

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		
U14 Boys match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Brynmawr	75.0	1	Llanishen	93.0

U14 Girls match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	100.0	1	Cardiff High	88.0

U16 Boys match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Haverfordwest	92.0	1	Glantaf	99.0

U16 Girls match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Glantaf	89.0	1	Monmouth Girls	68.0

CUP FINAL CBP

5

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

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

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 = 99.0	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 ws +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 STREVENS	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 ws +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 LITTLEFIEL

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 STREVENS	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 ROCZACK	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 = 99.0	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

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

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

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		

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

Pos	School	Pts	Pos	School	Pts
1	Glantaf	100.0	1	Cardiff High	88.0
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

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

Pos	School	Pts	Pos	School	Pts
1	Haverfordwest	92.0	1	Glantaf	99.0
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

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

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 Rhymini - 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	Olechfa	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	100.0	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 Rhymini - 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 Rhymini - Gellihaaf	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 Rhymini - 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	88.0	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	99.0	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	Brynawr	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	Brynawr	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 Rhymini - Gellihaaf				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 Rhymini - Gellihaaf	1.45	6	11	Theodore MORKA	YG Gwyr	1.45		
7	8	Devon MCALDEN	Caerleon	1.40	7	77	Tom HOWELLS	Llanidloes	1.40	REFEREE'S SIGNATURE	
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 Rhymini - 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	
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 Rhymini - 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		
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	REFeree SIGNATURE
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	

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	Brynmawr	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	
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	Brynmawr	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

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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	REFeree SIGNATURE
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		
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		REFEREE SIGNATURE
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 HUIHSH	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 HUIHSH	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	

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	
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					

REFEREE SIGNATURE

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					