

# WSAA

WELSH SCHOOLS  
ATHLETICS ASSOCIATION



# CAYC

CYMDEITHAS ATHLETAU  
YSGOLION CYMRU

## NASUWT CUP & PLATE FINAL

### RESULTS

Wednesday-08-Jul-2026

BRECON

NASUWT CUP FINAL			NASUWT PLATE FINAL		
U14 Boys match score after 11 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Cardiff High School	84.0	1	Ysgol Glantaf	70.0

U14 Girls match score after 11 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Ysgol Gyfun Bro Edern	59.0	1	Ysgol Glantaf	75.0

U16 Boys match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	YGCR- Y Gwyndy	76.0	1	Ysgol Glantaf	83.0

U16 Girls match score after 13 events with 0 left to score					
Pos	School	Pts	Pos	School	Pts
1	Olchfa	84.0	1	Llanishen High School	84.0

**CUP FINAL CBP**

**7**

**PLATE FINAL CBP**

**2**

## 2026 NASUWT Cup &amp; Plate Final

Wednesday 8th July

Penlan Track Brecon



1: Cardiff High School = 84.0	5: Gwyr = 49.0
2: Garth Olwg = 56.0	6: Welshpool = 44.0
3: Ysgol Botwnnog = 53.0	7: Brynhyfryd = 41.0
4: Ysgol Dyffryn Aman = 50.0	8: Croesyceiliog = 28.0

## T16 U14 Boys - 100m Cup

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Monty GRZONKA	Cardiff High School	12.23	9.0	CVG	1	66	Harry DAN	Hawarden High School	11.98	9.0	NEW
2	3	Harvey SWEENEY	Ysgol Dyffryn Aman	12.58	7.0	DYF	2	22	Osian FITZGERALD	Ysgol Glantaf	12.49	7.0	CVG
3	7	Fernando JESTIN	Welshpool	12.72	6.0	POW	3	44	Alffi HARRIS	Ysgol Brynrefail	12.73	6.0	ERY
4	5	Gwion WIDGERY	Garth Olwg	13.02	5.0	GLV	4	33	Rhydian JONES	Strade	12.94	5.0	DYF
5	4	Dafydd THOMAS	Ysgol Botwnnog	13.07	4.0	ERY	5	55	George RIDGWAY	YGCR- Gellihaf	12.95	4.0	GLV
6	8	Khush SHERMA-LIMBU	Croesyceiliog	13.21	3.0	SEW	6	88	Oakley PARRY	Cwmbran High School	13.02	3.0	SEW
7	1	Trystan HARRIES	Gwyr	13.54	2.0	ANT	7	11	Austen HUGHES	Cwm Brombil	13.59	2.0	ANT
8	6	Liam PURVIS	Brynhyfryd	13.91	1.0	NEW	8	77	Jacob GRIFFITHS	Caereinion	13.89	1.0	POW

## T10 U14 Boys - 200m Cup

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	6	Jac EMLYN	Brynhyfryd	25.11	9.0	NEW	1	22	Aled BROWN	Ysgol Glantaf	25.34	9.0	CVG
2	2	Dylan COX	Cardiff High School	26.01	7.0	CVG	2	33	Emllyn TYLER	Strade	25.72	7.0	DYF
3	3	Cai CANTON	Ysgol Dyffryn Aman	26.02	6.0	DYF	3	55	Ronnie GARDNER	YGCR- Gellihaf	26.53	6.0	GLV
4	5	Aled WIDGERY	Garth Olwg	26.58	5.0	GLV	4	44	Owain WILLIAMS	Ysgol Brynrefail	27.08	5.0	ERY
5	7	Sean JOSEPH	Welshpool	26.89	4.0	POW	5	66	Patryk WYTRWAL	Hawarden High School	27.38	4.0	NEW
6	4	Jack STOREY	Ysgol Botwnnog	27.95	3.0	ERY	6	11	Cai TUTTON DENNER	Cwm Brombil	27.81	3.0	ANT
7	1	Ioan JONES	Gwyr	28.08	2.0	ANT	7	88	Loki WINGATE	Cwmbran High School	28.71	2.0	SEW
8	8	Lachlan JENKINS	Croesyceiliog	29.13	1.0	SEW	8	77	Stanley BATES	Caereinion	30.41	1.0	POW

## T20 U14 Boys - 800m Cup

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Tomi JONES	Gwyr	2:12.48	9.0	ANT	1	22	Farley PRICHARD	Ysgol Glantaf	2:22.71	9.0	CVG
2	4	George COWLEY	Ysgol Botwnnog	2:15.82	7.0	ERY	2	66	Paddy BATES	Hawarden High School	2:29.09	7.0	NEW
3	5	Eli ALAN	Garth Olwg	2:18.93	6.0	GLV	3	33	Rowan LEE	Strade	2:29.85	6.0	DYF
4	2	Toby AHMED	Cardiff High School	2:19.69	5.0	CVG	4	11	Spencer PUGH	Cwm Brombil	2:33.66	5.0	ANT
5	7	Teddy LANGFORD	Welshpool	2:22.66	4.0	POW	5	55	Lloyd JAMES	YGCR- Gellihaf	2:35.42	4.0	GLV
6	3	Tai JONES	Ysgol Dyffryn Aman	2:28.12	3.0	DYF	6	88	Lucian ORMOND	Cwmbran High School	2:39.75	3.0	SEW
7	8	Olly GRIFFIN	Croesyceiliog	2:35.26	2.0	SEW	7	44	Rhys JONES	Ysgol Brynrefail	2:47.56	2.0	ERY
DNF	6	Henry WILLIAMS	Brynhyfryd			NEW	8	77	Sam HAMMER	Caereinion	2:50.00	1.0	POW

## T06 U14 Boys - 1500m Cup

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Rowan CARSON	Garth Olwg	4:35.93	9.0	GLV	1	22	Zac MUNN	Ysgol Glantaf	4:31.34	9.0	CVG
2	2	George BAILEY	Cardiff High School	5:02.46	7.0	CVG	2	55	Joseph DRAKE	YGCR- Gellihaf	5:12.87	7.0	GLV
3	7	Seb LOXAM	Welshpool	5:06.74	6.0	POW	3	66	Oliver HEMMINGS	Hawarden High School	5:25.63	6.0	NEW
4	4	Zac GRANT	Ysgol Botwnnog	5:11.39	5.0	ERY	4	33	Thomas FOWLER	Strade	5:28.24	5.0	DYF
5	8	Gryf ROBINS	Croesyceiliog	5:28.87	4.0	SEW	5	44	Niclas ROBERTS	Ysgol Brynrefail	5:31.32	4.0	ERY
6	3	Teifi PURCHASE	Ysgol Dyffryn Aman	5:29.68	3.0	DYF	6	77	Charlie MARRIOT	Caereinion	5:31.93	3.0	POW
7	6	Ethan MILLER	Brynhyfryd	5:34.43	2.0	NEW	7	11	Matthew DYER	Cwm Brombil	5:36.89	2.0	ANT
8	1	Elliott FORD	Gwyr	5:45.85	1.0	ANT	8	88	Caian WEBLEY	Cwmbran High School	5:56.48	1.0	SEW

## T03 U14 Boys - 80m Hurdles Cup

CUP CBP - Immanuel FEYI-WABOSO, Corpus Christi High School, Cardiff &amp; Vale, 11

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Jude LANE	Cardiff High School	12.90	9.0	CVG	1	22	Will WHITE	Ysgol Glantaf	13.18	9.0	CVG
2	6	Freddie WILLIAMS	Brynhyfryd	13.31	7.0	NEW	2	55	Evan WILLIAMS	YGCR- Gellihaf	13.39	7.0	GLV
3	1	Milo JACKSON	Gwyr	14.20	6.0	ANT	3	33	Cai WILLIAMS	Strade	14.14	6.0	DYF
4	3	Tomi MALONEY	Ysgol Dyffryn Aman	14.36	5.0	DYF	4	88	Riley-Jay BOWEN	Cwmbran High School	15.41	5.0	SEW
5	4	Seb FOLEY	Ysgol Botwnnog	14.80	4.0	ERY	5	11	Levi WOODBRIDGE	Cwm Brombil	15.60	4.0	ANT
6	7	Oscar ATKINSON	Welshpool	14.93	3.0	POW	6	44	Steffan DAVIES	Ysgol Brynrefail	16.15	3.0	ERY
7	5	Celt HARRIES-O'BRIEN	Garth Olwg	15.76	2.0	GLV	7	77	Huw DERWAS	Caereinion	17.03	2.0	POW
8	8	Zaine MACHEKA	Croesyceiliog	17.22	1.0	SEW	8	66	Sam MAKIN	Hawarden High School	19.48	1.0	NEW

1: Ysgol Glantaf = 70.0	5: Ysgol Brynrefail = 45.0
2: Strade = 70.0	6: Cwm Brombil = 42.0
3: YGCR- Gellihaf = 68.0	7: Cwmbran High School = 29.0
4: Hawarden High School = 49.0	8: Caereinion = 18.0

## T16 U14 Boys - 100m Plate

PLATE CBP - Dylan FAYE, Bishopston, Afan Nedd Tawe, 11.72, 2025

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	66	Harry DAN	Hawarden High School	11.98	9.0	NEW	1	22	Aled BROWN	Ysgol Glantaf	25.34	9.0	CVG
2	22	Osian FITZGERALD	Ysgol Glantaf	12.49	7.0	CVG	2	33	Emllyn TYLER	Strade	25.72	7.0	DYF
3	44	Alffi HARRIS	Ysgol Brynrefail	12.73	6.0	ERY	3	55	Ronnie GARDNER	YGCR- Gellihaf	26.53	6.0	GLV
4	33	Rhydian JONES	Strade	12.94	5.0	DYF	4	44	Owain WILLIAMS	Ysgol Brynrefail	27.08	5.0	ERY
5	55	George RIDGWAY	YGCR- Gellihaf	12.95	4.0	GLV	5	66	Patryk WYTRWAL	Hawarden High School	27.38	4.0	NEW
6	88	Oakley PARRY	Cwmbran High School	13.02	3.0	SEW	6	11	Cai TUTTON DENNER	Cwm Brombil	27.81	3.0	ANT
7	11	Austen HUGHES	Cwm Brombil	13.59	2.0	ANT	7	88	Loki WINGATE	Cwmbran High School	28.71	2.0	SEW
8	77	Jacob GRIFFITHS	Caereinion	13.89	1.0	POW	8	77	Stanley BATES	Caereinion	30.41	1.0	POW

## T10 U14 Boys - 200m Plate

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Aled BROWN	Ysgol Glantaf	25.34	9.0	CVG	1	22	Aled BROWN	Ysgol Glantaf	25.34	9.0	CVG
2	33	Emllyn TYLER	Strade	25.72	7.0	DYF	2	33	Emllyn TYLER	Strade	25.72	7.0	DYF
3	55	Ronnie GARDNER	YGCR- Gellihaf	26.53	6.0	GLV	3	55	Ronnie GARDNER	YGCR- Gellihaf	26.53	6.0	GLV
4	44	Owain WILLIAMS	Ysgol Brynrefail	27.08	5.0	ERY	4	44	Owain WILLIAMS	Ysgol Brynrefail	27.08	5.0	ERY
5	66	Patryk WYTRWAL	Hawarden High School	27.38	4.0	NEW	5	66	Patryk WYTRWAL	Hawarden High School	27.38	4.0	NEW
6	11	Cai TUTTON DENNER	Cwm Brombil	27.81	3.0	ANT	6	11	Cai TUTTON DENNER	Cwm Brombil	27.81	3.0	ANT
7	88	Loki WINGATE	Cwmbran High School	28.71	2.0	SEW	7	88	Loki WINGATE	Cwmbran High School	28.71	2.0	SEW
8	77	Stanley BATES	Caereinion	30.41	1.0	POW	8	77	Stanley BATES	Caereinion	30.41	1.0	POW

