	30.41	ERY 2.0
8	77	Olivia ROSIAK	Newtown	30.85	POW 1.0

T13 U14 - 300m Plate

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

		Heat 2		ws -0.2	
Pos	Bib	Athlete	School	Perf.	district Pts
1	44	Sienna PRITCHARD	John Bright	45.03	ERY 9.0
2	55	Maia PHILLIPS	Gwyndy	46.71	GLV 7.0
3	33	Beca JAMES	Haverfordwest	47.03	DYF 6.0
4	77	Ffion JONES	Newtown	47.94	POW 5.0
5	22	Lilly COOPER	Whitchurch	48.69	CVG 4.0
6	88	Bethan GETTINS	St. Joseph's	49.97	SEW 3.0
7	11	Ava HARRIS	Bishopston	50.34	ANT 2.0
8	66	Elle NURSAW PEARCE	Mold Alun	51.39	NEW 1.0

T21 U14 - 800m Plate

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

		Heat 2		ws +3.0	
Pos	Bib	Athlete	School	Perf.	district Pts
1	44	Aneia DULLER	John Bright	2:37.72	ERY 9.0
2	11	Bella DAVIES	Bishopston	2:41.33	ANT 7.0
3	88	Lily HODGE	St. Joseph's	2:41.79	SEW 6.0
4	22	Willow TONGE	Whitchurch	2:48.51	CVG 5.0
5	66	Poppy SAVAGE	Mold Alun	2:50.63	NEW 4.0
6	33	Rachel BRETT	Haverfordwest	2:53.01	DYF 3.0
7	77	Amelia THOMAS	Newtown	2:54.26	POW 2.0
8	55	Isobel EVANS	Gwyndy	2:56.82	GLV 1.0

T05 U14 - 1500m Plate

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

		Heat 2			
Pos	Bib	Athlete	School	Perf.	district Pts
1	88	Isabella PETER	St. Joseph's	5:11.14	SEW 9.0
2	22	Eva MARTIN	Whitchurch	5:11.59	CVG 7.0
3	55	Aimee HOLMES	Gwyndy	5:47.54	GLV 6.0
4	33	Ellie HAYWARD	Haverfordwest	5:48.99	DYF 5.0
5	44	Roksana SAUTER	John Bright	5:56.98	ERY 4.0
6	11	PoppyTHOMAS	Bishopston	5:57.92	ANT 3.0
7	77	Emily BENNETT	Newtown	5:58.14	POW 2.0
8	66	Daisy JONES	Mold Alun	6:02.44	NEW 1.0

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1: Glantaf = 97.0	5: Llanidloes = 49.0
2: Olchfa = 81.0	6: Castell Alun = 42.0
3: Dyffryn Aman = 71.0	7: Caerleon = 42.0
4: Gellihaf = 58.0	8: Tryfan = 39.0

T04 U14 - 70m Hurdles Cup

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

		Heat 1		ws -0.8	
Pos	Bib	Athlete	School	Perf.	district Pts
1	2	Rosie FROST	Glantaf	12.66	CVG 9.0
2	1	Elizabeth NSOZZI	Olchfa	12.67	ANT 7.0
3	5	Willow JAMES	Gellihaf	12.80	GLV 6.0
4	3	Sophia JONES	Dyffryn Aman	12.98	DYF 5.0
5	8	Nissi TAPE	Caerleon	13.18	SEW 4.0
6	7	Betsi HOWELLS	Llanidloes	13.34	POW 3.0
7	6	Lottoria WALSH	Castell Alun	14.08	NEW 2.0
8	4	Beca MALDWYN	Tryfan	15.89	ERY 1.0

1: Whitchurch = 84.5	5: Bishopston = 57.5
2: Haverfordwest = 73.0	6: St. Joseph's = 55.5
3: Gwyndy = 69.5	7: Newtown = 42.0
4: John Bright = 58.0	8: Mold Alun = 40.0

T04 U14 - 70m Hurdles Plate

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

		Heat 2		ws +0.4	
Pos	Bib	Athlete	School	Perf.	district Pts
1	55	Mali WINDSOR	Gwyndy	11.66	GLV 9.0
2	22	Katy LEWIS	Whitchurch	12.90	CVG 7.0
3	11	Ruby UNDERWOOD	Bishopston	13.27	ANT 6.0
4	33	Ava PHILLIPS	Haverfordwest	13.62	DYF 5.0
5	44	Madison EDLINGTON	John Bright	13.86	ERY 4.0
6	77	Claire PULFER	Newtown	15.21	POW 3.0
7	88	Bella DIMOND	St. Joseph's	15.82	SEW 2.0
8	66	Mali DAVIES	Mold Alun	15.87	NEW 1.0

T25 U14 - 4 x 100 Relay Cup

CUP CBP - Olchfa, Afan Nedd Tawe, 52.52, 2017

		Heat 1		ws +3.0	
Pos	Bib	School	Perf.	district Pts	
1	2	Glantaf	52.94	CVG 9.0	
2	1	Olchfa	53.11	ANT 7.0	
3	3	Dyffryn Aman	54.58	DYF 6.0	
4	7	Llanidloes	57.60	POW 5.0	
5	5	Gellihaf	57.65	GLV 4.0	
6	4	Tryfan	58.49	ERY 3.0	
7	8	Caerleon	58.64	SEW 2.0	
8	6	Castell Alun	58.84	NEW 1.0	

Team

- 1 2 Ella BROWN, Ella BROWN, Mai PRITCHARD, Seren PEARCE
2 1 Eden AMAS, Anais ROBERTS, Lily SHUBIN, Tochi EMENOGU
3 3 Lacey REES , Lacey REES , Jodie HOPE , Mari OWEN
4 7 Daisy FORMAN, Daisy FORMAN, Mila MORGAN, Ella WILLIAMS
5 5 Kristen POWELL, Kristen POWELL, Freya PIZEY, Amelia MATTHEWS
6 4 Medi MELLOR, Medi MELLOR, Beca MALDWYN, Grace ECKERSLEY
7 8 Maddy JOHNSON, Lilly Seren THOMAS, Pippa SMITH, Ava BLAKE
8 6 Amelia CLARK, Lena DABROWSKA, Amelia CLARK, Eleanor RAYNOR

T25 U14 - 4 x 100 Relay Plate

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

		Heat 2		ws +3.0	
Pos	Bib	School	Perf.	district Pts	
1	33	Haverfordwest	55.18	DYF 9.0	
2	55	Gwyndy	55.47	GLV 7.0	
3	22	Whitchurch	55.76	CVG 6.0	
4	66	Mold Alun	56.68	NEW 5.0	
5	88	St. Joseph's	56.91	SEW 4.0	
6	11	Bishopston	57.70	ANT 3.0	
7	44	John Bright	58.06	ERY 2.0	
8	77	Newtown	58.81	POW 1.0	

Team

- 1 33 Abbie SELLEY, Olivia HARRIES, Beca JAMES, Kayla KPLOMEDO
2 55 Poppy BENSkin, Caelyn GABRIELLE, Betsan BRADBURY, Maia PHILLIPS
3 22 Elin MORRIS, Amira HUSSAIN, Sadie DAVIES, Lily COOPER
4 66 Amelia BOULTON, Mali DAVIES, Alice SYKES-HAND, Ella WILSON DAVIES
5 88 Isabella PETER, Isabella PETER, Lily EMENIKE, Bethan GETTINS
6 11 Lucy EVANS , Lucy EVANS , Bella DAVIES, Heidi WAGSTAFF
7 44 Sienna PRITCHARD, Sienna PRITCHARD, Kala O'LEARY, Esme WILLIAMS
8 77 Maddison DAVIES, Olivia ROSIAK, Abi MORGAN, Faye MORGAN

F09 U14 - High Jump Cup

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

CBP

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Katriel UDOH	Olchfa	1.60	9.0	ANT
2	2	Meredith CORR-GRACE	Glantaf	1.40	7.0	CVG
3	4	Lowri LLEWELYN	Tryfan	1.30	6.0	ERY
4=	5	Willow JAMES	Gellihaf	1.30	4.5	GLV
4=	8	Gracie MAY-MORGAN	Caerleon	1.20	4.5	SEW
6	6	Lottoria WALSH	Castell Alun	1.25	3.0	NEW
7	7	Chelsea KEAGANS	Llanidloes	1.25	2.0	POW
8	3	Molly TOUT	Dyffryn Aman	1.20	1.0	DYF

F09 U14 - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Kayla KPLOMEDO	Haverfordwest	1.40	9.0	DYF
2=	22	Katy LEWIS	Whitchurch	1.35	6.5	CVG
2=	55	Betsan BRADBURY	Gwyndy	1.35	6.5	GLV
4	44	Raya GAZE	John Bright	1.30	5.0	ERY
5	77	Faye MORGAN	Newtown	1.30	4.0	POW
6=	11	Ruby UNDERWOD	Bishopston	1.20	2.5	ANT
6=	88	Tabitha FOMBA	St. Joseph's	1.20	2.5	SEW
8	66	Bethan JONES	Mold Alun	1.15	1.0	NEW

