

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F01: U14 Boys Long Jump Cup &amp; Plate 12:00 PM</b>				<b>F02: U16 Boys High Jump Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Jamie JONES, Barry, Cardiff &amp; the Vale, 5.91, 2003</i>				<i>CUP CBP: James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997</i>			
<i>PLATE CBP: Ben VINCENT, Whitchurch High, Cardiff &amp; Vale, 5.44, 2017</i>				<i>PLATE CBP: Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	Owen FELLOWES	Syr Thomas Jones	1	6	Toby WYNNE	St. Joseph's
2	8	-	Brynmawr	2	2	Harry MORRIS	Cardiff High
3	6	-	Morgan Llywd	3	5	Jason DAVIES	Ysgol Gyfun Cwm Rhymini - Gellihaf
4	3	Tom YOUNG	Dyffryn Aman	4	1	Sean STREVENS	Bishopston
5	5	Caden DAVIES	Ysgol Gyfun Cwm Rhymini - Gwyndy	5	8	-	Caerleon
6	1	Jensen LEWIS CHENARD	Gwyr	6	4	Connor JOHN	Friars
7	2	-	Whitchurch	7	7	Kieron WATSON	Newtown
8	7	-	Llanidloes	8	3	-	Haverfordwest
9	44	-	Ardudwy	9	66	-	Castell Alun
10	88	-	Rougemont	10	22	-	Glantaf
11	66	-		11	55	Mason MORGAN	Ysgol Rhydywaun
12	33	Jacob BARNES	Penglais	12	11	Theodore MORKA	Gwyr
13	55	James PENGELLY-LEACH	Brynteg	13	88	-	St. Julian's
14	11	Cian MORGAN	Bryn Tawe	14	44	-	Brynrefail
15	22	DANIEL ROBERTS	Llanishen	15	77	Tom HOWELLS	Llanidloes
16	77	-	Newtown	16	33	Scott WIGLEY	Dyffryn Aman

<b>F03: U16 Girls Shot Put (3.00kg) Cup &amp; Plate 12:00 PM</b>				<b>F04: U16 Boys Discus (1.25kg) Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Ariana NWAIWU, Gwent is Coed, South East Wales, 9.79, 2023</i>				<i>CUP CBP: Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991</i>			
<i>PLATE CBP: Molly GREENMAN, Radyr Comprehensive, Cardiff &amp; Vale, 10.23, 2015</i>				<i>PLATE CBP: Jay MORSE, Stanwell, Cardiff &amp; the Vale, 45.27, 2015</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	-	Gwent Is Coed	1	1	Ben LOOSMORE	Bishopston
2	5	Lena DAVIES	Ysgol Gyfun Cwm Rhymini - Gwyndy	2	7	James RIORDAN	Newtown
3	7	Myndy PRICE	Llanidloes	3	8	-	Caerleon
4	4	CADI GRIFFITH	Tryfan	4	6	Henry ELLIS	St. Joseph's
5	1	Violet SNELGROVE	Gwyr	5	3	-	Haverfordwest
6	6	Vivienne KAROLAK	St. Joseph's	6	2	Alex MYNETT	Cardiff High
7	3	Charlotte MERRY	Bro Dinefwr	7	5	Toby JONES	Ysgol Gyfun Cwm Rhymini - Gellihaf
8	2	-	Glantaf	8	4	Hari RIGBY	Friars
9	88	Verity AINSWORTH	Monmouth Girls	9	11	Harri WILLIAMS	Gwyr
10	55	Evie PRITCHARD	Ysgol Gyfun Cwm Rhymini - Gellihaf	10	77	James SMITH	Llanidloes
11	77	Darcy WOOLLEY	Welshpool	11	88	-	St. Julian's
12	44	-	Duffryn Conwy	12	66	-	Castell Alun
13	11	Chloe BRETTELL	Olchfa	13	33	Dai THOMAS	Dyffryn Aman
14	66	Macey JONES	Alun School	14	22	-	Glantaf
15	33	Casi PUGH	Dyffryn Aman	15	55	Raith SCANELL	Ysgol Rhydywaun
16	22	Cassie MAY	Radyr	16	44	-	Brynrefail