## T20 U14 Boys - 800m Plate

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

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Farley PRICHARD	Ysgol Glantaf	2:22.71	9.0	CVG	1	22	Farley PRICHARD	Ysgol Glantaf	2:22.71	9.0	CVG
2	66	Paddy BATES	Hawarden High School	2:29.09	7.0	NEW	2	66	Paddy BATES	Hawarden High School	2:29.09	7.0	NEW
3	33	Rowan LEE	Strade	2:29.85	6.0	DYF	3	33	Rowan LEE	Strade	2:29.85	6.0	DYF
4	11	Spencer PUGH	Cwm Brombil	2:33.66	5.0	ANT	4	11	Spencer PUGH	Cwm Brombil	2:33.66	5.0	ANT
5	55	Lloyd JAMES	YGCR- Gellihaf	2:35.42	4.0	GLV	5	55	Lloyd JAMES	YGCR- Gellihaf	2:35.42	4.0	GLV
6	88	Lucian ORMOND	Cwmbran High School	2:39.75	3.0	SEW	6	88	Lucian ORMOND	Cwmbran High School	2:39.75	3.0	SEW
7	44	Rhys JONES	Ysgol Brynrefail	2:47.56	2.0	ERY	7	44	Rhys JONES	Ysgol Brynrefail	2:47.56	2.0	ERY
8	77	Sam HAMMER	Caereinion	2:50.00	1.0	POW	8	77	Sam HAMMER	Caereinion	2:50.00	1.0	POW

## T06 U14 Boys - 1500m Plate

PLATE CBP - Oliver COBBOLD, Bishopston, Afan Nedd Tawe, 4:36.73, 2025

Heat 1						Heat 2							
Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Zac MUNN	Ysgol Glantaf	4:31.34	9.0	CVG	1	22	Zac MUNN	Ysgol Glantaf	4:31.34	9.0	CVG
2	55	Joseph DRAKE	YGCR- Gellihaf	5:12.87	7.0	GLV	2	55	Joseph DRAKE	YGCR- Gellihaf	5:12.87	7.0	GLV
3	66	Oliver HEMMINGS	Hawarden High School	5:25.63	6.0	NEW	3	6					

## 2026 NASUWT Cup &amp; Plate Final

Wednesday 8th July

Penlan Track Brecon



1: Cardiff High School = 84.0	5: Gwyr = 49.0
2: Garth Olwg = 56.0	6: Welshpool = 44.0
3: Ysgol Botwnnog = 53.0	7: Brynhyfryd = 41.0
4: Ysgol Dyffryn Aman = 50.0	8: Croesyceiliog = 28.0

## T26 U14 Boys - 4 x 100 Relay Cup

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

Heat 1					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	3		Ysgol Dyffryn Aman	50.25	9.0 <b>DYF</b>
2	2		Cardiff High School	51.19	7.0 <b>CVG</b>
3	5		Garth Olwg	51.58	6.0 <b>GLV</b>
4	7		Welshpool	52.68	5.0 <b>POW</b>
5	4		Ysgol Botwnnog	52.70	4.0 <b>ERY</b>
6	6		Brynhyfryd	54.05	3.0 <b>NEW</b>
7	1		Gwyr	54.67	2.0 <b>ANT</b>
8	8		Croesyceiliog	57.83	1.0 <b>SEW</b>

Pos	Bib	Team
1	3	Asha FINDLAY, Cai CANTON, Harvey SWEENEY, Sonnie STUCKEY
2	2	George BAILEY, Jude LANE, Dylan COX, Monty GRZONKA
3	5	Rhys GARDENER, Gwion WIDGERY, Eli ALAN, Aled WIDGERY
4	7	Fernando JESTIN, Sean JOSEPH, Oscar ATKINSON, Lleyton PARKES
5	4	Jack STOREY, Seb FOLEY, Dafydd THOMAS, George COWLEY
6	6	Liam PURVIS, Jac EMLYN, Oscar BRANT, Freddie WILLIAMS
7	1	Lukas WILLIAMS, Thomas MORGAN, Ioan JONES, Trystan HARRIES
8	8	Olly GRIFFIN, Lachlan JENKINS, Gryf ROBINS, Khush SHERMA-LIMBU

## F19 U14 Boys - High Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	1	Milo JACKSON	Gwyr	1.60	9.0 <b>ANT</b>
2	4	George COWLEY	Ysgol Botwnnog	1.40	7.0 <b>ERY</b>
3	2	Dylan COX	Cardiff High School	1.55	6.0 <b>CVG</b>
4	3	Scott EDWARDS	Ysgol Dyffryn Aman	1.50	5.0 <b>DYF</b>
5	5	Harvey MARTIN	Garth Olwg	1.45	4.0 <b>GLV</b>
6	6	Jac EMLYN	Brynhyfryd	1.35	3.0 <b>NEW</b>
7	7	Mason KAYE	Welshpool	1.35	2.0 <b>POW</b>
8	8	Olly GRIFFIN	Croesyceiliog	1.20	1.0 <b>SEW</b>

## F01 U14 Boys - Long Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	2	Monty GRZONKA	Cardiff High School	4.93	9.0 <b>CVG</b>
2	8	Khush SHERMA-LIMBU	Croesyceiliog	4.77	7.0 <b>SEW</b>
3	1	Ioan JONES	Gwyr	4.59	6.0 <b>ANT</b>
4	6	Oscar BRANT	Brynhyfryd	3.97	5.0 <b>NEW</b>
5	5	Morgan NUTHALL	Garth Olwg	3.95	4.0 <b>GLV</b>
6	4	Jack STOREY	Ysgol Botwnnog	3.79	3.0 <b>ERY</b>
7	3	Harvey SWEENEY	Ysgol Dyffryn Aman	3.79	2.0 <b>DYF</b>
8	7	Seb LOXAM	Welshpool	3.73	1.0 <b>POW</b>

## F15 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	2	Tito YUSUF	Cardiff High School	11.88	9.0 <b>CVG</b>
2	6	Liam PURVIS	Brynhyfryd	11.06	7.0 <b>NEW</b>
3	5	Olly-J BARTLETT	Garth Olwg	10.96	6.0 <b>GLV</b>
4	7	Jax JONES	Welshpool	10.77	5.0 <b>POW</b>
5	1	Osian SMITH	Gwyr	10.23	4.0 <b>ANT</b>
6	4	Seb FOLEY	Ysgol Botwnnog	9.98	3.0 <b>ERY</b>
7	3	William ELLIOTT	Ysgol Dyffryn Aman	9.74	2.0 <b>DYF</b>
8	8	Wonderful ADEOYE	Croesyceiliog	8.18	1.0 <b>SEW</b>

1: Ysgol Glantaf = 70.0	5: Ysgol Brynrefail = 45.0
2: Strade = 70.0	6: Cwm Brombil = 42.0
3: YGCR- Gellihaf = 68.0	7: Cwmbran High School = 29.0
4: Hawarden High School = 49.0	8: Caereinion = 18.0

## T26 U14 Boys - 4 x 100 Relay Plate

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

Heat 2					
Pos	Bib	Athlete	School	Perf.	Pts Dist
1	55		YGCR- Gellihaf	50.43	9.0 <b>GLV</b>
2	22		Ysgol Glantaf	50.69	7.0 <b>CVG</b>
3	33		Strade	51.06	6.0 <b>DYF</b>
4	66		Hawarden High School	51.25	5.0 <b>NEW</b>
5	11		Cwm Brombil	53.73	4.0 <b>ANT</b>
6	44		Ysgol Brynrefail	54.70	3.0 <b>ERY</b>
7	88		Cwmbran High School	55.53	2.0 <b>SEW</b>
8	77		Caereinion	58.19	1.0 <b>POW</b>

Pos	Bib	Team
1	55	Evan WILLIAMS, George RIDGWAY, Zane REILLY, Ashton WILLIAMS
2	22	Aled BROWN, Will WHITE, Joseph STEPHENS, Osian FITZGERALD
3	33	Rhydian JONES, Emlyn TYLER, Cai WILLIAMS, Steffan JANAS
4	66	Harry DAN, Patryk WYTRWAL, Paddy BATES, Freddie TIMMS
5	11	Levi WOODBRIDGE, Austen HUGHES, Tyler LEVER, Cai TUTTON DENNER
6	44	Steffan DAVIES, Ifan GRIFFITHS, Owain WILLIAMS, Alfie HARRIS
7	88	Oakley PARRY, Will HAYWARD, Maxwell YOUNG, Teddy THACKER
8	77	Cealan WILLIAMS KENNEDY, Jacob GRIFFITHS, Stanley BATES, Sam HAMMER

## F19 U14 Boys - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
22		Farley PRICHARD	Ysgol Glantaf	1.40	<b>CVG</b>
66		Patryk WYTRWAL	Hawarden High School	1.40	<b>NEW</b>
3	11	Mason JONES	Cwm Brombil	1.40	6.0 <b>ANT</b>
4	55	Lloyd JAMES	YGCR- Gellihaf	1.40	5.0 <b>GLV</b>
5	44	Alfie HARRIS	Ysgol Brynrefail	1.35	4.0 <b>ERY</b>
6	88	Riley-Jay BOWEN	Cwmbran High School	1.35	3.0 <b>SEW</b>
7	33	Emlyn TYLER	Strade	1.35	2.0 <b>DYF</b>
8	77	Stanley BATES	Caereinion	1.30	1.0 <b>POW</b>

## F01 U14 Boys - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	33	Rhydian JONES	Strade	4.86	9.0 <b>DYF</b>
2	11	Tyler LEVER	Cwm Brombil	4.74	7.0 <b>ANT</b>
3	22	Will WHITE	Ysgol Glantaf	4.70	6.0 <b>CVG</b>
4	55	George RIDGWAY	YGCR- Gellihaf	4.50	5.0 <b>GLV</b>
5	66	Harry DAN	Hawarden High School	4.06	4.0 <b>NEW</b>
6	44	Oliver MARTIN	Ysgol Brynrefail	3.90	3.0 <b>ERY</b>
7	77	Charlie WILLIAMS	Caereinion	3.77	2.0 <b>POW</b>
8	88	Teddy THACKER	Cwmbran High School	3.53	1.0 <b>SEW</b>

## F15 U14 Boys - Shot Put (3.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts Dist
1	66	Eric LEPSA	Hawarden High School	11.14	9.0 <b>NEW</b>
2	55	Zane REILLY	YGCR- Gellihaf	9.79	7.0 <b>GLV</b>
3	33	Cai WILLIAMS	Strade	9.24	6.0 <b>DYF</b>
4	44	Iolo JONES	Ysgol Brynrefail	9.22	5.0 <b>ERY</b>
5	88	Tommy BODMAN	Cwmbran High School	9.15	4.0 <b>SEW</b>
6	11	Beau HERBERT	Cwm Brombil	9.09	3.0 <b>ANT</b>
7	22	Deiniol GUNNINGHAM	Ysgol Glantaf	8.48	2.0 <b>CVG</b>
8	77	Evan JONES	Caereinion	8.11	1.0 <b>POW</b>

## 2026 NASUWT Cup &amp; Plate Final

Wednesday 8th July

Penlan Track Brecon



1: Cardiff High School = 84.0	5: Gwyr = 49.0
2: Garth Olwg = 56.0	6: Welshpool = 44.0
3: Ysgol Botwnnog = 53.0	7: Brynhyfryd = 41.0
4: Ysgol Dyffryn Aman = 50.0	8: Croesyceiliog = 28.0