F13 U14 - Long Jump Cup

CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999

Pos	Bib	Athlete	School	Perf.	Pts	district
1	1	Lily SHUBIN	Olchfa	4.44	9.0	ANT
2	2	Celyn JONES	Glantaf	4.06	7.0	CVG
3	5	Freya PIZEY	Gellihaf	3.87	6.0	GLV
4	4	Beca MALDWYN	Tryfan	3.83	5.0	ERY
5	3	Nia WEBB	Dyffryn Aman	3.83	4.0	DYF
6	8	Jasmine LOGAN	Caerleon	3.74	3.0	SEW
7	7	Annie REES	Llanidloes	3.73	2.0	POW
8	6	Ava COTTAM	Castell Alun	3.61	1.0	NEW

F13 U14 - Long Jump Plate

PLATE CBP - Lily PARSONS, Cardiff High, Cardiff & Vale, 4.88, 2024

Pos	Bib	Athlete	School	Perf.	Pts	district
1	66	Alice SYKES HAND	Mold Alun	4.66	9.0	NEW
2	22	Sadie DAVIES	Whitchurch	4.23	7.0	CVG
3	55	Cadi SAGE	Gwyndy	4.13	6.0	GLV
4	11	Etta BLATCHFORD	Bishopston	3.90	5.0	ANT
5	88	Lily HODGE	St. Joseph's	3.82	4.0	SEW
6	44	Kala O'LEARY	John Bright	3.57	3.0	ERY
7	77	Claire PULFER	Newtown	2.95	2.0	POW
8	33	Ava PHILLIPS	Haverfordwest	2.87	1.0	DYF

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4: Gellihaf = 58.0	8: Tryfan = 39.0

F06 U14 - Triple Jump Cup

CUP CBP - Miriam WILLIAMS, Bro Myrddin, Dyfed, 9.65, 2024

Pos	Bib	Athlete	School	Perf.	Pts	district
1	3	Jodie HOPE	Dyffryn Aman	9.40	9.0	DYF
2	1	Constance MAKARI	Olchfa	9.31	7.0	ANT
3	2	Gwen WILLIAMS	Glantaf	9.09	6.0	CVG
4	5	Lexi LYNCH	Gellihaf	8.56	5.0	GLV
5	4	Grace ECKERSLEY	Tryfan	8.50	4.0	ERY
6	8	Ava BLAKE	Caerleon	8.22	3.0	SEW
7	7	Izzie HARRISON	Llanidloes	7.41	2.0	POW
8	6	Seren WILLIAMS	Castell Alun	6.26	1.0	NEW

F10 U14 - Shot Put (2.72kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Rosie FROST	Glantaf	8.50	9.0	CVG
2	1	Tochi EMENOGU	Olchfa	8.02	7.0	ANT
3	5	Niamh WALSH	Gellihaf	7.50	6.0	GLV
4	3	Amelia LLOYD	Dyffryn Aman	7.14	5.0	DYF
5	8	Isobel WOOKEY	Caerleon	6.78	4.0	SEW
6	7	Emmie DAVIES	Llanidloes	6.74	3.0	POW
7	6	Bethan ROBERTS	Castell Alun	6.69	2.0	NEW
8	4	Alys ROBERTS	Tryfan	6.13	1.0	ERY

F17 U14 - Discus (0.75kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Elin WILLIAMS	Glantaf	20.94	9.0	CVG
2	7	Lydia JONES	Llanidloes	17.74	7.0	POW
3	3	Cerys DAVIES	Dyffryn Aman	16.75	6.0	DYF
4	6	Annabelle JONES	Castell Alun	16.03	5.0	NEW
5	8	Nia MAUNDER	Caerleon	15.82	4.0	SEW
6	5	Cariad JONES	Gellihaf	15.63	3.0	GLV
7	4	Enid JONES	Tryfan	13.97	2.0	ERY
8	1	Rosie JONES	Olchfa	12.90	1.0	ANT

F05 U14 - Javelin (400g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Ella BROWN	Glantaf	25.16	9.0	CVG
2	4	Medi MELLOR	Tryfan	20.06	7.0	ERY
3	3	Lacey REES	Dyffryn Aman	16.94	6.0	DYF
4	8	Maddy JOHNSON	Caerleon	16.29	5.0	SEW
5	6	Amelia CLARK	Castell Alun	14.55	4.0	NEW
6	7	Daisy FORMAN	Llanidloes	13.98	3.0	POW
7	5	Kristen POWELL	Gellihaf	13.70	2.0	GLV
8	1	Eden AMAS	Olchfa	NM		ANT

1: Whitchurch = 84.5	5: Bishopston = 57.5
2: Haverfordwest = 73.0	6: St. Joseph's = 55.5
3: Gwyndy = 69.5	7: Newtown = 42.0
4: John Bright = 58.0	8: Mold Alun = 40.0

F06 U14 - Triple Jump Plate

PLATE CBP - Lilly EALES, YG Cwm Rhymni - Gellihaf, Glamorgan Valleys, 9.35, 2024

Pos	Bib	Athlete	School	Perf.	Pts	district
1	55	Mali WINDSOR	Gwyndy	9.47	9.0	GLV
2	11	Ava OWEN	Bishopston	8.73	7.0	ANT
3	22	Lily COOPER	Whitchurch	8.58	6.0	CVG
4	77	Abi MORGAN	Newtown	8.37	5.0	POW
5	33	Olivia HARRIES	Haverfordwest	7.72	4.0	DYF
6	44	Madison EDLINGTON	John Bright	7.61	3.0	ERY
7	88	Bella DIMOND	St. Joseph's	6.98	2.0	SEW

F10 U14 - Shot Put (2.72kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Maitia NYAMHOTSI	Whitchurch	8.05	9.0	CVG
2	44	Isabel DEAKIN	John Bright	7.61	7.0	ERY
3	33	Lyra MEAD	Haverfordwest	7.02	6.0	DYF
4	11	Bea JONES	Bishopston	6.54	5.0	ANT
5	88	Victoria AKANO	St. Joseph's	6.14	4.0	SEW
6	77	Hazel CAKEBREAD-WALTON	Newtown	5.34	3.0	POW
7	66	Amelia BOULTON	Mold Alun	4.92	2.0	NEW

F17 U14 - Discus (0.75kg) Plate

PLATE CBP - Ella JACKSON, Radyr Comprehensive School , Cardiff & Vale, 26.41, 2

Pos	Bib	Athlete	School	Perf.	Pts	district
1	77	Mia HENESSEY	Newtown	23.46	9.0	POW
2	22	Laila KILVINGTON RING	Whitchurch	19.33	7.0	CVG
3	33	Seren HANCOCK	Haverfordwest	18.53	6.0	DYF
4	11	Grace BEARD	Bishopston	18.27	5.0	ANT
5	55	Lilly HALE	Gwyndy	16.57	4.0	GLV
6	44	Jessica BENTLEY	John Bright	15.48	3.0	ERY
7	66	Hollie SIGNAL	Mold Alun	9.66	2.0	NEW
8	88	Florence DIMOND	St. Joseph's	8.34	1.0	SEW

F05 U14 - Javelin (400g) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Elin MORRIS	Whitchurch	21.40	9.0	CVG
2	33	Abbie SELLEY	Haverfordwest	19.66	7.0	DYF
3	44	Sienna PRITCHARD	John Bright	17.16	6.0	ERY
4	11	Lucy EVANS	Bishopston	17.13	5.0	ANT
5	55	Poppy BENSKIN	Gwyndy	16.23	4.0	GLV
6	77	Maddison DAVIES	Newtown	11.38	3.0	POW
7	88	Isabella PETER	St. Joseph's	11.36	2.0	SEW
8	66	Amelia BOULTON	Mold Alun	10.54	1.0	NEW

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1: Glantaf = 90.0	5: Croesyceiliog = 55.0
2: Gellihaf = 80.0	6: Tryfan = 51.0
3: Dyffryn Aman = 61.0	7: Gwyr = 42.0
4: Connah's Quay = 59.0	8: Newtown = 40.0

T20 U16 - 100m Cup

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

		Heat 1		ws +1.8	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	8	Finley CLARK	Croesyceiliog	11.67	9.0 SEW
2	5	Keeton ROBERTS	Gellihaf	11.71	7.0 GLV
3	6	John GOMEZ	Connah's Quay	12.06	6.0 NEW
4	2	Harry DAVIS	Glantaf	12.19	5.0 CVG
5	3	Aron CAMPBELL	Dyffryn Aman	12.27	4.0 DYF
6	1	Zac WILLIAMS	Gwyr	12.34	3.0 ANT
7	7	Lennon PAUL	Newtown	13.14	2.0 POW
8	4	Iestyn ROBERTS	Tryfan	13.26	1.0 ERY