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F05: U14 Girls Javelin (400g) Cup &amp; Plate 12:00 PM</b>				<b>F06: U14 Girls Triple Jump Cup &amp; Plate 12:00 PM</b>			
<i>CUP CBP: Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2023</i>				<i>CUP CBP: Esther NICHOLLS, Y Gwyndy, Glamorgan Valleys, 8.98, 2023</i>			
<i>PLATE CBP: Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2019</i>				<i>PLATE CBP: Sophie FORTY, Cardiff HS, Cardiff &amp; the Vale, 8.62, 2023</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	-	Glantaf	1	7	Imogen MORRIS	Welshpool
2	3	-	Bro Myrddin	2	6	-	Castell Alun
3	4	MYA BLACKHAM	Tryfan	3	2	-	Glantaf
4	5	Saffir SHAWLEY	Ysgol Gyfun Cwm Rhymini - Gwyndy	4	8	Stella GEORGE	Caerleon
5	6	-	Castell Alun	5	4	ALYS PRITCHARD	Tryfan
6	7	Bella ROBERTS	Welshpool	6	3	-	Bro Myrddin
7	8	Shania DAVIES	Caerleon	7	1	Freya BIRT	Olchfa
8	1	Alice CALDWELL	Olchfa	8	5	Lila GEORGE	Ysgol Gyfun Cwm Rhymini - Gwyndy
9	22	Lola WADMORE	Cardiff High	9	77	Lily WILLIAMS	Llanidloes
10	33	-	Bro Preseli	10	66	Maisie JOHNSON-HUGHES	Alun School
11	44	MALI JONES	Botwnnog	11	22	Fi OSBALDESTON	Cardiff High
12	55	Olivia TUCKER	Ysgol Gyfun Cwm Rhymini - Gellihaf	12	88	-	Islwyn
13	66	Fleur RANGLES	Alun School	13	44	MIA NEL JONES	Botwnnog
14	77	Kelsey HARVEY	Llanidloes	14	33	-	Bro Preseli
15	88	-	Islwyn	15	11	Taylor SHELMEARDINE	Bishopston
16	11	Darcey CARMAN	Bishopston	16	55	Lilly EALES	Ysgol Gyfun Cwm Rhymini - Gellihaf

<b>F07: U16 Girls Long Jump Cup &amp; Plate 1:00 PM</b>				<b>F08: U16 Boys Triple Jump Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Carys POOLE, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 5.39, 2017</i>				<i>CUP CBP: Owen JONES, Amman Valley, Dyfed, 13.25, 2003</i>			
<i>PLATE CBP: Megan TAYLOR, Cardiff Hs, Cardiff &amp; the Vale, 5.49, 2023</i>				<i>PLATE CBP: Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	5	Sioned MCCARTHY	Ysgol Gyfun Cwm Rhymini - Gwyndy	1	4	Elliot SHEARS	Friars
2	4	NEST OWEN	Tryfan	2	8	-	Caerleon
3	3	Beatrice MORGAN	Bro Dinefwr	3	6	Riley ROBERTS	St. Joseph's
4	7	Celeste BOULANGER	Llanidloes	4	3	-	Haverfordwest
5	2	-	Glantaf	5	5	Tom JAMES	Ysgol Gyfun Cwm Rhymini - Gellihaf
6	1	Eva CARVER	Gwyr	6	1	Henry PAYNE	Bishopston
7	6	Jess ODIA	St. Joseph's	7	2	Mani TAYLOR	Cardiff High
8	8	-	Gwent Is Coed	8	7	Shay PAUL	Newtown
9	55	Seren REES	Ysgol Gyfun Cwm Rhymini - Gellihaf	9	44	-	Brynrefail
10	44	-	Duffryn Conwy	10	88	-	St. Julian's
11	33	Ella Marie JONES	Dyffryn Aman	11	66	-	Castell Alun
12	77	Ruby PRYCE	Welshpool	12	33	James BENTLEY	Dyffryn Aman
13	22	Holly VITTLE	Radyr	13	55	Ellis CAMBOURNE	Ysgol Rhydywaun
14	11	Adaeze EMENOGU	Olchfa	14	11	Oliver SAMPSON	Gwyr
15	66	Maisie INGHAM	Alun School	15	22	-	Glantaf
16	88	Mathilde HIRST	Monmouth Girls	16	77	Aron PECK	Llanidloes