## F21 U14 Boys - Discus (1.00kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	4	Dafydd THOMAS	Ysgol Botwnnog	25.25	9.0	<b>ERY</b>
2	2	Osián DAVIES	Cardiff High School	22.09	7.0	<b>CVG</b>
3	7	Sean JOSEPH	Welshpool	21.99	6.0	<b>POW</b>
4	1	Thomas MORGAN	Gwyr	21.94	5.0	<b>ANT</b>
5	6	Macsén EDWARDS	Brynhyfryd	21.87	4.0	<b>NEW</b>
6	3	Cai CANTON	Ysgol Dyffryn Aman	21.65	3.0	<b>DYF</b>
7	5	Riley DOWNES	Garth Olwg	16.16	2.0	<b>GLV</b>
8	8	Troy MALAJ	Croesyceiliog	16.08	1.0	<b>SEW</b>

## F11 U14 Boys - Javelin (500g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Jude LANE	Cardiff High School	35.51	9.0	<b>CVG</b>
2	5	Eli ALAN	Garth Olwg	33.45	7.0	<b>GLV</b>
3	8	Marvelous ADEOYE	Croesyceiliog	27.24	6.0	<b>SEW</b>
4	3	Leo DANTER	Ysgol Dyffryn Aman	25.68	5.0	<b>DYF</b>
5	4	Gwion WILLIAMS	Ysgol Botwnnog	25.05	4.0	<b>ERY</b>
6	1	Luke REES	Gwyr	24.46	3.0	<b>ANT</b>
7	7	Ben BELLAMY	Welshpool	17.03	2.0	<b>POW</b>

1: Ysgol Glantaf = 70.0	5: Ysgol Brynrefail = 45.0
2: Strade = 70.0	6: Cwm Brombil = 42.0
3: YGCR- Gellihaf = 68.0	7: Cwmbran High School = 29.0
4: Hawarden High School = 49.0	8: Caereinion = 18.0

## F21 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	Ethan THOMAS	Strade	26.72	9.0	<b>DYF</b>
2	55	Max STEPHENS	YGCR- Gellihaf	26.29	7.0	<b>GLV</b>
3	22	Jacob SUTTON	Ysgol Glantaf	23.45	6.0	<b>CVG</b>
4	44	Owi LLOYD	Ysgol Brynrefail	20.83	5.0	<b>ERY</b>
5	88	Tyler BANKS	Cwmbran High School	19.38	4.0	<b>SEW</b>
6	77	Jacob GRIFFITHS	Caereinion	19.04	3.0	<b>POW</b>
7	11	Alfie GROVES	Cwm Brombil	18.19	2.0	<b>ANT</b>
8	66	Harrison WALKER	Hawarden High School	17.18	1.0	<b>NEW</b>

## F11 U14 Boys - Javelin (500g) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Dafi IFANS	Strade	36.29	9.0	<b>DYF</b>
2	55	Ronnie GARDNER	YGCR- Gellihaf	34.59	7.0	<b>GLV</b>
3	22	Caian WALKER	Ysgol Glantaf	27.80	6.0	<b>CVG</b>
4	44	Ifan GRIFFITHS	Ysgol Brynrefail	25.45	5.0	<b>ERY</b>
5	11	Reuben CARTER EDWARDS	Cwm Brombil	23.89	4.0	<b>ANT</b>
6	66	Oscar PHILLIPS	Hawarden High School	19.89	3.0	<b>NEW</b>
7	77	Owain DAVIES	Caereinion	19.37	2.0	<b>POW</b>
8	88	Jayden HODGES	Cwmbran High School	18.55	1.0	<b>SEW</b>



1: Ysgol Gyfun Bro Edern = 59.0	5: Welshpool = 48.0
2: Ysgol Dyffryn Aman = 52.0	6: Maelor Penley = 37.0
3: Gwyr = 51.0	7: Aberconwy = 36.0
4: YGCR- Y Gwyndy = 49.0	8: Caerleon = 34.0

1: Ysgol Glantaf = 75.0	5: Llanidloes = 45.0
2: Queen Elizabeth HS = 52.0	6: Olchfa = 40.0
3: YGCR- Gellihaf = 45.5	7: Bassaleg = 37.5
4: Brynhyfryd = 45.0	8: Ysgol Tryfan = 28.0

T15 U14 Girls - 100m Cup

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

CBP

Heat 1 ws +1.8						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Olivia THOMAS	Ysgol Gyfun Bro Edern	12.40	9.0	CVG
2	7	Megan PARR	Welshpool	13.66	7.0	POW
3	3	Arwen CAMANAN	Ysgol Dyffryn Aman	13.68	6.0	DYF
4	8	Elsie BERROW	Caerleon	13.86	5.0	SEW
5	1	Mari CHOWDHURY	Gwyr	13.99	4.0	ANT
6	6	Favour OSILAJA	Maelor Penley	14.08	3.0	NEW
7	5	Jessica JONES	YGCR- Y Gwyndy	14.39	2.0	GLV
8	4	Heidi BRIGG	Aberconwy	14.99	1.0	ERY

T15 U14 Girls - 100m Plate

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

Heat 2 ws +1.1						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Mai PRITCHARD	Ysgol Glantaf	13.44	9.0	CVG
2	55	Erin PARRY	YGCR- Gellihaf	13.91	7.0	GLV
3	33	Ayla JONES	Queen Elizabeth HS	14.15	6.0	DYF
4	11	Violet COFFEY	Olchfa	14.37	5.0	ANT
5	77	Arwen JONES	Llanidloes	14.41	4.0	POW
6	44	Macey HUGHES	Ysgol Tryfan	14.71	3.0	ERY
7	88	Alice ILLES	Bassaleg	14.90	2.0	SEW
8	66	Hanna HUGHES	Brynhyfryd	15.26	1.0	NEW

T09 U14 Girls - 200m Cup

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

Heat 1 ws +1.5						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	4	Sienna HUGHES	Aberconwy	26.79	9.0	ERY
2	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Edern	27.62	7.0	CVG
3	1	Adah BEUSE EVANS	Gwyr	27.91	6.0	ANT
4	6	Esther THEUNISSEN	Maelor Penley	28.61	5.0	NEW
5	8	Lola OBOYLE	Caerleon	28.94	4.0	SEW
6	7	Rosie PRITCHARD	Welshpool	28.98	3.0	POW
7	3	Afa HAF LEWIS	Ysgol Dyffryn Aman	29.00	2.0	DYF
8	5	Lara DOWNEY	YGCR- Y Gwyndy	30.13	1.0	GLV

T09 U14 Girls - 200m Plate

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

Heat 2 ws +1.4						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	11	Lily SHUBIN	Olchfa	27.08	9.0	ANT
2	66	Catrin WYNNE	Brynhyfryd	27.83	7.0	NEW
3	33	Millie LEWIS	Queen Elizabeth HS	28.63	6.0	DYF
4	22	Cadi EMMERSON	Ysgol Glantaf	29.80	5.0	CVG
5	77	Evie CARTWRIGHT	Llanidloes	30.07	4.0	POW
6	55	Brooke HARTSHORNE	YGCR- Gellihaf	30.24	3.0	GLV
7	88	Darcey BUTLER	Bassaleg	30.89	2.0	SEW
8	44	Mari HUGHES	Ysgol Tryfan	31.66	1.0	ERY

T19 U14 Girls - 800m Cup

CUP CBP - Caroline MUNDAY, Chepstow, Gwent, 2:24.6 (HT), 19

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	5	Rosie GABRIELE	YGCR- Y Gwyndy	2:39.07	9.0	GLV
2	7	Isla LANGFORD	Welshpool	2:44.76	7.0	POW
3	3	Freya CLEVERLY	Ysgol Dyffryn Aman	2:47.04	6.0	DYF
4	1	Leita FINNEY	Gwyr	2:52.17	5.0	ANT
5	6	Megan MORRIS	Maelor Penley	2:57.01	4.0	NEW
6	8	Amelie GRIFFITHS	Caerleon	2:57.54	3.0	SEW
7	2	Mari HUGHES	Ysgol Gyfun Bro Edern	3:02.21	2.0	CVG
8	4	Ella NIERODA-EDWARDS	Aberconwy	3:12.52	1.0	ERY

T19 U14 Girls - 800m Plate

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

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Mari GEORGE	Ysgol Glantaf	2:42.63	9.0	CVG
2	66	Nena HILDITCH ROBERTS	Brynhyfryd	2:44.39	7.0	NEW
3	33	Teaghan WILLIAMS	Queen Elizabeth HS	2:48.33	6.0	DYF
4	88	Sophia WEBER	Bassaleg	2:51.02	5.0	SEW
5	77	Heledd ROWLANDS	Llanidloes	2:54.94	4.0	POW
6	11	Tabby PURTON	Olchfa	3:02.96	3.0	ANT
7	44	Megan FRETWELL	Ysgol Tryfan	3:18.86	2.0	ERY
DNF	55	Kasey JONES	YGCR- Gellihaf			GLV

T05 U14 Girls - 1500m Cup

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

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	6	Amelia CHAPPELL	Maelor Penley	5:23.99	9.0	NEW
2	1	Megan BENDLE	Gwyr	5:36.56	7.0	ANT
3	3	Elsie DAVIES	Ysgol Dyffryn Aman	5:37.82	6.0	DYF
4	5	Isabel EVANS	YGCR- Y Gwyndy	6:02.84	5.0	GLV
5	4	Erin HUGHES	Aberconwy	6:05.48	4.0	ERY
6	8	Martie YOUNG	Caerleon	6:06.75	3.0	SEW
7	7	Sophie SEDDON	Welshpool	6:09.76	2.0	POW
8	2	Glesni POMEROY	Ysgol Gyfun Bro Edern	6:50.38	1.0	CVG

T05 U14 Girls - 1500m Plate

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

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	77	Monique BRANDON-HIGGS	Llanidloes	5:16.04	9.0	POW
2	44	Fiona HORNE	Ysgol Tryfan	5:22.38	7.0	ERY
3	88	Ella STONE	Bassaleg	5:27.10	6.0	SEW
4	22	Beu DAVIES	Ysgol Glantaf	5:46.33	5.0	CVG
5	55	Freya GODDARD	YGCR- Gellihaf	6:02.81	4.0	GLV
6	66	Martha WILLIAMS	Brynhyfryd	6:31.63	3.0	NEW
7	11	Jessie PAUL	Olchfa	6:36.31	2.0	ANT
8	33	Willow HARRIS	Queen Elizabeth HS	7:00.38	1.0	DYF

T04 U14 Girls - 75m Hurdles Cup

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

Heat 1 ws +1.1						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	5	Cadi SAGE	YGCR- Y Gwyndy	12.91	9.0	GLV
2	3	Nia EVANS	Ysgol Dyffryn Aman	13.57	7.0	DYF
3	4	Esmee NEAR	Aberconwy	13.64	6.0	ERY
4	2	Catrin TOMOS	Ysgol Gyfun Bro Edern	14.11	5.0	CVG
5	1	Elin POWELL	Gwyr	14.12	4.0	ANT
6	8	Jasmine LOGAN	Caerleon	15.52	3.0	SEW
7	7	Harriet BOWLES	Welshpool	15.53	2.0	POW

T04 U14 Girls - 75m Hurdles Plate

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

Heat 2 ws +2.9						
Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Celyn JONES	Ysgol Glantaf	12.89	9.0	CVG
2	55	Grace URQUART	YGCR- Gellihaf	13.42	7.0	GLV
3	77	Ella CALVIN-THOMAS	Llanidloes	13.52	6.0	POW
4	33	Jessica HOWELLS	Queen Elizabeth HS	13.85	5.0	DYF
5	11	Lottie SAUNDERS	Olchfa	14.04	4.0	ANT
6	44	Catrin WILLIAMS	Ysgol Tryfan	15.16	3.0	ERY
7	66	Nona WHITE	Brynhyfryd	15.29	2.0	NEW
8	88	Poppy CLATWORTHY	Bassaleg	15.77	1.0	SEW



1: Ysgol Gyfun Bro Edern = 59.0	5: Welshpool = 48.0
2: Ysgol Dyffryn Aman = 52.0	6: Maelor Penley = 37.0
3: Gwyr = 51.0	7: Aberconwy = 36.0
4: YGCR- Y Gwyndy = 49.0	8: Caerleon = 34.0