T12 U16 - 200m Cup

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

		Heat 1		ws +0.2	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Joeff MAITLAND	Glantaf	23.44	9.0 CVG
2	8	Leo TOMASULO	Croesyceiliog	24.79	7.0 SEW
3	7	Gethin JERVIS	Newtown	24.80	6.0 POW
4	3	Scott WIGLEY	Dyffryn Aman	24.98	5.0 DYF
5	5	Kai WILLIAMS	Gellihaf	25.54	4.0 GLV
6	4	Dyfan ROBERTS	Tryfan	26.02	3.0 ERY
7	1	Henri DAVIES	Gwyr	26.53	2.0 ANT
8	6	Ranuja SILVA	Connah's Quay	27.72	1.0 NEW

T16 U16 - 300m Cup

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

		Heat 1		ws -0.2	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Macsen MARTINS HUGHES	Glantaf	37.80	9.0 CVG
2	6	John GOMEZ	Connah's Quay	37.97	7.0 NEW
3	5	Coby JONES	Gellihaf	38.45	6.0 GLV
4	4	Mabon JONES	Tryfan	39.10	5.0 ERY
5	8	Ali TUCKER	Croesyceiliog	39.80	4.0 SEW
6	1	Sam REES	Gwyr	40.48	3.0 ANT
7	3	Jac MURPHY	Dyffryn Aman	43.16	2.0 DYF
8	7	Aiden BINDING	Newtown	44.12	1.0 POW

T24 U16 - 800m Cup

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

		Heat 1		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	4	Dion BASTON	Tryfan	2:06.85	9.0 ERY
2	6	Elliot ROWE	Connah's Quay	2:13.69	7.0 NEW
3	2	Noa MURRAY	Glantaf	2:14.68	6.0 CVG
4	1	Deri JONES	Gwyr	2:16.32	5.0 ANT
5	8	Morgan GIBBS	Croesyceiliog	2:16.85	4.0 SEW
6	3	Jordan LEWIS	Dyffryn Aman	2:20.54	3.0 DYF
7	5	Levi BUTLER	Gellihaf	2:22.81	2.0 GLV
8	7	Riley MCCARTHY	Newtown	2:44.84	1.0 POW

T08 U16 - 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	Gellihaf	4:30.49	9.0 GLV
2	2	Hedd GRIFFITHS	Glantaf	4:35.17	7.0 CVG
3	6	Alfie BARTLEY-ROSE	Connah's Quay	4:38.59	6.0 NEW
4	3	Iolo HERBERT	Dyffryn Aman	4:41.69	5.0 DYF
5	7	Jake BENNETT	Newtown	4:50.72	4.0 POW
6	8	Morgan PLOW	Croesyceiliog	4:55.21	3.0 SEW
7	1	Daniel BOARD	Gwyr	4:57.39	2.0 ANT
8	4	Jai CHAUHAN	Tryfan	5:10.59	1.0 ERY

1: Cardiff High = 97.0	5: Llanidloes = 57.0
2: St. Joseph's = 77.0	6: Bishopston = 43.0
3: Caer Elen = 76.0	7: Mold Alun = 15.0
4: Rhydywaun = 76.0	

T20 U16 - 100m Plate

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

		Heat 2		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	55	Ellis CAMBOURNE	Rhydywaun	11.58	9.0 GLV
2	88	Sion JOBEY	St. Joseph's	11.63	7.0 SEW
3	77	Rhys WILLIAMS	Llanidloes	11.64	6.0 POW
4	22	Azlaan KHATTAK	Cardiff High	11.91	5.0 CVG
5	66	Alfie CAMPBELL	Mold Alun	11.94	4.0 NEW
6	11	Sean STREVENS	Bishopston	12.17	3.0 ANT
7	33	Callen GIBBS	Caer Elen	12.67	2.0 DYF

T12 U16 - 200m Plate

PLATE cbp - Max EVANS, Llanidloes, Powys, 21.87, 2024

		Heat 2		ws -0.2	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Jasper HICKS	Cardiff High	24.32	9.0 CVG
2	88	Noah MORGAN	St. Joseph's	24.76	7.0 SEW
3	55	Evan R JONES	Rhydywaun	25.12	6.0 GLV
4	33	Iwan WITCHELL	Caer Elen	25.76	5.0 DYF
5	77	Lucas EBMEIER	Llanidloes	26.39	4.0 POW
6	66	Ryan PEARCE	Mold Alun	26.56	3.0 NEW
7	11	Ed THOMAS	Bishopston	27.12	2.0 ANT

T16 U16 - 300m Plate

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

		Heat 2		ws -0.2	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	88	Jorge DECRUZ	St. Joseph's	38.28	9.0 SEW
2	22	Harri DOBBS	Cardiff High	38.36	7.0 CVG
3	33	Max BEVAN	Caer Elen	40.38	6.0 DYF
4	55	Ellis WILLIAMS-DRICSOLL	Rhydywaun	41.62	5.0 GLV
5	11	Eli HAZLEWOOD-HEALINGS	Bishopston	42.85	4.0 ANT
6	77	Wil PURDY	Llanidloes	43.34	3.0 POW
7	66	Josh BANKS	Mold Alun	45.33	2.0 NEW

T24 U16 - 800m Plate

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

		Heat 2		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	88	Noah BRADSHAW	St. Joseph's	2:19.50	9.0 SEW
2	11	Ollie HALE	Bishopston	2:21.72	7.0 ANT
3	22	Shen ROSE	Cardiff High	2:24.28	6.0 CVG
4	55	Ewan DUNLOP	Rhydywaun	2:27.57	5.0 GLV
5	33	Owain GILDERDALE	Caer Elen	2:28.41	4.0 DYF
6	77	Iwan JONES	Llanidloes	2:29.13	3.0 POW

T08 U16 - 1500m Plate

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

		Heat 2			
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	77	Xander BRANDON-HIGGS	Llanidloes	4:27.59	9.0 POW
2	22	Dan REES	Cardiff High	4:32.41	7.0 CVG
3	55	Evan ROWE	Rhydywaun	4:43.61	6.0 GLV
4	88	Aaron MASKELL	St. Joseph's	4:53.92	5.0 SEW
5	11	Harrison HOOK	Bishopston	4:55.84	4.0 ANT
6	33	Ben MORGAN	Caer Elen	4:56.98	3.0 DYF

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2: Gellihaf = 80.0	6: Tryfan = 51.0
3: Dyffryn Aman = 61.0	7: Gwyr = 42.0
4: Connah's Quay = 59.0	8: Newtown = 40.0

T01 U16 - 80m Hurdles Cup

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

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	6	Aidan ANGILLET	Connah's Quay	11.10	9.0 NEW
2	3	Dylan CADWALLADER	Dyffryn Aman	11.70	7.0 DYF
3	7	Shay PAUL	Newtown	12.00	6.0 POW
4	1	Rhys CHIVERS	Gwyr	12.10	5.0 ANT
5	2	Arthur HAYES	Glantaf	12.20	4.0 CVG
6	5	Ieuan ROSS	Gellihaf	12.30	3.0 GLV
7	4	Cai THOMAS	Tryfan	12.80	2.0 ERY
8	8	Noah BECKETT	Croesyceiliog	12.80	1.0 SEW

T27 U16 - 4 x 100 Relay Cup

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

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2		Glantaf	46.70	9.0 CVG
2	5		Gellihaf	47.45	7.0 GLV
3	8		Croesyceiliog	47.77	6.0 SEW
4	3		Dyffryn Aman	48.51	5.0 DYF
5	6		Connah's Quay	48.71	4.0 NEW
6	7		Newtown	48.72	3.0 POW
7	4		Tryfan	49.11	2.0 ERY
8	1		Gwyr	50.26	1.0 ANT

Pos	Bib	Team
1	2	Arthur HAYES, Macsen MARTINS HUGHES, Harry DAVIS, Joseff MAITLAND
2	5	Keeton ROBERTS, Coby JONES, Kai WILLIAMS, Levi BUTLER
3	8	Finley REES, Ali TUCKER, Finley CLARK, Kelyn JUDE-HOBBS
4	3	Lewis CHENNARD, Aaron CAMPBELL, Scott WIGLEY, Dylan CADWALLADER
5	6	Noah BAYLISS, John GOMEZ, Gil FOOK, Aidan ANGILLET
6	7	Jake BENNETT, Lennon PAUL, Gethin JERVIS, Shay PAUL
7	4	Cai THOMAS, Iestyn ROBERTS, Mabon JONES, Dyfan ROBERTS
8	1	Steffan PAYNE, Zac WILLIAMS, Henri DAVIES, Sam REES

F02 U16 - High Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Tomos SINGLETON	Glantaf	1.75	9.0 CVG
2	5	Jason DAVIES	Gellihaf	1.65	7.0 GLV
3	4	Dyfan ROBERTS	Tryfan	1.60	6.0 ERY
4	3	Scott WIGLEY	Dyffryn Aman	1.60	5.0 DYF
5	1	Rhydian RICE	Gwyr	1.50	4.0 ANT
6	8	Tyler GIBBS	Croesyceiliog	1.45	3.0 SEW
7	6	Noah BAYLISS	Connah's Quay	1.45	2.0 NEW
8	7	Riley MCCARTHY	Newtown	NM	POW