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F09: U14 Girls High Jump Cup &amp; Plate 1:00 PM</b>				<b>F10: U14 Girls Shot Put (2.72kg) Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Rosie DOMICAN, Ysgol Glantaf, Cardiff &amp; Vale, 1.55 2017</i>				<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 11.12, 2009</i>			
<i>PLATE CBP: Macey MORRIS, Caldicot School, South East Wales/Marnie N</i>				<i>PLATE CBP: Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	6	-	Castell Alun	1	8	Stella GEORGE	Caerleon
2	2	-	Glantaf	2	5	Lila GEORGE	Ysgol Gyfun Cwm Rhymni - Gwyndy
3	5	Anabel PRICE	Ysgol Gyfun Cwm Rhymni - Gwyndy	3	7	Imogen MORRIS	Welshpool
4	1	Katriel UDOH	Olchfa	4	4	ALYS PRITCHARD	Tryfan
5	8	Amelia COLLINS	Caerleon	5	1	Freya BIRT	Olchfa
6	4	SEREN JONES	Tryfan	6	6	-	Castell Alun
7	7	Evie LANGFORD	Welshpool	7	3	-	Bro Myrddin
8	3	-	Bro Myrddin	8	2	-	Glantaf
9	66	Alice SYKES-HAND	Alun School	9	88	-	Islwyn
10	22	Isabelle COX	Cardiff High	10	55	Lilly EALES	Ysgol Gyfun Cwm Rhymni - Gellihaf
11	55	Skye MORGANS	Ysgol Gyfun Cwm Rhymni - Gellihaf	11	77	Lily WILLIAMS	Llanidloes
12	11	Millie JAYHAM	Bishopston	12	44	MIA NEL JONES	Botwnnog
13	88	-	Islwyn	13	11	Taylor SHELMEARDINE	Bishopston
14	44	NAN PRYS JONES	Botwnnog	14	66	Maisie JOHNSON-HUGHES	Alun School
15	77	Freya LAMP	Llanidloes	15	33	-	Bro Preseli
16	33	-	Bro Preseli	16	22	Fi OSBALDESTON	Cardiff High

<b>F11: U16 Girls Discus (1.00kg) Cup &amp; Plate 1:00 PM</b>				<b>F12: U14 Boys Javelin (400g) Cup &amp; Plate 1:00 PM</b>			
<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 43.87, 2012</i>				<i>CUP CBP: James EVANS, Whitchurch, Cardiff &amp; the Vale, 48.41, 2000</i>			
<i>PLATE CBP: Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012</i>				<i>PLATE CBP: Ben METCALF, YG Cwm Rhymni, Glamorgan Valleys, 40.17, 2012</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	1	Eva EVANS	Gwyr	1	2	-	Whitchurch
2	7	Seren PUGH	Llanidloes	2	3	Eban WEBB	Dyffryn Aman
3	8	-	Gwent Is Coed	3	4	Ethan JONES	Syr Thomas Jones
4	6	Vivienne WILLIAMS	St. Joseph's	4	5	Noah OLDFIELD	Ysgol Gyfun Cwm Rhymni - Gwyndy
5	3	Freya MORGAN	Bro Dinefwr	5	6	-	Morgan Llywd
6	2	-	Glantaf	6	7	-	Llanidloes
7	5	Gwennan EVANS	Ysgol Gyfun Cwm Rhymni - Gwyndy	7	8	-	Brynawr
8	4	ERIN JACOBS	Tryfan	8	1	Iori HUMPHREYS	Gwyr
9	11	Maddie GRIFFITHS	Olchfa	9	22	SHAWN JONES	Llanishen
10	77	Tilly JONES	Welshpool	10	33	Will MORDECAI	Penglais
11	88	Seren WALL	Monmouth Girls	11	44	-	Ardudwy
12	66	Eva MCKENZIE	Alun School	12	55	Tyler MITCHELL	Brynteg
13	33	Megan DAVIES	Dyffryn Aman	13	66	-	
14	22	Katie HIGGINSON	Radyr	14	77	-	Newtown
15	55	Menna EALES	Ysgol Gyfun Cwm Rhymni - Gellihaf	15	88	-	Rougemont
16	44	-	Duffryn Conwy	16	11	Kaidon MOORE	Bryn Tawe