1: Ysgol Glantaf = 75.0	5: Llanidloes = 45.0
2: Queen Elizabeth HS = 52.0	6: Olchfa = 40.0
3: YGCR- Gellihaaf = 45.5	7: Bassaleg = 37.5
4: Brynhyfryd = 45.0	8: Ysgol Tryfan = 28.0

T23 U14 Girls - 4 x 100 Relay Cup

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

T23 U14 Girls - 4 x 100 Relay Plate

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

Heat 1					Heat 2						
Pos	Bib	School	Perf.	Pts	district	Pos	Bib	School	Perf.	Pts	district
1	2	Ysgol Gyfun Bro Edern	54.07	9.0	CVG	1	22	Ysgol Glantaf	53.81	9.0	CVG
2	3	Ysgol Dyffryn Aman	55.26	7.0	DYF	2	33	Queen Elizabeth HS	56.43	7.0	DYF
3	1	Gwyr	55.43	6.0	ANT	3	11	Olchfa	56.63	6.0	ANT
4	5	YGCR- Y Gwyndy	56.16	5.0	GLV	4	88	Bassaleg	57.23	5.0	SEW
5	8	Caerleon	56.20	4.0	SEW	5	55	YGCR- Gellihaaf	57.61	4.0	GLV
6	7	Welshpool	57.05	3.0	POW	6	77	Llanidloes	57.67	3.0	POW
7	6	Maelor Penley	57.08	2.0	NEW	7	44	Ysgol Tryfan	58.76	2.0	ERY
8	4	Aberconwy	57.10	1.0	ERY	8	66	Brynhyfryd	58.97	1.0	NEW

  

Pos	Bib	Team
1	2	Brooke HEALAN, Seren VAUGHAN-EVANS, Ava DOUGLAS, Olivia THOMAS
2	3	Arwen CAMANAN, Afa HAF LEWIS, Nia WEBB, Lotti ADAMS
3	1	Isla WILLIAMS, Adah BEUSE EVANS, Seren BURLEY, Mari CHOWDHURY
4	5	Rosie GABRIELE, Carys LEWIS, Lara DOWNEY, Cadi SAGE
5	8	Jada QUASHE, Lola OBOYLE, Jasmine LOGAN, Elsie BERROW
6	7	Isla LANGFORD, Sophia KARRAFFOVA, Maddie DAVIES-PEATE, Megan PARR
7	6	Rosie PRITCHARD, Sofia KARRAFFOVA, Isla LANGFORD, Megan PARR
8	4	Sienna HUGHES, Esmee NEAR, Heidi BRIGG, Ella NIERODA-EDWARDS

  

Pos	Bib	Team
1	22	Mai PRITCHARD, Cadi EMMERSON, Celyn JONES, Ruby FITZGERALD
2	33	Iyla BURNER, Ayla JONES, Erin DAVIES, Millie LEWIS
3	11	Lily SHUBIN, Maisie WILLIAMS, Lottie SAUNDERS, Violet COFFEY
4	88	Darcey BUTLER, Alice ILLES, Bethany DAVIES, Ava BROWN
5	55	Erin PARRY, Grace URQUART, Brooke HARTSHORNE, Iris ASHMOAN WHITE
6	77	Arwen JONES, Evie CARTWRIGHT, Monique BRANDON-HIGGS, Ella CALVIN-TH
7	44	Macey HUGHES, Mari HUGHES, Catrin WILLIAMS, Fiona HORNE
8	66	Tahapense HUDSON, Hannah HUGHES, Catrin WYNNE, Nena HILDITCH ROBL

F08 U14 Girls - High Jump Cup

CUP CBP - Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 2C

F08 U14 Girls - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist	Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Edern	1.45	9.0	CVG	1=	77	Ella CALVIN-THOMAS	Llanidloes	1.40	8.0	POW
2=	7	Isla LANGFORD	Welshpool	1.30	6.5	POW	1=	33	Millie LEWIS	Queen Elizabeth HS	1.40	8.0	DYF
2=	8	Jada QUASHE	Caerleon	1.30	6.5	SEW	3	22	Annabelle MORRIS	Ysgol Glantaf	1.35	6.0	CVG
4	3	Molly TOUT	Ysgol Dyffryn Aman	1.30	5.0	DYF	4=	55	Grace URQUART	YGCR- Gellihaaf	1.35	4.5	GLV
5	1	Seren BURLEY	Gwyr	1.25	4.0	ANT	4=	88	Bethany DAVIES	Bassaleg	1.35	4.5	SEW
6=	5	Ella DAVIES	YGCR- Y Gwyndy	1.20	2.5	GLV	6	11	Lily SHUBIN	Olchfa	1.35	3.0	ANT
6=	6	Esther THEUNISSEN	Maelor Penley	1.20	2.5	NEW	7	66	Mollie DAVIESON	Brynhyfryd	1.25	2.0	NEW
8	4	Lydia MARSHALL-JONES	Aberconwy	1.20	1.0	ERY	8	44	Kate EVANS	Ysgol Tryfan	1.20	1.0	ERY

F12 U14 Girls - Long Jump Cup

CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1

F12 U14 Girls - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district	Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Olivia THOMAS	Ysgol Gyfun Bro Edern	4.61	9.0	CVG	1	66	Catrin WYNNE	Brynhyfryd	4.58	9.0	NEW
2	4	Sienna HUGHES	Aberconwy	4.37	7.0	ERY	2	22	Celyn JONES	Ysgol Glantaf	4.39	7.0	CVG
3	7	Megan PARR	Welshpool	4.32	6.0	POW	3	11	Lottie SAUNDERS	Olchfa	4.38	6.0	ANT
4	5	Cadi SAGE	YGCR- Y Gwyndy	4.30	5.0	GLV	4	33	Ayla JONES	Queen Elizabeth HS	4.32	5.0	DYF
5	1	Mari CHOWDHURY	Gwyr	4.10	4.0	ANT	5	88	Alice ILLES	Bassaleg	3.87	4.0	SEW
6	3	Eluned JONES	Ysgol Dyffryn Aman	3.63	3.0	DYF	6	55	Brooke HARTSHORNE	YGCR- Gellihaaf	3.82	3.0	GLV
7	8	Ana GRANT-MAIOROV	Caerleon	3.56	2.0	SEW	7	77	Evie CARTWRIGHT	Llanidloes	3.82	2.0	POW
8	6	Seren CHENOUK	Maelor Penley	3.20	1.0	NEW	8	44	Lili PAGE	Ysgol Tryfan	3.55	1.0	ERY

F09 U14 Girls - Shot Put (2.72kg) Cup

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

F09 U14 Girls - Shot Put (2.72kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district	Pos	Bib	Athlete	School	Perf.	Pts	district
1	7	Lilly COOPER	Welshpool	7.94	9.0	POW	1	22	Seren PITT	Ysgol Glantaf	8.69	9.0	CVG
2	8	Aaliyah OLAWALE	Caerleon	7.76	7.0	SEW	2	11	Edna UMWENI	Olchfa	7.96	7.0	ANT
3	1	Molly EVANS	Gwyr	7.69	6.0	ANT	3	33	Alice BOULDING	Queen Elizabeth HS	7.55	6.0	DYF
4	5	Caerwyn GABRIEL	YGCR- Y Gwyndy	7.21	5.0	GLV	4	66	Elsa JONES	Brynhyfryd	7.25	5.0	NEW
5	6	Alys CHALONER	Maelor Penley	7.03	4.0	NEW	5	55	Gwenno ANTHONY	YGCR- Gellihaaf	6.69	4.0	GLV
6	4	Esmee NEAR	Aberconwy	6.94	3.0	ERY	6	77	Lina KYRYCHENKO	Llanidloes	6.56	3.0	POW
7	2	Ella DONALD	Ysgol Gyfun Bro Edern	6.70	2.0	CVG	7	88	Poppy CLATWORTHY	Bassaleg	6.48	2.0	SEW
8	3	Isla SLATER	Ysgol Dyffryn Aman	6.62	1.0	DYF	8	44	Mari HUGHES	Ysgol Tryfan	5.67	1.0	ERY

1: Ysgol Gyfun Bro Edern = 59.0	5: Welshpool = 48.0
2: Ysgol Dyffryn Aman = 52.0	6: Maelor Penley = 37.0
3: Gwyr = 51.0	7: Aberconwy = 36.0
4: YGCR- Y Gwyndy = 49.0	8: Caerleon = 34.0

**F16 U14 Girls - Discus (0.75kg) Cup**

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	3	Cerys DAVIES	Ysgol Dyffryn Aman	21.15	9.0	<b>DYF</b>
2	5	Poppy AMESBURY-UNDERY	YGCR- Y Gwyndy	19.50	7.0	<b>GLV</b>
3	2	Glesni POMEROY	Ysgol Gyfun Bro Edern	17.51	6.0	<b>CVG</b>
4	1	Adah BEUSE EVANS	Gwyr	17.43	5.0	<b>ANT</b>
5	6	Mair EVANS	Maelor Penley	13.60	4.0	<b>NEW</b>
6	7	Emily TORRY	Welshpool	13.35	3.0	<b>POW</b>
7	4	Megan LEWIS	Aberconwy	11.92	2.0	<b>ERY</b>
8	8	Amelie GRIFFITHS	Caerleon	9.40	1.0	<b>SEW</b>

**F05 U14 Girls - Javelin (400g) Cup**

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Brooke HEALAN	Ysgol Gyfun Bro Edern	26.20	9.0	<b>CVG</b>
2	3	Isla MORGAN	Ysgol Dyffryn Aman	22.44	7.0	<b>DYF</b>
3	1	Mali CRONIN	Gwyr	21.08	6.0	<b>ANT</b>
4	6	Ava MAINWARING	Maelor Penley	20.41	5.0	<b>NEW</b>
5	5	Carys LEWIS	YGCR- Y Gwyndy	20.12	4.0	<b>GLV</b>
6	7	Cadi ROOKE	Welshpool	15.70	3.0	<b>POW</b>
7	4	Alesha NEW	Aberconwy	14.20	2.0	<b>ERY</b>

1: Ysgol Glantaf = 75.0	5: Llanidloes = 45.0
2: Queen Elizabeth HS = 52.0	6: Olchfa = 40.0
3: YGCR- Gellihaf = 45.5	7: Bassaleg = 37.5
4: Brynhyfryd = 45.0	8: Ysgol Tryfan = 28.0

**F16 U14 Girls - Discus (0.75kg) Plate**

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Sophia FISHER	Ysgol Glantaf	23.42	9.0	<b>CVG</b>
2	55	Gwennan WILLIAMS	YGCR- Gellihaf	22.45	7.0	<b>GLV</b>
3	33	Krystal MAKIN	Queen Elizabeth HS	19.66	6.0	<b>DYF</b>
4	44	Macey HUGHES	Ysgol Tryfan	15.63	5.0	<b>ERY</b>
5	66	Mali EVANS	Brynhyfryd	14.95	4.0	<b>NEW</b>
6	77	Monique BRANDON-HIGGS	Llanidloes	11.69	3.0	<b>POW</b>
7	88	Thea HARDING	Bassaleg	9.17	2.0	<b>SEW</b>

**F05 U14 Girls - Javelin (400g) Plate**

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	88	Darcey BUTLER	Bassaleg	22.75	9.0	<b>SEW</b>
2	22	Cadi EMMERSON	Ysgol Glantaf	21.56	7.0	<b>CVG</b>
3	55	Mali DAY	YGCR- Gellihaf	17.73	6.0	<b>GLV</b>
4	66	Mia KELL	Brynhyfryd	17.60	5.0	<b>NEW</b>
5	44	Megan FRETWELL	Ysgol Tryfan	16.11	4.0	<b>ERY</b>
6	33	Eleri GARRETT JONES	Queen Elizabeth HS	16.10	3.0	<b>DYF</b>
7	77	Scarlet DUKES	Llanidloes	14.95	2.0	<b>POW</b>
8	11	Mila EVANS	Olchfa	11.74	1.0	<b>ANT</b>