F19 U16 - Long Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	5	Noah EVANS	Gellihaf	5.10	9.0 GLV
2	3	Lewis CHENNARD	Dyffryn Aman	4.98	7.0 DYF
3	4	Cai THOMAS	Tryfan	4.97	6.0 ERY
4	2	Gethin BROAD	Glantaf	4.78	5.0 CVG
5	8	Finley REES	Croesyceiliog	4.75	4.0 SEW
6	1	Sam REES	Gwyr	4.74	3.0 ANT
7	6	Ranuja SILVA	Connah's Quay	4.59	2.0 NEW
8	7	Gethin JERVIS	Newtown	4.42	1.0 POW

1: Cardiff High = 97.0	5: Llanidloes = 57.0
2: St. Joseph's = 77.0	6: Bishopston = 43.0
3: Caer Elen = 76.0	7: Mold Alun = 15.0
4: Rhydywaun = 76.0	

T01 U16 - 80m Hurdles Plate

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

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Ieuan TAYLOR	Cardiff High	11.97	9.0 CVG
2	33	Oscar BEVAN	Caer Elen	12.41	7.0 DYF
3	55	Ted LANCASTER	Rhydywaun	12.55	6.0 GLV
4	77	Rhys MORGAN	Llanidloes	13.84	5.0 POW
5	88	Aggelos POUCH	St. Joseph's	15.42	4.0 SEW
6	11	Jack JONES	Bishopston	22.89	3.0 ANT

T27 U16 - 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		Cardiff High	46.88	9.0 CVG
2	88		St. Joseph's	47.45	7.0 SEW
3	55		Rhydywaun	47.58	6.0 GLV
4	33		Caer Elen	48.63	5.0 DYF
5	77		Llanidloes	50.31	4.0 POW
6	66		Mold Alun	TR24.7	NEW

Pos	Bib	Team
1	22	Azlaan KHATTAK, Harri DOBBS, Jasper HICKS, Efan CRANE
2	88	Sion JOBEY, Noah MORGAN, Jorge DE CRUZ, Noah BRADSHAW
3	55	Noah HILL, Ellis WILLIAMS-DRICSOLL, Jack WILLIAMS, Ellis CAMBOURNE
4	33	Oscar BEVAN, Max BEVAN, Iwan WITCHELL, Leon JAMES
5	77	Rhys WILLIAMS, Lucas EBMEIER, Max GOWER, Will JONES
6	66	Alfie CAMPBELL, Ryan PEARCE, Arthur GRECKO, Mckenzie WILLIAMS

F02 U16 - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Oliver MILLS MCBETH	Caer Elen	1.60	9.0 DYF
2	22	Ethan CHARLES	Cardiff High	1.60	7.0 CVG
3	66	Oliver SURMAN	Mold Alun	1.55	6.0 NEW
4	88	Ryan ROSS	St. Joseph's	1.50	5.0 SEW
5	55	Ellis LEWIS	Rhydywaun	1.45	4.0 GLV
6	11	Sean STREVE	Bishopston	1.45	3.0 ANT
7	77	Tom HOWELL	Llanidloes	1.30	2.0 POW
8	44	Not attending	David Hughes	X	ERY

F19 U16 - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Oscar BEVAN	Caer Elen	5.92	9.0 DYF
2	22	Jasper HICKS	Cardiff High	5.29	7.0 CVG
3	55	Noah HILL	Rhydywaun	5.27	6.0 GLV
4	77	Rhys WILLIAMS	Llanidloes	5.03	5.0 POW
5	88	Jorge DECRUZ	St. Joseph's	4.37	4.0 SEW
6	11	Jaidyn RYAN-YOUNG	Bishopston	3.81	3.0 ANT

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1: Glantaf = 90.0	5: Croesyceiliog = 55.0
2: Gellihaf = 80.0	6: Tryfan = 51.0
3: Dyffryn Aman = 61.0	7: Gwyr = 42.0
4: Connah's Quay = 59.0	8: Newtown = 40.0

F08 U16 - Triple Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Macsen MARTINS HUGHES	Glantaf	12.52	9.0	CVG
2	6	Aidan ANGILLETТА	Connah's Quay	11.77	7.0	NEW
3	4	Mabon JONES	Tryfan	11.51	6.0	ERY
4	5	Jack ADAMS	Gellihaf	10.60	5.0	GLV
5	8	Leo TOMASULO	Croesyceiliog	10.34	4.0	SEW
6	7	Shay PAUL	Newtown	10.10	3.0	POW
7	3	Aaron CAMPBELL	Dyffryn Aman	9.99	2.0	DYF
8	1	Henri DAVIES	Gwyr	9.99	1.0	ANT

F21 U16 - 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	5	Logan BARWOOD	Gellihaf	12.08	9.0	GLV
2	2	Meredydd IFAN	Glantaf	11.63	7.0	CVG
3	8	Iwan WOODWARD	Croesyceiliog	11.37	6.0	SEW
4	1	Dominic THOMAS	Gwyr	11.26	5.0	ANT
5	4	Griff MARSHALL	Tryfan	11.02	4.0	ERY
6	7	Osian TAYLOR	Newtown	10.15	3.0	POW
7	3	Arthur GIBBS	Dyffryn Aman	9.58	2.0	DYF
8	6	Tor GRIMSTER	Connah's Quay	8.41	1.0	NEW

F04 U16 - Discus (1.25kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Joseff MAITLAND	Glantaf	37.12	9.0	CVG
2	5	Gabe PUGH	Gellihaf	35.19	7.0	GLV
3	4	Stephen DAVIES	Tryfan	32.85	6.0	ERY
4	3	Milo WILSON	Dyffryn Aman	30.06	5.0	DYF
5	6	Alex SEERY	Connah's Quay	25.20	4.0	NEW
6	7	Aiden BINDING	Newtown	22.50	3.0	POW
7	1	Max COURTNEY	Gwyr	22.10	2.0	ANT
8	8	Ryan ADU	Croesyceiliog	20.49	1.0	SEW

F18 U16 - Javelin (600g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Zac SLATER	Dyffryn Aman	38.93	9.0	DYF
2	7	Tyler MITCHELL	Newtown	37.03	7.0	POW
3	1	Cynan KING	Gwyr	34.64	6.0	ANT
4	5	Kai WILLIAMS	Gellihaf	34.35	5.0	GLV
5	6	Gil FOOK	Connah's Quay	34.11	4.0	NEW
6	8	Alex CAMPBELL	Croesyceiliog	29.70	3.0	SEW
7	2	Lucas IVINS	Glantaf	28.70	2.0	CVG
8	4	Benji MALHERBE	Tryfan	23.37	1.0	ERY

1: Cardiff High = 97.0	5: Llanidloes = 57.0
2: St. Joseph's = 77.0	6: Bishopston = 43.0
3: Caer Elen = 76.0	7: Mold Alun = 15.0
4: Rhydywaun = 76.0	

F08 U16 - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Max BEVAN	Caer Elen	11.60	9.0	DYF
2	22	Abdelrahman HAIKAL	Cardiff High	11.24	7.0	CVG
3	55	Ellis CAMBOURNE	Rhydywaun	11.16	6.0	GLV
4	88	Sion JOBEY	St. Joseph's	10.70	5.0	SEW
5	77	Caden DAVIES	Llanidloes	9.77	4.0	POW

F21 U16 - Shot Put (4.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Ieuan TAYLOR	Cardiff High	12.06	9.0	CVG
2	88	Andrew FLORES	St. Joseph's	9.48	7.0	SEW
3	33	Leon JAMES	Caer Elen	9.40	6.0	DYF
4	77	Will JONES	Llanidloes	9.36	5.0	POW
5	55	Carwyn HUIISH	Rhydywaun	9.28	4.0	GLV
6	11	Ben LOOSMORE	Bishopston	8.08	3.0	ANT

F04 U16 - Discus (1.25kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	James PUGH	Cardiff High	34.23	9.0	CVG
2	33	Adam MORRIS	Caer Elen	26.27	7.0	DYF
3	11	Jacob JONES	Bishopston	22.39	6.0	ANT
4	88	Marcel RUSZI	St. Joseph's	20.85	5.0	SEW
5	55	Morgan FITZGERALD	Rhydywaun	17.43	4.0	GLV

F18 U16 - 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	Rhydywaun	43.09	9.0	GLV
2	77	Rhys MORGAN	Llanidloes	35.13	7.0	POW
3	22	Harri PHILLIPS	Cardiff High	34.77	6.0	CVG
4	11	Ed THOMAS	Bishopston	27.96	5.0	ANT
5	33	Sam MORGAN	Caer Elen	27.48	4.0	DYF
6	88	Noah BRADSHAW	St. Joseph's	20.91	3.0	SEW