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F13: U14 Girls Long Jump Cup &amp; Plate 2:00 PM</b>				<b>F14: U16 Girls Triple Jump Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999</i>				<i>CUP CBP: Elyse VEATER, YG Cwm Rhymini - Gelli Haf, Glamorgan Valleys, 10.29, 2019</i>			
<i>PLATE CBP: Sali OWEN, Penweddig, Dyfed, 4.80, 2023</i>				<i>PLATE CBP: Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	7	Ivy KUIPERS	Welshpool	1	5	Esther NICHOLLS	Ysgol Gyfun Cwm Rhymini - Gwyndy
2	6	-	Castell Alun	2	4	HAWYS OWEN	Tryfan
3	2	-	Glantaf	3	3	Lily ALICE HUGHES	Bro Dinefwr
4	8	Libby JONES	Caerleon	4	7	Ffion DAVIES-WILLIAMS	Llanidloes
5	4	MARTHA WYN	Tryfan	5	2	-	Glantaf
6	3	-	Bro Myrddin	6	1	Imogen MCADIE	Gwyr
7	1	Grace CHESWEKA	Olchfa	7	6	Hanna TENTEROBA	St. Joseph's
8	5	Maia PHILLIPS	Ysgol Gyfun Cwm Rhymini - Gwyndy	8	8	-	Gwent Is Coed
9	77	Bethan EVANS	Llanidloes	9	55	Ffion BOWDEN	Ysgol Gyfun Cwm Rhymini - Gellihaf
10	66	Erin MCGUIRE	Alun School	10	44	-	Duffryn Conwy
11	22	Lily PARSONS	Cardiff High	11	33	Zoe DOWLER	Dyffryn Aman
12	88	-	Islwyn	12	77	Florence KUIPERS	Welshpool
13	44	EVA WRIGHT	Botwnnog	13	22	Elin RUSSIL	Radyr
14	33	-	Bro Preseli	14	11	Tabby VENTRESS-BRETT	Olchfa
15	11	Bella DAVIES	Bishopston	15	66	Myah PEARSON	Alun School
16	55	Phoebe HOLLAND	Ysgol Gyfun Cwm Rhymini - Gellihaf	16	88	Victoria ROSSITER	Monmouth Girls