## 2026 NASUWT Cup &amp; Plate Final

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1: YGCR- Y Gwyndy = 76.0	5: Welshpool = 60.0
2: Whitchurch High School = 76.0	6: Bassaleg = 51.0
3: Ysgol Dyffryn Aman = 69.0	7: Hawarden High School = 44.0
4: Gwyr = 62.0	8: Syr Thomas Jones = 43.0

## T18 U16 Boys - 100m Cup

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

Heat 1						ws +1.0
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	5	Oli MILES	YGCR- Y Gwyndy	11.55	9.0	GLV
2	6	Adam PRICE	Hawarden High School	11.74	7.0	NEW
3	1	Zac WILLIAMS	Gwyr	11.97	6.0	ANT
4	7	Borys JEDRZEJEWSKI	Welshpool	12.00	5.0	POW
5	3	Lucas CARPENTER	Ysgol Dyffryn Aman	12.02	4.0	DYF
6	8	Z'Chari HARRIS	Bassaleg	12.34	3.0	SEW
7	2	Ellis WILLIAMS	Whitchurch High School	12.45	2.0	CVG
8	4	Harley WILKINSON	Syr Thomas Jones	13.08	1.0	ERY

## T12 U16 Boys - 200m Cup

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

Heat 1						ws +1.5
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	George WELSH	Whitchurch High School	23.20	9.0	CVG
2	5	Cadel PARRY	YGCR- Y Gwyndy	24.06	7.0	GLV
3	8	Theo PHILLIPS	Bassaleg	24.10	6.0	SEW
4	6	Leon LIVERSAGE	Hawarden High School	24.33	5.0	NEW
5	4	Zane WILLIAMS	Syr Thomas Jones	25.22	4.0	ERY
6	3	Jensen CHENNARD	Ysgol Dyffryn Aman	25.49	3.0	DYF
7	1	Noa RICHARDS	Gwyr	25.65	2.0	ANT
8	7	Logan WOODSFORD	Welshpool	26.89	1.0	POW

## T14 U16 Boys - 300m Cup

CUP cbp - Iwan GLYNN, Ysgol Bro Myrddin, Dyfed, 36.37, 2017/Gethin GRIFFITH, Ysgol Bot **CBP**

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Toby EVANS	Whitchurch High School	36.37	9.0	CVG
2	8	Quinn GOFFEN	Bassaleg	37.08	7.0	SEW
3	7	Eli PRYCE	Welshpool	37.31	6.0	POW
4	4	Harvey POWNALL	Syr Thomas Jones	39.49	5.0	ERY
5	1	Bo CUTHBERTSON	Gwyr	40.22	4.0	ANT
6	3	Jensen THOMAS	Ysgol Dyffryn Aman	40.66	3.0	DYF
7	5	Cameron GEORGE	YGCR- Y Gwyndy	41.25	2.0	GLV
8	6	Ollie MALUSZYNSKI	Hawarden High School	41.45	1.0	NEW

## T22 U16 Boys - 800m Cup

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

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	7	Charlie LEWIS	Welshpool	2:17.39	9.0	POW
2	8	Ryan CAIN	Bassaleg	2:17.69	7.0	SEW
3	2	Kinan AL SHAMAA	Whitchurch High School	2:20.70	6.0	CVG
4	3	Oliver TENCH	Ysgol Dyffryn Aman	2:24.23	5.0	DYF
5	5	Seth GRIFFITHS	YGCR- Y Gwyndy	2:24.92	4.0	GLV
6	1	William PINCOTT-DAVIES	Gwyr	2:27.27	3.0	ANT
7	4		Syr Thomas Jones	2:30.65	2.0	ERY
8	6	Harry ATHERTON	Hawarden High School	2:37.66	1.0	NEW

## T08 U16 Boys - 1500m Cup

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

Heat 1						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Jacob HEATON	Bassaleg	4:26.50	9.0	SEW
2	7	Jude WHITE	Welshpool	4:42.18	7.0	POW
3	2	Rhodri MILLER	Whitchurch High School	4:44.56	6.0	CVG
4	1	Isaac MCADIE	Gwyr	4:46.70	5.0	ANT
5	4	Harri TURNBULL	Syr Thomas Jones	4:47.20	4.0	ERY
6	5	Noah HARRIS	YGCR- Y Gwyndy	4:53.97	3.0	GLV
7	6	Zack ECCLES	Hawarden High School	5:02.73	2.0	NEW
8	3	Iestyn JONES	Ysgol Dyffryn Aman	5:03.30	1.0	DYF

1: Ysgol Glantaf = 83.0	5: Llanidloes = 52.0
2: Haverfordwest High = 79.0	6: Ysgol Botwnnog = 47.0
3: YGCR- Gellihaf = 73.0	7: Dwr Y Felin = 37.0
4: Croesyceiliog = 71.0	8: Connah's Quay = 35.0

## T18 U16 Boys - 100m Plate

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

Heat 2						ws +1.8
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Finley CLARK	Croesyceiliog	11.43	9.0	SEW
2	44	Noah THORNICROFT	Ysgol Botwnnog	11.66	7.0	ERY
3	33	Alfie EKES	Haverfordwest High	11.83	6.0	DYF
4	22	Samuel STEPHENS	Ysgol Glantaf	11.89	5.0	CVG
5	55	Frankie MOSES	YGCR- Gellihaf	11.93	4.0	GLV
6	66	Ranuja SILVA	Connah's Quay	12.00	3.0	NEW
7	77	Tyler DUNNETT	Llanidloes	12.40	2.0	POW
8	11	Brett SMITH	Dwr Y Felin	13.06	1.0	ANT

## T12 U16 Boys - 200m Plate

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

Heat 2						ws +1.4
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Cobi JONES	YGCR- Gellihaf	23.50	9.0	GLV
2	88	Leo TOMASULO	Croesyceiliog	23.83	7.0	SEW
3	77	Flynn LEWIS	Llanidloes	23.95	6.0	POW
4	22	Charlie PARSONS	Ysgol Glantaf	24.48	5.0	CVG
5	66	Marcus SZUSZKIEWICZ	Connah's Quay	24.61	4.0	NEW
6	11	Goodness ADUN	Dwr Y Felin	24.97	3.0	ANT
7	33	Rowan NICKERSON	Haverfordwest High	25.21	2.0	DYF
8	44	Ianto PATTINSON	Ysgol Botwnnog	26.32	1.0	ERY

## T14 U16 Boys - 300m Plate

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

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Harry DAVIS	Ysgol Glantaf	38.70	9.0	CVG
2	33	Seth JOWITT	Haverfordwest High	40.70	7.0	DYF
3	88	Finley REES	Croesyceiliog	40.75	6.0	SEW
4	77	Lewis JONES	Llanidloes	41.40	5.0	POW
5	44	Mabon JONES	Ysgol Botwnnog	42.28	4.0	ERY
6	55	Oliver SZEKELY	YGCR- Gellihaf	42.51	3.0	GLV
7	11	Louie MITCHELL	Dwr Y Felin	42.58	2.0	ANT
8	66	Lazlo GYURICSA	Connah's Quay	43.02	1.0	NEW

## T22 U16 Boys - 800m Plate

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

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	77	Gethin GRIFFITHS	Llanidloes	2:07.33	9.0	POW
2	22	Daniel HOLLINS	Ysgol Glantaf	2:07.92	7.0	CVG
3	66	Elliot ROWE	Connah's Quay	2:08.56	6.0	NEW
4	33	Rhys THOMAS	Haverfordwest High	2:13.90	5.0	DYF
5	11	Jac APLIN	Dwr Y Felin	2:16.15	4.0	ANT
6	88	Morgan GIBBS	Croesyceiliog	2:19.84	3.0	SEW
7	55	Joseph GILL	YGCR- Gellihaf	2:25.12	2.0	GLV
8	44	Luke THOMAS	Ysgol Botwnnog	2:28.00	1.0	ERY

## T08 U16 Boys - 1500m Plate

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

Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Osian PHILLIPS	Ysgol Glantaf	4:35.01	9.0	CVG
2	33	Harry NEWTON	Haverfordwest High	4:40.46	7.0	DYF
3	55	Iolo ANTHONY	YGCR- Gellihaf	4:53.53	6.0	GLV
4	88	Leo PEARCE	Croesyceiliog	4:55.43	5.0	SEW
5	77	Caden DAVIES	Llanidloes	5:01.39	4.0	POW
6	11	Arthur HEADLY	Dwr Y Felin	5:04.29	3.0	ANT
7	66	Alex DONE	Connah's Quay	5:13.78	2.0	NEW
8	44	Noa WILLIAMS	Ysgol Botwnnog	5:33.64	1.0	ERY

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2: Whitchurch High School = 76.0	6: Bassaleg = 51.0
3: Ysgol Dyffryn Aman = 69.0	7: Hawarden High School = 44.0
4: Gwyr = 62.0	8: Syr Thomas Jones = 43.0

## T01 U16 Boys - 100m Hurdles Cup

CUP cbp - Nathan PALMER/Alec PORTER, Whitchurch, Cardiff &amp; the Vale/Chepstow South

		Heat 1		ws +1.0	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	3 Aaron CAMPBELL	Ysgol Dyffryn Aman	14.51	9.0	DYF
2	5 Thomas YOUNG	YGCR- Y Gwyndy	14.62	7.0	GLV
3	2 Charlie WELSH	Whitchurch High School	14.69	6.0	CVG
4	4 Tim DAVIES	Syr Thomas Jones	15.80	5.0	ERY
5	7 Theo HODGKISS	Welshpool	16.32	4.0	POW
6	6 Leon CROWN	Hawarden High School	17.56	3.0	NEW
7	8 Oliver SPURR	Bassaleg	17.87	2.0	SEW
8	1 Efan WILLIAMS	Gwyr	18.55	1.0	ANT

## T25 U16 Boys - 4 x 100 Relay Cup

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

		Heat 1			
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	5	YGCR- Y Gwyndy	45.79	9.0	GLV
2	3	Ysgol Dyffryn Aman	46.79	7.0	DYF
3	2	Whitchurch High School	46.97	6.0	CVG
4	8	Bassaleg	47.07	5.0	SEW
5	6	Hawarden High School	47.30	4.0	NEW
6	7	Welshpool	48.12	3.0	POW
7	1	Gwyr	48.88	2.0	ANT
8	4	Syr Thomas Jones	50.72	1.0	ERY

Pos	Bib	Team
1	5	Thomas YOUNG, Cameron GEORGE, Cadel PARRY, Oli MILES
2	3	Lucas CARPENTER, Caian REES, Jensen THOMAS, Aaron CAMPBELL
3	2	George WELSH, Charlie WELSH, Toby EVANS, Ellis WILLIAMS
4	8	Theo PHILLIPS, Z'Chari HARRIS, Quinn GOFFEN, Oliver SPURR
5	6	Adam PRICE, Leon LIVERSAGE, Leon CROWN, Stanley ROWE
6	7	Leon ISAAC, Eli PRYCE, Theo HODGKISS, Borys JEDRZEJEWSKI
7	1	Jac SMYTHE, Bo CUTHBERTSON, Efan WILLIAMS, Zac WILLIAMS
8	4	Harley WILKINSON, Zane WILLIAMS, Tim DAVIES, Harvey POWNALL

## 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	5 Morgan HANIGAN	YGCR- Y Gwyndy	1.60	9.0	GLV
2	6 Daniel LEPSA	Hawarden High School	1.60	7.0	NEW
3	3 Lucas CARPENTER	Ysgol Dyffryn Aman	1.55	6.0	DYF
4	7 Dom SHABANOV	Welshpool	1.55	5.0	POW
5	1 Rhydian RICE	Gwyr	1.55	4.0	ANT
6	2 Fin TODD	Whitchurch High School	1.50	3.0	CVG
7	8 Ryan CAIN	Bassaleg	1.45	2.0	SEW
8	4 Harley WILKINSON	Syr Thomas Jones	1.40	1.0	ERY