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Penlan Track Brecon



1: Glantaf = 96.0	5: Welshpool = 59.0
2: Gwynndy = 64.0	6: Croesyceiliog = 51.0
3: Olchfa = 63.0	7: John Bright = 50.0
4: Penweddig = 60.0	7: John Bright = 50.0

T19 U16 - 100m Cup

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

			Heat 1		ws +2.8	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Grace CHASWEKA	Olchfa	12.87	9.0	ANT
2	8	Grace FORRESTER	Croesyceiliog	12.91	7.0	SEW
3	2	Amara-Chukwu HERBERT	Glantaf	13.19	6.0	CVG
4	7	Evie LANGFORD	Welshpool	13.57	5.0	POW
5	4	Lucy CHARLICK	John Bright	13.65	4.0	ERY
6	5	Ellie-May HOLMES	Gwynndy	14.35	3.0	GLV
7	6	Beth DAVIES	Maelor	14.36	2.0	NEW
8	3	Emiah WILLIAMS	Penweddig	14.74	1.0	DYF

T11 U16 - 200m Cup

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

			Heat 1		ws +0.9	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Elen BLACKMORE	Glantaf	27.01	9.0	CVG
2	7	Lswi-James STAFFORD	Welshpool	27.84	7.0	POW
3	8	Tess MILLER	Croesyceiliog	28.36	6.0	SEW
4	3	Lydia PRIDMORE	Penweddig	28.39	5.0	DYF
5	5	Lila GEORGE	Gwynndy	28.74	4.0	GLV
6	4	Isabel RYNN	John Bright	28.77	3.0	ERY
7	1	Erica UMWENI	Olchfa	30.81	2.0	ANT
8	6	Lily HOWLETT	Maelor	32.57	1.0	NEW

T15 U16 - 300m Cup

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

			Heat 1		ws -0.2	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Elinor ROBERTS	Glantaf	43.73	9.0	CVG
2	3	Meadow NORRIS	Penweddig	44.98	7.0	DYF
3	4	Julia LAMENT	John Bright	45.81	6.0	ERY
4	7	Imogen MORRIS	Welshpool	46.06	5.0	POW
5	5	Hefina LEWIS	Gwynndy	46.79	4.0	GLV
6	8	Lowri DAVIES	Croesyceiliog	48.33	3.0	SEW
7	6	Megan KAY	Maelor	48.56	2.0	NEW
8	1	Isobel BRAMHALL	Olchfa	51.07	1.0	ANT

T23 U16 - 800m Cup

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

			Heat 1		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Sali OWEN	Penweddig	2:23.62	9.0	DYF
2	5	Eleanor WRIGHT NICHOLAS	Gwynndy	2:24.65	7.0	GLV
3	1	Tabby VENTRESS-BRETT	Olchfa	2:28.00	6.0	ANT
4	2	Catrin THOMAS	Glantaf	2:32.80	5.0	CVG
5	4	Amelia SYNOWIEC	John Bright	2:39.66	4.0	ERY
6	6	Molly BATES	Maelor	2:46.53	3.0	NEW
7	8	Ava PEPLOE	Croesyceiliog	2:50.14	2.0	SEW
8	7	Tilly JONES	Welshpool	3:31.13	1.0	POW

T07 U16 - 1500m Cup

CUP cbp - Sioned JOHN, Glantaf, Cardiff & Vale, 4:48.47, 2024

			Heat 1			
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	7	Bella ROBERTS	Welshpool	5:17.06	9.0	POW
2	5	Arianna SULLIVAN	Gwynndy	5:21.66	7.0	GLV
3	2	Lyla PRITCHARD	Glantaf	5:22.36	6.0	CVG
4	4	Casi DULLER	John Bright	5:23.45	5.0	ERY
5	6	Evie HUGHES	Maelor	5:26.63	4.0	NEW
6	3	Katie WHITEWAY	Penweddig	5:43.18	3.0	DYF
7	1	Mia RABAIOTTI	Olchfa	6:17.71	2.0	ANT
8	8	Emily PRIDDLE	Croesyceiliog	6:59.87	1.0	SEW

1: Cardiff High = 85.5	5: Gwyr = 55.0
2: Llanidloes = 70.5	6: Bro Dinefwr = 55.0
3: Brynhyfryd = 63.0	7: Dyffryn Conwy = 54.0
4: Gwent Is Coed = 59.0	8: Gellihaf = 39.0

T19 U16 - 100m Plate

PLATE cbp - Macey JONES, Alun School, North East Wales, 12.46, 2024

			Heat 2		ws +3.5	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	44	Cari ROBERTS	Dyffryn Conwy	12.58	9.0	ERY
2	33	Lexi GREGORY	Bro Dinefwr	13.00	7.0	DYF
3	77	Carys DAVIES-WILLIAMS	Llanidloes	13.12	6.0	POW
4	11	Gwenllian JONES	Gwyr	13.56	5.0	ANT
5	88	Lyila TIMMINS	Gwent Is Coed	13.65	4.0	SEW
6	22	Anna POPE	Cardiff High	13.83	3.0	CVG
7	66	Elsa ELLIS	Brynhyfryd	13.85	2.0	NEW
8	55	Ava HUGHES	Gellihaf	14.14	1.0	GLV

T11 U16 - 200m Plate

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

			Heat 2		ws +0.9	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	66	Mia JOHNSON	Brynhyfryd	25.72	9.0	NEW
2	22	Lily PARSONS	Cardiff High	26.67	7.0	CVG
3	44	Mared JONES	Dyffryn Conwy	28.29	6.0	ERY
4	77	Seren DUNNETT	Llanidloes	28.43	5.0	POW
5	88	Macie GABBIDON	Gwent Is Coed	28.64	4.0	SEW
6	11	Evie EVANS	Gwyr	29.11	3.0	ANT
7	55	Emily VOYLE	Gellihaf	30.43	2.0	GLV
8	33	Ffion JONES	Bro Dinefwr	33.36	1.0	DYF

T15 U16 - 300m Plate

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

			Heat 2		ws -0.2	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	66	Beatrice ROBERTS	Brynhyfryd	44.53	9.0	NEW
2	77	Eva JONES	Llanidloes	46.06	7.0	POW
3	44	Beca GRIFFITHS	Dyffryn Conwy	46.57	6.0	ERY
4	22	Mari WILKINSON	Cardiff High	46.67	5.0	CVG
5	55	Amelia WALKER	Gellihaf	47.45	4.0	GLV
6	11	Grace GAVIN	Gwyr	47.68	3.0	ANT
7	33	Maisy JAMES	Bro Dinefwr	47.91	2.0	DYF
8	88	Armani HESTER-DEMILLE	Gwent Is Coed	47.96	1.0	SEW

T23 U16 - 800m Plate

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

			Heat 2		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	66	Aoife ROBERTS	Brynhyfryd	2:32.13	9.0	NEW
2	11	Hannah JONES	Gwyr	2:36.86	7.0	ANT
3	44	Nel ROBERTS	Dyffryn Conwy	2:41.64	6.0	ERY
4	22	Lily BLUNT	Cardiff High	2:42.86	5.0	CVG
5	33	Lowri MORGAN	Bro Dinefwr	2:43.95	4.0	DYF
6	77	Lily CALVIN-THOMAS	Llanidloes	2:55.80	3.0	POW
7	55	Seren MOORES	Gellihaf	2:58.39	2.0	GLV
8	88	Alayah-Marie STOCK	Gwent Is Coed	3:02.90	1.0	SEW

T07 U16 - 1500m Plate

PLATE cbp - Millie PIERCE, Olchfa, Afan Nedd Tawe, 4:47.83, 2024

			Heat 2			
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Gwenan GRIFFITHS	Gwyr	5:25.05	9.0	ANT
2	22	Lotte BACKX	Cardiff High	5:42.67	7.0	CVG
3	55	Lowri GOODWIN	Gellihaf	5:43.36	6.0	GLV
4	44	Ella JONES	Dyffryn Conwy	5:43.94	5.0	ERY
5	33	Esme LYNOCK	Bro Dinefwr	5:45.81	4.0	DYF
6	77	Rene THURSTON	Llanidloes	5:50.17	3.0	POW
7	66	Meri ROCHE	Brynhyfryd	6:14.11	2.0	NEW
8	88	Olivia BAKER	Gwent Is Coed	7:11.69	1.0	SEW

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Penlan Track Brecon



1: Glantaf = 96.0	5: Welshpool = 59.0
2: Gwyndy = 64.0	6: Croesyceiliog = 51.0
3: Olchfa = 63.0	7: John Bright = 50.0
4: Penweddig = 60.0	7: John Bright = 50.0

