

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

3

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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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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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

CBP

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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Penlan Track Brecon



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 Joseff 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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Penlan Track Brecon



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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						ws +3.0	
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						ws +3.0	
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 STREVENS	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

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) 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

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 HUISH	Rhydywaun	9.28	4.0	GLV
6	11	Ben LOOSMORE	Bishopston	8.08	3.0	ANT

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

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) 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

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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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

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, Lyla 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