## F18 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	2 George WELSH	Whitchurch High School	5.52	9.0	CVG
2	3 Jensen CHENNARD	Ysgol Dyffryn Aman	5.44	7.0	DYF
3	5 Cameron GEORGE	YGCR- Y Gwyndy	5.39	6.0	GLV
4	1 Zac WILLIAMS	Gwyr	5.24	5.0	ANT
5	8 Freddie LLOYD	Bassaleg	5.23	4.0	SEW
6	7 Chartie LEWIS	Welshpool	4.66	3.0	POW
7	4 Zane WILLIAMS	Syr Thomas Jones	4.56	2.0	ERY
8	6 Jacob WORTHINGTON	Hawarden High School	4.50	1.0	NEW

1: Ysgol Glantaf = 83.0	5: Llanidloes = 52.0
2: Haverfordwest High = 79.0	6: Ysgol Botwnnog = 47.0
3: YGCR- Gellihaf = 73.0	7: Dwr Y Felin = 37.0
4: Croesyceiliog = 71.0	8: Connah's Quay = 35.0

## T01 U16 Boys - 100m Hurdles Plate

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

		Heat 2		ws +1.4	
Pos	Bib Athlete	School	Perf.	Pts	Dist
1	11 Isaac JONES	Dwr Y Felin	14.35	9.0	ANT
2	33 Will CORBY	Haverfordwest High	14.37	7.0	DYF
3	22 Efnysien OLDRIDGE	Ysgol Glantaf	15.47	6.0	CVG
4	44 Nico JONES	Ysgol Botwnnog	16.50	5.0	ERY
5	77 Ben EVANS	Llanidloes	18.06	4.0	POW
6	55 Heulyn WEBB PRICE	YGCR- Gellihaf	18.38	3.0	GLV
7	88 Enzo SPACKMAN	Croesyceiliog	21.00	2.0	SEW

## T25 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	33	Haverfordwest High	47.26	9.0	DYF
2	22	Ysgol Glantaf	47.37	7.0	CVG
3	88	Croesyceiliog	47.48	6.0	SEW
4	77	Llanidloes	48.08	5.0	POW
5	11	Dwr Y Felin	48.40	4.0	ANT
6	44	Ysgol Botwnnog	48.58	3.0	ERY
7	55	YGCR- Gellihaf	49.99	2.0	GLV
8	66	Connah's Quay	50.72	1.0	NEW

Pos	Bib	Team
1	33	Will CORBY, Alfie EKES, Evan HEWITT, Rowan NICKERSON
2	22	Charlie PARSONS, Harry DAVIES, Harry DAVIS, Samuel STEPHENS
3	88	Morgan GIBBS, Finley REES, Leo TOMASULO, Finley CLARK
4	77	Flynn LEWIS, Gethin GRIFFITHS, Tyler DUNNETT, Lewis JONES
5	11	Louie MITCHELL, Jac APLIN, Isaac JONES, Goodness ADUN
6	44	Ianto PATTINSON, Nico JONES, Luke THOMAS, Noah THORNICROFT
7	55	Frankie MOSES, Cobi JONES, James MILFORD, Heulyn WEBB PRICE
8	66	Alex DONE, Marcus SZUSZKIEWICZ, Lazlo GYURICSA, Ranuja SILVA

## 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	55 Cobi JONES	YGCR- Gellihaf	1.65	9.0	GLV
2	33 Ethan COLE	Haverfordwest High	1.63	7.0	DYF
3	44 Ianto PATTINSON	Ysgol Botwnnog	1.60	6.0	ERY
4	22 Tristan MCDUFF	Ysgol Glantaf	1.50	5.0	CVG
5	88 Calwyn ROBINS	Croesyceiliog	1.45	4.0	SEW
6	66 Bailey ALLMAN	Connah's Quay	1.45	3.0	NEW
7	11 Goodness ADUN	Dwr Y Felin	1.45	2.0	ANT
8	77 Jake DONALDSON	Llanidloes	1.45	1.0	POW

## F18 U16 Boys - Long Jump Plate

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

Pos	Bib Athlete	School	Perf.	Pts	Dist
1	44 Noah THORNICROFT	Ysgol Botwnnog	5.51	9.0	ERY
2	55 Frankie MOSES	YGCR- Gellihaf	5.37	7.0	GLV
3	33 James SANDERS	Haverfordwest High	5.33	6.0	DYF
4	22 Charlie PARSONS	Ysgol Glantaf	5.22	5.0	CVG
5	88 Finley REES	Croesyceiliog	5.09	4.0	SEW
6	77 Caden DAVIES	Llanidloes	5.00	3.0	POW
7	66 Ranuja SILVA	Connah's Quay	4.95	2.0	NEW
8	11 Arthur HEADLY	Dwr Y Felin	4.02	1.0	ANT

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4: Gwyr = 62.0	8: Syr Thomas Jones = 43.0

## F07 U16 Boys - Triple Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	7	Eli PRYCE	Welshpool	11.25	9.0	POW
2	2	Munya MSIPA	Whitchurch High School	11.01	7.0	CVG
3	1	Matthew BALL	Gwyr	10.84	6.0	ANT
4	3	Keelan LEWIS	Ysgol Dyffryn Aman	10.79	5.0	DYF
5	4	Tim DAVIES	Syr Thomas Jones	10.75	4.0	ERY
6	6	Leon CROWN	Hawarden High School	10.65	3.0	NEW
7	5	Isaac WATKINS	YGCR- Y Gwyndy	10.48	2.0	GLV
8	8	Oliver SPURR	Bassaleg	10.00	1.0	SEW

## F20 U16 Boys - Shot Put (4.00kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Dominic THOMAS	Gwyr	12.90	9.0	ANT
2	5	Cadel PARRY	YGCR- Y Gwyndy	10.92	7.0	GLV
3	4	Deion FARRAR	Syr Thomas Jones	10.66	6.0	ERY
4	7	Borys JEDRZEJEWSKI	Welshpool	10.55	5.0	POW
5	6	Sam WILLIAMS	Hawarden High School	10.19	4.0	NEW
6	3	Tyler MORGAN	Ysgol Dyffryn Aman	9.99	3.0	DYF
7	2	James MCCORMACK	Whitchurch High School	9.85	2.0	CVG
8	8	Ollie BOND	Bassaleg	9.25	1.0	SEW

## 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	3	Milo WILSON	Ysgol Dyffryn Aman	39.22	9.0	DYF
2	2	Enoch AKINLADE	Whitchurch High School	32.08	7.0	CVG
3	1	Dylan DAVIES	Gwyr	31.91	6.0	ANT
4	5	Olly NEWBOLD	YGCR- Y Gwyndy	27.27	5.0	GLV
5	6	Niall COLLINSON	Hawarden High School	26.65	4.0	NEW
6	4	Edwyn HUGHES	Syr Thomas Jones	26.03	3.0	ERY
7	7	Theo HODGISS	Welshpool	19.58	2.0	POW
8	8	Sam JONES	Bassaleg	17.64	1.0	SEW

## F17 U16 Boys - Javelin (600g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Cynan KING	Gwyr	41.06	9.0	ANT
2	3	Iori HUMPHRIES	Ysgol Dyffryn Aman	37.36	7.0	DYF
3	5	Oli MILES	YGCR- Y Gwyndy	32.58	6.0	GLV
4	4	Mckenzie MARSDEN	Syr Thomas Jones	32.49	5.0	ERY
5	2	Carrig VENABLES	Whitchurch High School	30.32	4.0	CVG
6	8	Joshua VONG	Bassaleg	29.74	3.0	SEW
7	6	Zack ECCLES	Hawarden High School	29.54	2.0	NEW
8	7	Logan WOODSFORD	Welshpool	18.04	1.0	POW

1: Ysgol Glantaf = 83.0	5: Llanidloes = 52.0
2: Haverfordwest High = 79.0	6: Ysgol Botwnnog = 47.0
3: YGCR- Gellihaf = 73.0	7: Dwr Y Felin = 37.0
4: Croesyceiliog = 71.0	8: Connah's Quay = 35.0

## F07 U16 Boys - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	88	Leo TOMASULO	Croesyceiliog	11.76	9.0	SEW
2	33	Evan HEWETT	Haverfordwest High	10.87	7.0	DYF
3	22	Osian JONES	Ysgol Glantaf	10.74	6.0	CVG
4	44	Nico JONES	Ysgol Botwnnog	10.57	5.0	ERY
5	11	Leon REES	Dwr Y Felin	10.07	4.0	ANT
6	55	Rhys JONES	YGCR- Gellihaf	10.05	3.0	GLV
7	66	Dylan REID-GARRETT	Connah's Quay	9.95	2.0	NEW
8	77	Lewis JONES	Llanidloes	9.60	1.0	POW

## F20 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	55	Osian CARTER	YGCR- Gellihaf	11.91	9.0	GLV
2	33	Will CORBY	Haverfordwest High	10.89	7.0	DYF
3	88	Finley CLARK	Croesyceiliog	10.63	6.0	SEW
4	22	Osian CODD	Ysgol Glantaf	10.58	5.0	CVG
5	77	Logan AVERY	Llanidloes	10.06	4.0	POW
6	44	Felix BOYD	Ysgol Botwnnog	9.49	3.0	ERY
7	11	Josh DAVIES	Dwr Y Felin	8.99	2.0	ANT
8	66	Marcus SZUSZKIEWICZ	Connah's Quay	8.16	1.0	NEW

## F04 U16 Boys - Discus (1.25kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Daniel STOKES	Ysgol Glantaf	25.42	9.0	CVG
2	55	Harley VIVIAN PRICE	YGCR- Gellihaf	24.93	7.0	GLV
3	66	Kai FIELDING	Connah's Quay	24.81	6.0	NEW
4	77	Ben EVANS	Llanidloes	23.46	5.0	POW
5	88	Zak LEWIS	Croesyceiliog	23.35	4.0	SEW
6	44	Elis JONES	Ysgol Botwnnog	22.23	3.0	ERY
7	33	Neo HAYWARD	Haverfordwest High	21.90	2.0	DYF
8	11	Onkhar JOHAL	Dwr Y Felin	20.32	1.0	ANT

## F17 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	James MILFORD	YGCR- Gellihaf	35.41	9.0	GLV
2	33	Carwyn LLEWHELLIN	Haverfordwest High	34.78	7.0	DYF
3	88	Logan MEACHAM	Croesyceiliog	32.62	6.0	SEW
4	22	Sidney LADELL	Ysgol Glantaf	31.42	5.0	CVG
5	66	Jacob CROSSLEY	Connah's Quay	28.77	4.0	NEW
6	77	Noah OLDFIELD	Llanidloes	27.36	3.0	POW
7	44	Giuseppe BACIGALUPO	Ysgol Botwnnog	20.40	2.0	ERY
8	11	Isaac JONES	Dwr Y Felin	14.46	1.0	ANT



1: Olchfa = 84.0	5: Welshpool = 54.0
2: Ysgol Glantaf = 80.0	6: Brynhyfryd = 50.0
3: Bro Myrddin = 60.0	7: Ysgol Botwnnog = 43.0
4: YGCR- Y Gwyndy = 60.0	8: Gwent Is Coed = 41.0

1: Llanishen High School = 84.0	5: Gwyr = 61.0
2: Bro Dinefawr = 77.0	6: Ysgol John Bright = 56.0
3: YGCR- Gellihaf = 71.0	7: Bassaleg = 47.0
4: Llanidloes = 64.0	