T02 U16 - 75m Hurdles Cup

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

		Heat 1		ws +1.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	1	Freya BIRT	Olchfa	12.24	9.0 ANT
2	8	Grace ADAM	Croesyceiliog	12.64	7.0 SEW
3	2	Lara OSBORNE	Glantaf	12.68	6.0 CVG
4	5	Esther NICHOLLS	Gwyndy	12.83	5.0 GLV
5	3	Cari MORGAN-WILLIAMS	Penweddig	15.77	4.0 DYF
6	7	Lacey EVANS	Welshpool	17.25	3.0 POW
7	4	Abigail NAYLOR	John Bright	18.73	2.0 ERY

T26 U16 - 4 x 100 Relay Cup

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

		Heat 1		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2		Glantaf	52.41	9.0 CVG
2	8		Croesyceiliog	52.43	7.0 SEW
3	1		Olchfa	53.60	6.0 ANT
4	5		Gwyndy	53.75	5.0 GLV
5	3		Penweddig	54.68	4.0 DYF
6	7		Welshpool	55.02	3.0 POW
7	4		John Bright	55.57	2.0 ERY
8	6		Maelor	59.45	1.0 NEW

Pos Bib Team

- 1 2 Maia GRIFFITHS, Amara-Chukwu HERBERT, Elinor ROBERTS, Elen BLACKMORE
2 8 Tess MILLER, Ava PEPLOE, Grace ADAM, Grace FORRESTER
3 1 Grace CHASWEKA, Erica UMWENI, Freya BIRT, Tabby VENTRESS-BRETT
4 5 Eleanor WRIGTH NICHOLAS, Hefina LEWIS, Lila GEORGE, Esther NICHOLLS
5 3 Emiah WILLIAMS, Katie WHITEWAY, Sali OWEN, Meadow NORRIS
6 7 Imogen MORRIS, Evie LANGFORD , Lwsi JAMES-STAFFORD, Maisy JONES
7 4 Anabelle WILLIAMS, Pippa WALSH, Julia LAMENT, Lucy CHARLICK
8 6 Beth DAVIES, Lily HOWLETT, Megan KAY, Eleanor CARNERLL

F15 U16 - High Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Maia GRIFFITHS	Glantaf	1.50	9.0 CVG
2	5	Grace CADDY	Gwyndy	1.50	7.0 GLV
3	4	Lucy CHARLICK	John Bright	1.45	6.0 ERY
4	3	Amelia WELSBY	Penweddig	1.40	5.0 DYF
5	8	Ava PEPLOE	Croesyceiliog	1.40	4.0 SEW
6	1	Tabby VENTRESS-BRETT	Olchfa	1.30	3.0 ANT
7	7	Evie LANGFORD	Welshpool	1.30	2.0 POW
8	6	Skye MORRIS	Maelor	1.30	1.0 NEW

F07 U16 - Long Jump Cup

CUP cbp - Nest OWEN, Tryfan, Eryri, 5.64, 2024

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	1	Grace CHASWEKA	Olchfa	4.86	9.0 ANT
2	8	Grace ADAM	Croesyceiliog	4.47	7.0 SEW
3	2	Elen BLACKMORE	Glantaf	4.38	6.0 CVG
4	3	Sali OWEN	Penweddig	4.32	5.0 DYF
5	7	Bella ROBERTS	Welshpool	3.98	4.0 POW
6	6	Eleanor CARNELL	Maelor	3.94	3.0 NEW
7	4	Isabel RYNN	John Bright	3.93	2.0 ERY
8	5	Eleanor WRIGHT NICHOLAS	Gwyndy	3.14	1.0 GLV

1: Cardiff High = 85.5	5: Gwyr = 55.0
2: Llanidloes = 70.5	6: Bro Dinefwr = 55.0
3: Brynhyfryd = 63.0	7: Dyffryn Conwy = 54.0
4: Gwent Is Coed = 59.0	8: Gellihaf = 39.0

T02 U16 - 75m Hurdles Plate

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

		Heat 2		ws +0.8	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	22	Lucie RUTTLEY	Cardiff High	12.33	9.0 CVG
2	33	Hurdles MENNA FIELDER-HOB	Bro Dinefwr	12.90	7.0 DYF
3	77	Phoebe SHORT	Llanidloes	13.85	6.0 POW
4	88	Charlie LOVETT	Gwent Is Coed	14.47	5.0 SEW
5	55	Skye MORGANS	Gellihaf	14.56	4.0 GLV
6	66	Skye MARSHALL	Brynhyfryd	15.40	3.0 NEW
7	44	Elan JONES	Dyffryn Conwy	16.31	2.0 ERY
8	11	Efa MORGAN-ROBERTS	Gwyr	20.61	1.0 ANT

T26 U16 - 4 x 100 Relay Plate

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

		Heat 2		ws +3.0	
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	77		Llanidloes	54.23	9.0 POW
2	66		Brynhyfryd	54.36	7.0 NEW
3	88		Gwent Is Coed	54.41	6.0 SEW
4	44		Dyffryn Conwy	54.75	5.0 ERY
5	22		Cardiff High	54.89	4.0 CVG
6	33		Bro Dinefwr	55.05	3.0 DYF
7	11		Gwyr	56.16	2.0 ANT
8	55		Gellihaf	57.12	1.0 GLV

Pos Bib Team

- 1 77 Carys DAVIES-WILLIAMS, Seren DUNNETT, Eva JONES, Phoebe SHORT
2 66 Elsa ELLIS , Mia JOHNSON , Beatrice ROBERTS , Skye MARSHALL
3 88 Charlie LOVETT, Lyila TIMMINS, Armani HESTER-DEMILLE, Macie GABBIDON
4 44 Lena DAVIES, Beca GRIFFITHS, Mared JONES, Cari ROBERTS
5 22 Anna POPE, Mari WILKINSON, Lily PARSONS, Lucie RUTTLEY
6 33 Lexi GREGORY, Menna FIELDER HOBBS, Alice CRADDOCK, Ffion JONES
7 11 Hannah JONES, Grace GAVIN, Bethan MALPAS , Gwenllian JONES
8 55 Ava HUGHES, Emily VOYLE, Skye MORGANS, Menna EALES

F15 U16 - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	88	Armani HESTER-DEMILLE	Gwent Is Coed	1.45	9.0 SEW
2=	77	Poppy JONES	Llanidloes	1.40	6.5 POW
2=	22	Isabelle COX	Cardiff High	1.40	6.5 CVG
4	33	Menna FIELDER HOBBS	Bro Dinefwr	1.35	5.0 DYF
5	11	Evie EVANS	Gwyr	1.35	4.0 ANT
6	44	Lleucu NEWTON	Dyffryn Conwy	1.35	3.0 ERY
7	66	Alaina JONES	Brynhyfryd	1.35	2.0 NEW
8	55	Sky HUSSY	Gellihaf	1.25	1.0 GLV

F07 U16 - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	66	Mia JOHNSON	Brynhyfryd	4.73	9.0 NEW
2	22	Lily PARSONS	Cardiff High	4.62	7.0 CVG
3	11	Gwenllian JONES	Gwyr	4.55	6.0 ANT
4	33	Ffion JONES	Bro Dinefwr	4.32	5.0 DYF
5	88	Macie GABBIDON	Gwent Is Coed	4.09	4.0 SEW
6	77	Pppa FORMAN	Llanidloes	4.03	3.0 POW
7	44	Beca GRIFFITHS	Dyffryn Conwy	4.00	2.0 ERY
8	55	Sky HUSSY	Gellihaf	3.85	1.0 GLV

2024 NASUWT Cup & Plate Final

Wednesday 10th July

Penlan Track Brecon



1: Glantaf = 96.0	5: Welshpool = 59.0
2: Gwyndy = 64.0	6: Croesyceiliog = 51.0
3: Olchfa = 63.0	7: John Bright = 50.0
4: Penweddig = 60.0	7: John Bright = 50.0

F14 U16 - Triple Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Amara-Chukwu HERBERT	Glantaf	10.47	9.0	CVG
2	1	Freya BIRT	Olchfa	9.24	7.0	ANT
3	7	Imogen MORRIS	Welshpool	9.24	6.0	POW
4	4	Julia LAMENT	John Bright	9.22	5.0	ERY
5	3	Meadow NORRIS	Penweddig	9.19	4.0	DYF
6	5	Esther NICHOLLS	Gwyndy	8.98	3.0	GLV
7	6	Megan KAY	Maelor	8.60	2.0	NEW
8	8	Lowri DAVIES	Croesyceiliog	8.19	1.0	SEW

F03 U16 - Shot Put (3.00kg) Cup

CUP cbp - Violet SNELGROVE, YG Gwyr, Afan Nedd Tawe, 9.95, 2024

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Karrae SAVAGE	Glantaf	8.85	9.0	CVG
2	5	Anwen BAILEY	Gwyndy	8.80	7.0	GLV
3	4	Isobel ONIONS	John Bright	8.64	6.0	ERY
4	6	Ella HUGHES	Maelor	8.46	5.0	NEW
5	1	Erica UMWENI	Olchfa	8.46	4.0	ANT
6	7	Ella-Rose JONES	Welshpool	8.15	3.0	POW
7	8	Siena MORRIS	Croesyceiliog	7.90	2.0	SEW
8	3	Katie WHITEWAY	Penweddig	7.02	1.0	DYF