<b>F15: U16 Girls High Jump Cup &amp; Plate 2:00 PM</b>				<b>F16: U14 Boys Shot Put (3.00kg) Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995</i>				<i>CUP CBP: Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004</i>			
<i>PLATE CBP: Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011</i>				<i>PLATE CBP: Ethan WITCHELL, Ysgol Glantaf, Cardiff &amp; the Vale, 13.65, 2019</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	4	HANNA JONES	Tryfan	1	6	-	Morgan Llywd
2	8	-	Gwent Is Coed	2	2	-	Whitchurch
3	6	Amy APPIAH-KUBI	St. Joseph's	3	5	Milo THOMSON	Ysgol Gyfun Cwm Rhymini - Gwyndy
4	3	Menna HARRIS	Bro Dinefwr	4	1	Xander HOLT	Gwyr
5	5	Grace CADDY	Ysgol Gyfun Cwm Rhymini - Gwyndy	5	8	-	Brynmawr
6	1	Efa MORGAN-ROBERTS	Gwyr	6	4	Tomasi FIDOW	Syr Thomas Jones
7	2	-	Glantaf	7	7	-	Llanidloes
8	7	Phoebe SHORT	Llanidloes	8	3	Cadel PARRY	Dyffryn Aman
9	44	-	Duffryn Conwy	9	66	-	
10	88	Sophie BAILEY	Monmouth Girls	10	22	ARON ROBERTS	Llanishen
11	66	Layla DRURY	Alun School	11	55	Alex RIORDAN	Brynteg
12	33	Zakia JOHNSON	Dyffryn Aman	12	11	Anthony JARVIS	Bryn Tawe
13	55	Holli MACKENZIE PRICE	Ysgol Gyfun Cwm Rhymini - Gellihaf	13	88	-	Rougemont
14	11	Millie PIERCE	Olchfa	14	44	-	Arduwy
15	22	Elin RUSSIL	Radyr	15	77	-	Newtown
16	77	Lucy WARD	Welshpool	16	33	Ethan RICHARDSON	Penglais

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F17: U14 Girls Discus (0.75kg) Cup &amp; Plate 2:00 PM</b>				<b>F18: U16 Boys Javelin (600g) Cup &amp; Plate 2:00 PM</b>			
<i>CUP CBP: Adele NICOLL, Welshpool, Powys, 35.92, 2010</i>				<i>CUP CBP: Chris THOMAS, West Mon, Gwent, 56.58, 1995</i>			
<i>PLATE CBP: Ella JACKSON, Radyr Comprehensive School, Cardiff &amp; Vale, 2010</i>				<i>PLATE CBP: Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	8	Poppy SMALL	Caerleon	1	1	Toby PHILLIPS	Bishopston
2	5	Magi WALKER-UNDERY	Ysgol Gyfun Cwm Rhymni - Gwyndy	2	7	George FARRINGTON	Newtown
3	7	Ella-Rose JONES	Welshpool	3	8	-	Caerleon
4	4	ALY THOMAS- THOMPSON	Tryfan	4	6	Valdir COSTA	St. Joseph's
5	1	Tochi EMENOGU	Olchfa	5	3	-	Haverfordwest
6	6	-	Castell Alun	6	2	Jack S JONES	Cardiff High
7	3	-	Bro Myrddin	7	5	Kai WILLIAMS	Ysgol Gyfun Cwm Rhymni - Gellihaf
8	2	-	Glantaf	8	4	Mason ROWLANDS	Friars
9	88	-	Islwyn	9	11	Macsen HOLLAND	Gwyr
10	55	Mali DUMMETT	Ysgol Gyfun Cwm Rhymni - Gellihaf	10	77	Levi POWELL	Llanidloes
11	77	Lexi FRANCIS-JONES	Llanidloes	11	88	-	St. Julian's
12	44	CARMELA ZARAET	Botwnnog	12	66	-	Castell Alun
13	11	Polly JONES	Bishopston	13	33	Ronnie BULLIONS	Dyffryn Aman
14	66	Lili MCKENZIE	Alun School	14	22	-	Glantaf
15	33	-	Bro Preseli	15	55	Jacob STYLING	Ysgol Rhydywaun
16	22	Anna POPE	Cardiff High	16	44	-	Brynrefail