**T17 U16 Girls - 100m Cup**

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

CBP

		Heat 1 ws +1.7				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Katriel UDOH	Olchfa	12.04	9.0	ANT
2	5	Betsan BRADBURY	YGCR- Y Gwyndy	13.18	7.0	GLV
3	2	Amy FORD	Ysgol Glantaf	13.49	6.0	CVG
4	8	Lyla TIMMINS	Gwent Is Coed	13.58	5.0	SEW
5	7	Evie LANGFORD	Welshpool	13.85	4.0	POW
6	6	Erin EVANS	Brynhyfryd	13.86	3.0	NEW
7	3	Lois REES	Bro Myrddin	14.23	2.0	DYF
8	4	Lwsi JONES	Ysgol Botwnnog	14.58	1.0	ERY

**T17 U16 Girls - 100m Plate**

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

CBP

		Heat 2 ws +2.1				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Abbi BEADLE	Llanishen High School	12.31	9.0	CVG
2	33	Ffion JONES	Bro Dinefawr	13.31	7.0	DYF
3	88	Ava MILES	Bassaleg	13.47	6.0	SEW
4	55	Freya PIZEY	YGCR- Gellihaf	13.73	5.0	GLV
5	11	Angharad TRICK	Gwyr	13.97	4.0	ANT
6	77	Bethan EVANS	Llanidloes	14.15	3.0	POW
7	44	Maddison TWEEN	Ysgol John Bright	14.48	2.0	ERY

**T11 U16 Girls - 200m Cup**

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

CBP

		Heat 1 ws +1.3				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	6	Mia JOHNSON	Brynhyfryd	24.67	9.0	NEW
2	4	Mia NEL JONES	Ysgol Botwnnog	26.54	7.0	ERY
3	7	Lwsi JAMES STAFFORD	Welshpool	27.05	6.0	POW
4	8	Macie GABBIDON	Gwent Is Coed	27.38	5.0	SEW
5	2	Amara-Chukwu HERBERT	Ysgol Glantaf	27.47	4.0	CVG
6	1	Tochi EMENOGU	Olchfa	27.56	3.0	ANT
7	3	Cristyn BENDLE	Bro Myrddin	27.70	2.0	DYF
8	5	Jessie MORGAN	YGCR- Y Gwyndy	28.78	1.0	GLV

**T11 U16 Girls - 200m Plate**

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

		Heat 2 ws +2.3				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	44	Sienna PRITCHARD	Ysgol John Bright	27.27	9.0	ERY
2	22	Amelie EDWARDS	Llanishen High School	27.37	7.0	CVG
3	77	Carys DAVIES-WILLIAMS	Llanidloes	27.86	6.0	POW
4	33	Hannah LEVERATT	Bro Dinefawr	28.37	5.0	DYF
5	55	Amelia MATTHEWS	YGCR- Gellihaf	29.63	4.0	GLV
6	11	Bethan MALPAS	Gwyr	29.83	3.0	ANT
7	88	Emilia LINDSEY SEAL	Bassaleg	31.38	2.0	SEW

**T13 U16 Girls - 300m Cup**

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

CBP

		Heat 1				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Beca ELFYN	Bro Myrddin	41.90	9.0	DYF
2	2	Elinor ROBERTS	Ysgol Glantaf	43.30	7.0	CVG
3	6	Beatrice ROBERTS	Brynhyfryd	45.37	6.0	NEW
4	1	Grace CHESWEKA	Olchfa	45.76	5.0	ANT
5	5	Hefina LEWIS	YGCR- Y Gwyndy	46.17	4.0	GLV
6	4	Carmela ZARATE	Ysgol Botwnnog	47.18	3.0	ERY
7	7	Imogen MORRIS	Welshpool	49.91	2.0	POW
8	8	Lily PHEASANT	Gwent Is Coed	54.45	1.0	SEW

**T13 U16 Girls - 300m Plate**

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

		Heat 2				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	44	Julia LAMENT	Ysgol John Bright	42.75	9.0	ERY
2	77	Freya LAMP	Llanidloes	44.05	7.0	POW
3	55	Ellie BEAUMONT	YGCR- Gellihaf	46.40	6.0	GLV
4	33	Leah CATHERSIDES	Bro Dinefawr	46.81	5.0	DYF
5	22	Ella JONES	Llanishen High School	47.81	4.0	CVG
6	11	Georgie-Bo DAVIES	Gwyr	48.88	3.0	ANT
7	88	Penny PRICE	Bassaleg	53.54	2.0	SEW

**T21 U16 Girls - 800m Cup**

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

		Heat 1				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Catrin THOMAS	Ysgol Glantaf	2:33.97	9.0	CVG
2	1	Rosie JONES	Olchfa	2:39.02	7.0	ANT
3	5	Ellie MAY HOLMES	YGCR- Y Gwyndy	2:41.45	6.0	GLV
4	3	Mabli KING	Bro Myrddin	2:47.04	5.0	DYF
5	4	Lucy GRANT	Ysgol Botwnnog	2:52.23	4.0	ERY
6	7	Leyla WILLIAMS	Welshpool	2:54.10	3.0	POW
7	6	Ffion EMANUEL	Brynhyfryd	2:58.80	2.0	NEW
8	8	Alayah-Marie STOCK	Gwent Is Coed	3:02.23	1.0	SEW

**T21 U16 Girls - 800m Plate**

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

		Heat 2				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	11	Eliza PARRY	Gwyr	2:40.46	9.0	ANT
2	55	Emilia HARRISON	YGCR- Gellihaf	2:42.88	7.0	GLV
3	22	Isabelle ALLEN	Llanishen High School	2:46.54	6.0	CVG
4	77	Ella WILLIAMS	Llanidloes	2:48.49	5.0	POW
5	88	Ruby SIMS	Bassaleg	2:49.65	4.0	SEW
6	33	Lowri MORGAN	Bro Dinefawr	2:52.22	3.0	DYF
7	44	Esme WILLIAMS	Ysgol John Bright	3:15.34	2.0	ERY

**T07 U16 Girls - 1500m Cup**

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

		Heat 1				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	3	Manon PHILLIPS	Bro Myrddin	5:02.67	9.0	DYF
2	1	Zoe THOMPSON	Olchfa	5:10.68	7.0	ANT
3	5	Ariana SULLIVAN	YGCR- Y Gwyndy	5:15.47	6.0	GLV
4	7	Bella ROBERTS	Welshpool	5:22.63	5.0	POW
5	2	Lyla PRICHARD	Ysgol Glantaf	5:33.26	4.0	CVG
6	4	Nan JONES	Ysgol Botwnnog	6:04.08	3.0	ERY
7	6	Polly HEXT	Brynhyfryd	6:32.91	2.0	NEW
8	8	Cerys FROST	Gwent Is Coed	6:34.67	1.0	SEW

**T07 U16 Girls - 1500m Plate**

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

		Heat 2				
Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Emily DANDO	Llanishen High School	5:03.18	9.0	CVG
2	88	Leah RHODES	Bassaleg	5:13.82	7.0	SEW
3	11	Gwennan GRUFFYDD	Gwyr	5:22.41	6.0	ANT
4	55	Nansi SHIDE	YGCR- Gellihaf	5:45.96	5.0	GLV
5	44	Aneia DULLER	Ysgol John Bright	5:46.92	4.0	ERY
6	33	Paige JONES	Bro Dinefawr	5:48.35	3.0	DYF
7	77	Lily CALVIN-THOMAS	Llanidloes	6:13.83	2.0	POW
8					1.0	

## 2026 NASUWT Cup &amp; Plate Final

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Penlan Track Brecon



1: Olchfa = 84.0	5: Welshpool = 54.0
2: Ysgol Glantaf = 80.0	6: Brynhyfryd = 50.0
3: Bro Myrddin = 60.0	7: Ysgol Botwnnog = 43.0
4: YGCR- Y Gwyndy = 60.0	8: Gwent Is Coed = 41.0

## T02 U16 Girls - 80m Hurdles Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Grace CHESWEKA	Olchfa	12.51	9.0	ANT
2	5	Mali WINDSOR	YGCR- Y Gwyndy	12.61	7.0	GLV
3	2	Cerys ROWLANDS	Ysgol Glantaf	13.25	6.0	CVG
4	3	Seren BOWEN	Bro Myrddin	15.68	5.0	DYF
5	4	Cati JONES	Ysgol Botwnnog	16.23	4.0	ERY
6	6	Mabli WHITE	Brynhyfryd	16.37	3.0	NEW
7	7	Lacey EVANS	Welshpool	17.66	2.0	POW
8	8	Jaehlah-Jo SCAWTHORN	Gwent Is Coed	18.23	1.0	SEW

## T24 U16 Girls - 4 x 100 Relay Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1		Olchfa	50.49	9.0	ANT
2	6		Brynhyfryd	52.63	7.0	NEW
3	2		Ysgol Glantaf	52.67	6.0	CVG
4	5		YGCR- Y Gwyndy	53.14	5.0	GLV
5	3		Bro Myrddin	53.70	4.0	DYF
6	7		Welshpool	54.17	3.0	POW
7	4		Ysgol Botwnnog	55.59	2.0	ERY
8	8		Gwent Is Coed	56.94	1.0	SEW

Pos	Bib	Team
1	1	Grace CHESWEKA, Tochi EMENOGU, Katriel UDOH, Freya BIRT
2	6	Mia JOHNSON, Erin EVANS, Beatrice ROBERTS, Lucy BILLINGTON
3	2	Elinor ROBERTS, Seren PIERCE, Amy FORD, Amara-Chukwu HERBERT
4	5	Mali WINDSOR, Lila GEORGE, Hefina LEWIS, Betsan BRADBURY
5	3	Mabli KING, Lois REES, Cristyn BENDLE, Beca ELFYN
6	7	Evie LANGFORD, Bella ROBERTS, Lacey EVANS, Lwsi JAMES STAFFORD
7	4	Lucy GRANT, Lwsi JONES, Carmela ZARATE, Mia NEL JONES
8	8	Jaehlah-Jo SCAWTHORN, Lyila TIMMINS, Lily PHEASANT, Macie GABBIDON

## F14 U16 Girls - High Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
2	1	Katriel UDOH	Olchfa	1.70	7.0	ANT
3	5	Betsan BRADBURY	YGCR- Y Gwyndy	1.45	6.0	GLV
4	2	Elin GRIFFITHS	Ysgol Glantaf	1.40	5.0	CVG
5	7	Evie LANGFORD	Welshpool	1.40	4.0	POW
6	8	Macie GABBIDON	Gwent Is Coed	1.30	3.0	SEW
7	3	Lois REES	Bro Myrddin	1.25	2.0	DYF
8	6	Alaina JONES	Brynhyfryd	1.15	1.0	NEW

## F06 U16 Girls - Long Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	1	Grace CHESWEKA	Olchfa	4.81	9.0	ANT
2	2	Gwen WILLIAMS	Ysgol Glantaf	4.59	7.0	CVG
3	3	Cristyn BENDLE	Bro Myrddin	4.55	6.0	DYF
4	6	Mia JOHNSON	Brynhyfryd	4.39	5.0	NEW
5	4	Cati JONES	Ysgol Botwnnog	4.20	4.0	ERY
6	7	Ivy KUIPERS	Welshpool	4.13	3.0	POW
7	8	Lyila TIMMINS	Gwent Is Coed	4.02	2.0	SEW
8	5	Lila GEORGE	YGCR- Y Gwyndy	3.94	1.0	GLV

1: Llanishen High School = 84.0	5: Gwyr = 61.0
2: Bro Dinefawr = 77.0	6: Ysgol John Bright = 56.0
3: YGCR- Gellihaf = 71.0	7: Bassaleg = 47.0
4: Llanidloes = 64.0	

## T02 U16 Girls - 80m Hurdles Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Menna FIELDER HOBBS	Bro Dinefawr	13.27	9.0	DYF
2	77	Caitlin TURNER	Llanidloes	14.21	7.0	POW
3	55	Willow JAMES	YGCR- Gellihaf	14.41	6.0	GLV
4	22	Issy EVANS	Llanishen High School	14.73	5.0	CVG
5	44	Maddison EDLINGTON	Ysgol John Bright	15.61	4.0	ERY
6	11	Summer RASTATTER	Gwyr	16.90	3.0	ANT
7	88	Matilda HOTSON	Bassaleg	17.79	2.0	SEW