F11 U16 - Discus (1.00kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	6	Annie WILLIAMS	Maelor	29.91	9.0	NEW
2	2	Yvie JONES	Glantaf	22.96	7.0	CVG
3	7	Tilly JONES	Welshpool	19.92	6.0	POW
4	3	Erin WILLIAMS	Penweddig	17.43	5.0	DYF
5	1	Alice CALDWELL	Olchfa	17.06	4.0	ANT
6	4	Nel JONES	John Bright	16.26	3.0	ERY
7	5	Gwennan EVANS	Gwyndy	15.09	2.0	GLV
8	8	Georgia FORD	Croesyceiliog	14.47	1.0	SEW

F23 U16 - Javelin (500g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Hefina LEWIS	Gwyndy	28.30	9.0	GLV
2	3	Awen WILLIAMS	Penweddig	24.00	7.0	DYF
3	2	Blodwen JONES	Glantaf	20.66	6.0	CVG
4	7	Maisy JONES	Welshpool	19.33	5.0	POW
5	6	Morganie JENKINS	Maelor	18.35	4.0	NEW
6	8	Jasmine GIBBINS	Croesyceiliog	16.51	3.0	SEW
7	4	Maria STEPIEN	John Bright	14.54	2.0	ERY
8	1	Ruby HURST	Olchfa	12.31	1.0	ANT

1: Cardiff High = 85.5	5: Gwyr = 55.0
2: Llanidloes = 70.5	6: Bro Dinefwr = 55.0
3: Brynhyfryd = 63.0	7: Dyffryn Conwy = 54.0
4: Gwent Is Coed = 59.0	8: Gellihaf = 39.0

F14 U16 - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	77	Lily WILLIAMS	Llanidloes	8.84	9.0	POW
2	22	Fi OSBALDESTON	Cardiff High	8.81	7.0	CVG
3	33	Alice CRADDOCK	Bro Dinefwr	8.69	6.0	DYF
4	55	Aimee LOCK	Gellihaf	8.67	5.0	GLV
5	44	Nel ROBERTS	Dyffryn Conwy	8.64	4.0	ERY
6	88	Tasia WEBB	Gwent Is Coed	8.03	3.0	SEW
7	66	Elsa ELLIS	Brynhyfryd	7.81	2.0	NEW
8	11	Efa MORGAN-ROBERTS	Gwyr	7.76	1.0	ANT

F03 U16 - Shot Put (3.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Anna POPE	Cardiff High	8.58	9.0	CVG
2	77	Bethan EVANS	Llanidloes	7.54	7.0	POW
3	88	Lyila TIMMINS	Gwent Is Coed	7.35	6.0	SEW
4	55	Georgia HAYWOOD	Gellihaf	7.31	5.0	GLV
5	11	Chloe REES	Gwyr	7.09	4.0	ANT
6	33	Shot LYLA MAY	Bro Dinefwr	6.82	3.0	DYF
7	66	Lola LLOYD	Brynhyfryd	6.82	2.0	NEW
8	44	Elan JONES	Dyffryn Conwy	6.37	1.0	ERY

F11 U16 - Discus (1.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Elin WILLIAMS	Gwent Is Coed	21.59	9.0	SEW
2	22	Alys GRANT	Cardiff High	21.06	7.0	CVG
3	11	Chloe DORWICK	Gwyr	19.39	6.0	ANT
4	77	Caitlin TURNER	Llanidloes	17.62	5.0	POW
5	55	Menna EALES	Gellihaf	17.62	4.0	GLV
6	44	Cari ROBERTS	Dyffryn Conwy	16.50	3.0	ERY
7	66	Tilly DAVIES	Brynhyfryd	15.92	2.0	NEW
8	33	Maisy JAMES	Bro Dinefwr	13.14	1.0	DYF

F23 U16 - Javelin (500g) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Lucie RUTTLEY	Cardiff High	28.18	9.0	CVG
2	33	Emily HATFIELD	Bro Dinefwr	24.39	7.0	DYF
3	88	Nia LIAN	Gwent Is Coed	20.62	6.0	SEW
4	66	Bhupinder LANDA	Brynhyfryd	20.53	5.0	NEW
5	11	Belle THOMAS	Gwyr	18.36	4.0	ANT
6	55	Ezara LYNCH	Gellihaf	16.67	3.0	GLV
7	44	Ella JONES	Dyffryn Conwy	15.57	2.0	ERY
8	77	Seren JEWELL-TROW	Llanidloes	14.12	1.0	POW

NASUWT CUP FINAL**NASUWT PLATE FINAL****U14 Boys match score after 13 events with 0 left to score**

Pos	School	Pts	Pos	School	Pts
1	Bro Morgannwg	101.0	1	Cardiff High	100.0
2	Gwyr	76.5	2	Gwyndy	69.5
3	Gellihaf	66.0	3	Caerleon	62.0
4	Queen Elizabeth	59.0	4	Bishopston	61.0
5	John Frost	48.0	5	Maes Y Gwendraeth	56.0
6	Newtown	46.5	6	Brynrefail	46.0
7	Argoed	44.0	7	Llanidloes	43.5
8	Tryfan	40.0	8	Castell Alun	41.0

U14 Girls match score after 13 events with 0 left to score

Pos	School	Pts	Pos	School	Pts
1	Glantaf	97.0	1	Whitchurch	84.5
2	Olchfa	81.0	2	Haverfordwest	73.0
3	Dyffryn Aman	71.0	3	Gwyndy	69.5
4	Gellihaf	58.0	4	John Bright	58.0
5	Llanidloes	49.0	5	Bishopston	57.5
6	Castell Alun	42.0	6	St. Joseph's	55.5
7	Caerleon	42.0	7	Newtown	42.0
8	Tryfan	39.0	8	Mold Alun	40.0

U16 Boys match score after 13 events with 0 left to score

Pos	School	Pts	Pos	School	Pts
1	Glantaf	90.0	1	Cardiff High	97.0
2	Gellihaf	80.0	2	St. Joseph's	77.0
3	Dyffryn Aman	61.0	3	Caer Elen	76.0
4	Connah's Quay	59.0	4	Rhydywaun	76.0
5	Croesyceiliog	55.0	5	Llanidloes	57.0
6	Tryfan	51.0	6	Bishopston	43.0
7	Gwyr	42.0	7	Mold Alun	15.0
8	Newtown	40.0	8		

U16 Girls match score after 13 events with 0 left to score

Pos	School	Pts	Pos	School	Pts
1	Glantaf	96.0	1	Cardiff High	85.5
2	Gwyndy	64.0	2	Llanidloes	70.5
3	Olchfa	63.0	3	Brynhyfryd	63.0
4	Penweddig	60.0	4	Gwent Is Coed	59.0
5	Welshpool	59.0	5	Gwyr	55.0
6	Croesyceiliog	51.0	6	Bro Dinefwr	55.0
7	John Bright	50.0	7	Dyffryn Conwy	54.0
8	Maelor	37.0	8	Gellihaf	39.0