<b>F19: U16 Boys Long Jump Cup &amp; Plate 3:00 PM</b>				<b>F20: U14 Boys High Jump Cup &amp; Plate 3:00 PM</b>			
<i>CUP CBP: Rhys WILLIAMS, YG Cwm Rhymni, Glamorgan Valleys, 6.22, 2011</i>				<i>CUP CBP: Tom TROTMAN, Cowbridge, Cardiff &amp; the Vale, 1.70, 2011</i>			
<i>PLATE CBP: Ben VINCENT, Whitchurch High School, Cardiff &amp; the Vale, 5.20, 2011</i>				<i>PLATE CBP: Iolo GRANT, Ysgol Glantaf, Cardiff &amp; the Vale, 1.60, 2019</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	2	Jack VAUGHAN	Cardiff High	1	7	-	Llanidloes
2	3	-	Haverfordwest	2	6	-	Morgan Llywd
3	4	Tom D'AVOSSA	Friars	3	2	-	Whitchurch
4	5	Rorey GARDNER	Ysgol Gyfun Cwm Rhymni - Gellihaf	4	8	-	Brynmawr
5	6	Kacper BURY	St. Joseph's	5	4	Max JONES	Syr Thomas Jones
6	7	Fyfe DAVIES	Newtown	6	3	Keegan CARTER	Dyffryn Aman
7	8	-	Caerleon	7	1	Lucas CARPENTER	Gwyr
8	1	Rocco LEWIS	Bishopston	8	5	Jake DONALDSON	Ysgol Gyfun Cwm Rhymni - Gwyndy
9	22	-	Glantaf	9	77	-	Newtown
10	33	Leon WOODLEY	Dyffryn Aman	10	66	-	
11	44	-	Brynrefail	11	22	ELLIS FAULKES	Llanishen
12	55	Iestyn PUGH	Ysgol Rhydywaun	12	88	-	Rougemont
13	66	-	Castell Alun	13	44	-	Arduwy
14	77	Wil EVANS	Llanidloes	14	33	Toby WILLIAMS	Penglais
15	88	-	St. Julian's	15	11	David AKPOKODJE	Bryn Tawe
16	11	Danny SPILLETS	Gwyr	16	55	Henry ROWLANDS	Brynteg

**WELSH ATHLETICS**  
**2024 NASUWT CUP AND PLATE FINAL.xlsm Field Draw**



<b>F21: U16 Boys Shot Put (4.00kg) Cup &amp; Plate 3:00 PM</b>				<b>F22: U14 Boys Discus (1.00kg) Cup &amp; Plate 3:00 PM</b>			
<i>CUP CBP: Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014</i>				<i>CUP CBP: Issac LECKI, Castell Alun High School, North East Wales, 35.25, 2016</i>			
<i>PLATE CBP: Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011</i>				<i>PLATE CBP: Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014</i>			
Order	Bib	Athlete	School	Order	Bib	Athlete	School
1	5	Noah JONES	Ysgol Gyfun Cwm Rhymni - Gellihaf	1	4	Kyran BYOTT	Syr Thomas Jones
2	4	Carwyn ROBERTS	Friars	2	8	-	Brynmawr
3	3	-	Haverfordwest	3	6	-	Morgan Llywd
4	7	Liam EDWARDS	Newtown	4	3	Cameron GEORGE	Dyffryn Aman
5	2	Harry FRY	Cardiff High	5	5	Dillan PRIOR	Ysgol Gyfun Cwm Rhymni - Gwyndy
6	1	Morgan SWALES	Bishopston	6	1	Milo WILSON	Gwyr
7	6	Praise OSADIAYE	St. Joseph's	7	2	-	Whitchurch
8	8	-	Caerleon	8	7	-	Llanidloes
9	55	Haydn WHITEHOUSE	Ysgol Rhydywaun	9	44	-	Arduwy
10	44	-	Brynrefail	10	88	-	Rougemont
11	33	Kelston FAIRHURST	Dyffryn Aman	11	66	-	
12	77	Oscar LAMP	Llanidloes	12	33	Kai KIDDY	Penglais
13	22	-	Glantaf	13	55	Morgan EVANS-JONES	Brynteg
14	11	Tomos DAVIES	Gwyr	14	11	Noah KEITH	Bryn Tawe
15	66	-	Castell Alun	15	22	GARAN BENTHAM	Llanishen
16	88	-	St. Julian's	16	77	-	Newtown