## T24 U16 Girls - 4 x 100 Relay Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22		Llanishen High School	51.60	9.0	CVG
2	33		Bro Dinefawr	53.24	7.0	DYF
3	77		Llanidloes	54.09	6.0	POW
4	44		Ysgol John Bright	54.61	5.0	ERY
5	55		YGCR- Gellihaf	55.60	4.0	GLV
6	11		Gwyr	55.72	3.0	ANT
7	88		Bassaleg	57.47	2.0	SEW

Pos	Bib	Team
1	22	Maja MACH, Abbi BEADLE, Ella JONES, Amelie EDWARDS
2	33	Cerys MOORE, Menna FIELDER HOBBS, Hannah LEVERATT, Ffion JONES
3	77	Carys DAVIES-WILLIAMS, Freya LAMP, Ella WILLIAMS, Bethan EVANS
4	44	Sophie VENZIA, Ava JONES, Sienna PRITCHARD, Julia LAMENT
5	55	Willow JAMES, Amelia MATTHEWS, Ellie BEAUMONT, Freya PIZEY
6	11	Bethan MALPAS, Angharad TRICK, Gwennan GRUFFYDD, Grace GAVIN
7	88	Ava MILES, Penny PRICE, Ruby SIMS,

## F14 U16 Girls - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
2	33	Menna FIELDER HOBBS	Bro Dinefawr	1.45	7.0	DYF
3	77	Freya LAMP	Llanidloes	1.50	6.0	POW
4	44	Maddison EDLINGTON	Ysgol John Bright	1.35	5.0	ERY
5	11	Summer RASTATTER	Gwyr	1.35	4.0	ANT
6	22	Lilly COTTEERRALL	Llanishen High School	1.30	3.0	CVG
7	88	Matilda HOTSON	Bassaleg	1.30	2.0	SEW
8	55	Willow JAMES	YGCR- Gellihaf	1.25	1.0	GLV

## F06 U16 Girls - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Abbi BEADLE	Llanishen High School	5.12	9.0	CVG
2	33	Ffion JONES	Bro Dinefawr	4.39	7.0	DYF
3	55	Freya PIZEY	YGCR- Gellihaf	3.97	6.0	GLV
4	11	Michele DAVIES	Gwyr	3.89	5.0	ANT
5	77	Bethan EVANS	Llanidloes	3.88	4.0	POW
6	88	Ava MILES	Bassaleg	3.45	3.0	SEW
7	44	Sophie VENZIA	Ysgol John Bright	3.45	2.0	ERY

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3: Bro Myrddin = 60.0	7: Ysgol Botwnnog = 43.0
4: YGCR- Y Gwyndy = 60.0	8: Gwent Is Coed = 41.0

## F13 U16 Girls - Triple Jump Cup

CUP cbp - Amara-Chukwu HERBERT, Glantaf, Cardiff &amp; Vale, 10.47, 2025

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Amara-Chukwu HERBERT	Ysgol Glantaf	9.85	9.0	CVG
2	1	Freya BIRT	Olchfa	9.81	7.0	ANT
3	5	Mali WINDSOR	YGCR- Y Gwyndy	9.61	6.0	GLV
4	6	Mabli WHITE	Brynhyfryd	9.41	5.0	NEW
5	7	Imogen MORRIS	Welshpool	8.92	4.0	POW
6	8	Isla PHILLIPS	Gwent Is Coed	8.80	3.0	SEW
7	4	Mia NEL JONES	Ysgol Botwnnog	8.52	2.0	ERY
8	3	Alys LEWIS	Bro Myrddin	8.15	1.0	DYF

## F03 U16 Girls - 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	3	Seren BOWEN	Bro Myrddin	9.74	9.0	DYF
2	7	Ella-Rose JONES	Welshpool	9.09	7.0	POW
3	1	Constance MAKARI	Olchfa	8.89	6.0	ANT
4	8	Amara NWAJU	Gwent Is Coed	8.82	5.0	SEW
5	2	Tyrion MORRISON	Ysgol Glantaf	7.94	4.0	CVG
6	6	Lois GARRATT-SMITH	Brynhyfryd	7.36	3.0	NEW
7	4	Nan JONES	Ysgol Botwnnog	7.17	2.0	ERY
8	5	Ettie LEWIS	YGCR- Y Gwyndy	6.80	1.0	GLV

## F10 U16 Girls - Discus (1.00kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	8	Elin WILLIAMS	Gwent Is Coed	23.75	9.0	SEW
2	2	Elin WILLIAMS	Ysgol Glantaf	19.53	7.0	CVG
3	7	Molly JONES	Welshpool	18.52	6.0	POW
4	1	Alice CALDWELL	Olchfa	17.79	5.0	ANT
5	4	Mali JONES	Ysgol Botwnnog	17.01	4.0	ERY
6	3	Caitlyn DAVIES	Bro Myrddin	16.77	3.0	DYF
7	6	Malan EDWARDS	Brynhyfryd	15.87	2.0	NEW
8	5	Molly MAE DAVIES	YGCR- Y Gwyndy	14.38	1.0	GLV

## F22 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	5	Hefina LEWIS	YGCR- Y Gwyndy	29.09	9.0	GLV
2	4	Non WILLIAMS	Ysgol Botwnnog	22.29	7.0	ERY
3	2	Ella BROWN	Ysgol Glantaf	22.00	6.0	CVG
4	7	Bella ROBERTS	Welshpool	18.86	5.0	POW
5	8	Alayah-Marie STOCK	Gwent Is Coed	18.00	4.0	SEW
6	3	Lotti PEMBERTON	Bro Myrddin	17.14	3.0	DYF
7	6	Anesu MABWE	Brynhyfryd	16.45	2.0	NEW
8	1	Tochi EMENOBU	Olchfa	12.20	1.0	ANT

1: Llanishen High School = 84.0	5: Gwyr = 61.0
2: Bro Dinefawr = 77.0	6: Ysgol John Bright = 56.0
3: YGCR- Gellihaf = 71.0	7: Bassaleg = 47.0
4: Llanidloes = 64.0	

## F13 U16 Girls - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Hannah LEVERATT	Bro Dinefawr	9.29	9.0	DYF
2	22	Amelie EDWARDS	Llanishen High School	9.12	7.0	CVG
3	77	Poppy JONES	Llanidloes	9.08	6.0	POW
4	11	Gwennan GRUFFYDD	Gwyr	8.96	5.0	ANT
5	44	Julia LAMENT	Ysgol John Bright	8.33	4.0	ERY
6	55	Lilly EALES	YGCR- Gellihaf	8.15	3.0	GLV
7	88	Ella MANNING	Bassaleg	8.13	2.0	SEW

## F03 U16 Girls - Shot Put (3.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Mali DUMMETT	YGCR- Gellihaf	8.67	9.0	GLV
2	22	Amelie LANGMAN	Llanishen High School	7.93	7.0	CVG
3	77	Renee RAWSTHORNE	Llanidloes	7.36	6.0	POW
4	11	Bethan MALPAS	Gwyr	7.23	5.0	ANT
5	33	Fflur JONES	Bro Dinefawr	7.14	4.0	DYF
6	88	Faith EVANS	Bassaleg	7.14	3.0	SEW
7	44	Isla WYNNE	Ysgol John Bright	7.12	2.0	ERY

## F10 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	55	Olivia TUCKER	YGCR- Gellihaf	18.63	9.0	GLV
2	11	Chloe DOWRICK	Gwyr	17.83	7.0	ANT
3	22	Maja MACH	Llanishen High School	17.72	6.0	CVG
4	88	Chloe HARDING	Bassaleg	16.27	5.0	SEW
5	77	Caitlin TURNER	Llanidloes	14.57	4.0	POW
6	44	Nel JONES	Ysgol John Bright	12.77	3.0	ERY
7	33	Honor DWYER	Bro Dinefawr	10.75	2.0	DYF

## F22 U16 Girls - Javelin (500g) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	33	Sara HARRIES	Bro Dinefawr	26.43	9.0	DYF
2	88	Ela PASCOE	Bassaleg	19.89	7.0	SEW
3	55	Tori DAVIES	YGCR- Gellihaf	18.19	6.0	GLV
4	44	Sienna PRITCHARD	Ysgol John Bright	17.31	5.0	ERY
5	11	Betsi WILLIAMS	Gwyr	17.01	4.0	ANT
6	22	Amy REDDY	Llanishen High School	15.22	3.0	CVG
7	77	Sydney PUGH	Llanidloes	14.26	2.0	POW

**NASUWT CUP FINAL**

**NASUWT PLATE FINAL**

**U14 Boys match score after 11 events with 0 left to score**

Pos	School	Pts	Pos	School	Pts
<b>1</b>	<b>Cardiff High School</b>	<b>84.0</b>	<b>1</b>	<b>Ysgol Glantaf</b>	<b>70.0</b>
2	Garth Olwg	56.0	2	Strade	70.0
3	Ysgol Botwnnog	53.0	3	YGCR- Gellihaf	68.0
4	Ysgol Dyffryn Aman	50.0	4	Hawarden High School	49.0
5	Gwyr	49.0	5	Ysgol Brynrefail	45.0
6	Welshpool	44.0	6	Cwm Brombil	42.0
7	Brynhyfryd	41.0	7	Cwmbran High School	29.0
8	Croesyceiliog	28.0	8	Caereinion	18.0

**U14 Girls match score after 11 events with 0 left to score**

Pos	School	Pts	Pos	School	Pts
<b>1</b>	<b>Ysgol Gyfun Bro Edern</b>	<b>59.0</b>	<b>1</b>	<b>Ysgol Glantaf</b>	<b>75.0</b>
2	Ysgol Dyffryn Aman	52.0	2	Queen Elizabeth HS	52.0
3	Gwyr	51.0	3	YGCR- Gellihaf	45.5
4	YGCR- Y Gwyndy	49.0	4	Brynhyfryd	45.0
5	Welshpool	48.0	5	Llanidloes	45.0
6	Maelor Penley	37.0	6	Olchfa	40.0
7	Aberconwy	36.0	7	Bassaleg	37.5
8	Caerleon	34.0	8	Ysgol Tryfan	28.0

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

Pos	School	Pts	Pos	School	Pts
<b>1</b>	<b>YGCR- Y Gwyndy</b>	<b>76.0</b>	<b>1</b>	<b>Ysgol Glantaf</b>	<b>83.0</b>
2	Whitchurch High School	76.0	2	Haverfordwest High	79.0
3	Ysgol Dyffryn Aman	69.0	3	YGCR- Gellihaf	73.0
4	Gwyr	62.0	4	Croesyceiliog	71.0
5	Welshpool	60.0	5	Llanidloes	52.0
6	Bassaleg	51.0	6	Ysgol Botwnnog	47.0
7	Hawarden High School	44.0	7	Dwr Y Felin	37.0
8	Syr Thomas Jones	43.0	8	Connah's Quay	35.0

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

Pos	School	Pts	Pos	School	Pts
<b>1</b>	<b>Olchfa</b>	<b>84.0</b>	<b>1</b>	<b>Llanishen High School</b>	<b>84.0</b>
2	Ysgol Glantaf	80.0	2	Bro Dinefawr	77.0
3	Bro Myrddin	60.0	3	YGCR- Gellihaf	71.0
4	YGCR- Y Gwyndy	60.0	4	Llanidloes	64.0
5	Welshpool	54.0	5	Gwyr	61.0
6	Brynhyfryd	50.0	6	Ysgol John Bright	56.0
7	Ysgol Botwnnog	43.0	7	Bassaleg	47.0
8	Gwent Is Coed	41.0	8		