WELSH SCHOOLS ATHLETIC ASSOCIATION

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Penlan Track Brecon

Pos	U14B CUP	Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
2	1 Gwyr	76.5	6.0	3.0	7.0	7.0	7.0	6.0	6.0	4.5	6.0	9.0	7.0	3.0	5.0
1	2 Bro Morgannwg	101.0	9.0	9.0	9.0	9.0	6.0	9.0	9.0	9.0	7.0	5.0	9.0	7.0	4.0
4	3 Queen Elizabeth	59.0	1.0	5.0	3.0	6.0	1.0	5.0	5.0	6.0	3.0	2.0	6.0	9.0	7.0
8	4 Tryfan	40.0	5.0	2.0	1.0	4.0	5.0	3.0	3.0	3.0	2.0	3.0	2.0	4.0	3.0
3	5 Gellihaf	66.0	7.0	4.0	5.0	1.0	4.0	7.0	7.0	7.0	9.0	7.0	1.0	5.0	2.0
7	6 Argoed	44.0	4.0	1.0	4.0	3.0	9.0	2.0	1.0	2.0	1.0	1.0	5.0	2.0	9.0
6	7 Newtown	46.5	3.0	7.0	2.0	2.0	2.0	1.0	2.0	4.5	4.0	4.0	3.0	6.0	6.0
5	8 John Frost	48.0	2.0	6.0	6.0	5.0	3.0	4.0	4.0	1.0	5.0	6.0	4.0	1.0	1.0
Pos	U14G CUP	Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
2	1 Olchfa	81.0	3.0	6.0	9.0	9.0	7.0	7.0	7.0	9.0	9.0	7.0	7.0	1.0	
1	2 Glantaf	97.0	9.0	7.0	7.0	7.0	2.0	9.0	9.0	7.0	7.0	6.0	9.0	9.0	9.0
3	3 Dyffryn Aman	71.0	7.0	9.0	5.0	4.0	4.0	5.0	6.0	1.0	4.0	9.0	5.0	6.0	6.0
8	4 Tryfan	39.0	1.0	1.0	1.0	2.0	5.0	1.0	3.0	6.0	5.0	4.0	1.0	2.0	7.0
4	5 Gellihaf	58.0	4.0	5.0	4.0	6.0	3.0	6.0	4.0	4.5	6.0	5.0	6.0	3.0	2.0
6	6 Castell Alun	42.0	5.0	4.0	2.0	3.0	9.0	2.0	1.0	3.0	1.0	1.0	2.0	5.0	4.0
5	7 Llanidloes	49.0	2.0	3.0	6.0	5.0	6.0	3.0	5.0	2.0	2.0	2.0	3.0	7.0	3.0
7	8 Caerleon	42.0	6.0	2.0	3.0	1.0	1.0	4.0	2.0	4.5	3.0	3.0	4.0	4.0	5.0
Pos	U16B CUP	Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
7	1 Gwyr	42.0	3.0	2.0	3.0	5.0	2.0	5.0	1.0	4.0	3.0	1.0	5.0	2.0	6.0
1	2 Glantaf	90.0	5.0	9.0	9.0	6.0	7.0	4.0	9.0	9.0	5.0	9.0	7.0	9.0	2.0
3	3 Dyffryn Aman	61.0	4.0	5.0	2.0	3.0	5.0	7.0	5.0	5.0	7.0	2.0	2.0	5.0	9.0
6	4 Tryfan	51.0		3.0	5.0	9.0	1.0	2.0	2.0	6.0	6.0	6.0	4.0	6.0	1.0
2	5 Gellihaf	80.0	7.0	4.0	6.0	2.0	9.0	3.0	7.0	7.0	9.0	5.0	9.0	7.0	5.0
4	6 Connah's Quay	59.0	6.0		7.0	7.0	6.0	9.0	4.0	2.0	2.0	7.0	1.0	4.0	4.0
8	7 Newtown	40.0	2.0	6.0	1.0	1.0	4.0	6.0	3.0		1.0	3.0	3.0	3.0	7.0
5	8 Croesyceiliog	55.0	9.0	7.0	4.0	4.0	3.0	1.0	6.0	3.0	4.0	4.0	6.0	1.0	3.0
Pos	U16G CUP	Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
3	1 Olchfa	63.0	9.0	2.0	1.0	6.0	2.0	9.0	6.0	3.0	9.0	7.0	4.0	4.0	1.0
1	2 Glantaf	96.0	6.0	9.0	9.0	5.0	6.0	6.0	9.0	9.0	6.0	9.0	9.0	7.0	6.0
4	3 Penweddig	60.0	1.0	5.0	7.0	9.0	3.0	4.0	4.0	5.0	5.0	4.0	1.0	5.0	7.0
7	4 John Bright	50.0	4.0	3.0	6.0	4.0	5.0	2.0	2.0	6.0	2.0	5.0	6.0	3.0	2.0
2	5 Gwyndy	64.0	3.0	4.0	4.0	7.0	7.0	5.0	5.0	7.0	1.0	3.0	7.0	2.0	9.0
8	6 Maelor	37.0	2.0	1.0	2.0	3.0	4.0		1.0	1.0	3.0	2.0	5.0	9.0	4.0
5	7 Welshpool	59.0	5.0	7.0	5.0	1.0	9.0	3.0	3.0	2.0	4.0	6.0	3.0	6.0	5.0
6	8 Croesyceiliog	51.0	7.0	6.0	3.0	2.0	1.0	7.0	7.0	4.0	7.0	1.0	2.0	1.0	3.0
Pos	U14B PLATE	Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT

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4	11	Bishopston	61.0	9.0	2.0	6.0	6.0	9.0	2.0	7.0		9.0	1.0	6.0	3.0	1.0
1	22	Cardiff High	100.0	6.0	9.0	4.0	9.0	7.0	7.0	9.0	6.0	7.0	9.0	9.0	9.0	9.0
5	33	Maes Y Gwendraeth	56.0	3.0	3.0	9.0	3.0	6.0	6.0	5.0	2.0	2.0	4.0	5.0	2.0	6.0
6	44	Brynrefail	46.0	4.0	7.0	2.0	1.0	2.0	1.0	3.0	9.0	6.0	2.0	1.0	1.0	7.0
2	55	Gwyndy	69.5	2.0	5.0	7.0	5.0	5.0	9.0	6.0	3.5	3.0	6.0	7.0	6.0	5.0
8	66	Castell Alun	41.0	1.0	1.0		2.0	4.0	4.0	1.0	7.0	5.0	5.0	3.0	5.0	3.0
7	77	Llanidloes	43.5	7.0	4.0	3.0	4.0	1.0	3.0	2.0	3.5	1.0	3.0	4.0	4.0	4.0
3	88	Caerleon	62.0	5.0	6.0	5.0	7.0	3.0	5.0	4.0	5.0	4.0	7.0	2.0	7.0	2.0
Pos	U14G PLATE		Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
5	11	Bishopston	57.5	4.0	3.0	2.0	7.0	3.0	6.0	3.0	2.5	5.0	7.0	5.0	5.0	5.0
1	22	Whitchurch	84.5	6.0	5.0	4.0	5.0	7.0	7.0	6.0	6.5	7.0	6.0	9.0	7.0	9.0
2	33	Haverfordwest	73.0	6.0	6.0	6.0	3.0	5.0	5.0	9.0	9.0	1.0	4.0	6.0	6.0	7.0
4	44	John Bright	58.0	1.0	2.0	9.0	9.0	4.0	4.0	2.0	5.0	3.0	3.0	7.0	3.0	6.0
3	55	Gwyndy	69.5	3.0	7.0	7.0	1.0	6.0	9.0	7.0	6.5	6.0	9.0		4.0	4.0
8	66	Mold Alun	40.0	9.0	4.0	1.0	4.0	1.0	1.0	5.0	1.0	9.0		2.0	2.0	1.0
7	77	Newtown	42.0	2.0	1.0	5.0	2.0	2.0	3.0	1.0	4.0	2.0	5.0	3.0	9.0	3.0
6	88	St. Joseph's	55.5	7.0	9.0	3.0	6.0	9.0	2.0	4.0	2.5	4.0	2.0	4.0	1.0	2.0
			U16B100mU16B200mU16B300mU16B800mJ16B1500n U16BH U16BRELAY U16BHJ U16BLJ U16BTJ U16BSP U16BDT U16BJT													
Pos	U16B PLATE		Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
6	11	Bishopston	43.0	3.0	2.0	4.0	7.0	4.0	3.0		3.0	3.0		3.0	6.0	5.0
1	22	Cardiff High	97.0	5.0	9.0	7.0	6.0	7.0	9.0	9.0	7.0	7.0	7.0	9.0	9.0	6.0
3	33	Caer Elen	76.0	2.0	5.0	6.0	4.0	3.0	7.0	5.0	9.0	9.0	9.0	6.0	7.0	4.0
	44	David Hughes														
4	55	Rhydywaun	76.0	9.0	6.0	5.0	5.0	6.0	6.0	6.0	4.0	6.0	6.0	4.0	4.0	9.0
7	66	Mold Alun	15.0	4.0	3.0	2.0					6.0					
5	77	Llanidloes	57.0	6.0	4.0	3.0	3.0	9.0	5.0	4.0	2.0	5.0	4.0	5.0		7.0
2	88	St. Joseph's	77.0	7.0	7.0	9.0	9.0	5.0	4.0	7.0	5.0	4.0	5.0	7.0	5.0	3.0
Pos	U16G PLATE		Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
5	11	Gwyr	55.0	5.0	3.0	3.0	7.0	9.0	1.0	2.0	4.0	6.0	1.0	4.0	6.0	4.0
1	22	Cardiff High	85.5	3.0	7.0	5.0	5.0	7.0	9.0	4.0	6.5	7.0	7.0	9.0	7.0	9.0
6	33	Bro Dinefwr	55.0	7.0	1.0	2.0	4.0	4.0	7.0	3.0	5.0	5.0	6.0	3.0	1.0	7.0
7	44	Dyffryn Conwy	54.0	9.0	6.0	6.0	6.0	5.0	2.0	5.0	3.0	2.0	4.0	1.0	3.0	2.0
8	55	Gellihaf	39.0	1.0	2.0	4.0	2.0	6.0	4.0	1.0	1.0	1.0	5.0	5.0	4.0	3.0
3	66	Brynhaf	63.0	2.0	9.0	9.0	9.0	2.0	3.0	7.0	2.0	9.0	2.0	2.0	2.0	5.0
2	77	Llanidloes	70.5	6.0	5.0	7.0	3.0	3.0	6.0	9.0	6.5	3.0	9.0	7.0	5.0	1.0
4	88	Gwent Is Coed	59.0	4.0	4.0	1.0	1.0	1.0	5.0	6.0	9.0	4.0	3.0	6.0	9.0	6.0