



NASUWT CUP & PLATE FINAL

RESULTS

Thursday-13-Jul-2017

BRECON

NASUWT CUP FINAL			NASUWT PLATE FINAL		
U14 BOYS					
Pos	School	Pts	Pos	School	Pts
1	Cardiff High School	80.0	1	Whitchurch High	72.0
U14 GIRLS					
Pos	School	Pts	Pos	School	Pts
1	Ysgol Glantaf	89.0	1	Bro Dinefwr	73.0
U16 BOYS					
Pos	School	Pts	Pos	School	Pts
1	Gartholwg	78.0	1	Corpus Christi	79.0
U16 GIRLS					
Pos	School	Pts	Pos	School	Pts
1	Ysgol Glantaf	71.0	1	Radyr Comprehensive	73.0

CUP FINAL CBP

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PLATE FINAL CBP

8



1: Ysgol Glantaf 89.0 Pts	5: Caereinion 50.0 Pts	1: Bro Dinefwr 73.0 Pts	5: Bishopston 49.0 Pts
2: Ysgol Syr Hugh Owen 64.0 Pts	6: Ysgol Bro Myrddin 46.0 Pts	2: Radyr Comprehensive School 69.0 Pts	6: Newtown 45.0 Pts
3: Ysgol Gyfun Gwyr 63.0 Pts	7: Caerleon 41.0 Pts	3: Cwm Rhymni Gelli Haf 62.0 Pts	7: Bassaleg 44.0 Pts
4: YGCRh Y Gwyndy 52.0 Pts	8: Hawarden High 38.0 Pts	4: Brynrefail 59.0 Pts	8: Ysgol Morgan Llwyd 42.0 Pts

T17 U14 Girls - 100m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	2	Ellie-Rose ISAAC	Ysgol Glantaf	13.36	9
2	5	Hannah NICHOLLS	YGCRh Y Gwyndy	13.55	7
3	4	Arian WILLIAMS	Ysgol Syr Hugh Owen	13.57	6
4	1	Molly ABRAHAM	Ysgol Gyfun Gwyr	14.01	5
5	6	Hannah HUTCHINSON	Hawarden High	14.16	4
6	3	Seren JAMES	Ysgol Bro Myrddin	14.19	3
7	7	Keira MCVEAGH	Caereinion	14.30	2
8	8	Ellie COLLIMS	Caerleon	15.02	1

T17 U14 Girls - 100m Plate

PLATE CBP - Ellie HARMAN, Llanhari, Glamorgan Valleys, 13.3 (HT), 2009

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	66	Eirian OWEN-ANNING	Ysgol Morgan Llwyd	13.30	9
2	33	Thaia DAVIES	Bro Dinefwr	13.66	7
3	11	Jessica MILLER	Bishopston	13.67	6
4	22	Mary RYAN	Radyr Comprehensive School	14.03	5
5	44	Neve ROONEY	Brynrefail	14.21	4
6	55	Grace HORNE	Cwm Rhymni Gelli Haf	14.21	3
7	88	Courtney MAUD	Bassaleg	14.85	2
8	77	Libby ISAAC	Newtown	15.91	1

T09 U14 Girls - 200m Cup

CUP CBP - Hannah BRIER, Ystalyfera, Afan Nedd Tawe, 25.5, 2011

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	4	Chloe GRIFFITHS	Ysgol Syr Hugh Owen	26.72	9
2	2	Lowri OWEN	Ysgol Glantaf	28.76	7
3	7	Kelsie WEBSTER	Caereinion	29.32	6
4	1	Chloe CLARKE	Ysgol Gyfun Gwyr	29.38	5
5	8	Kira CHICK	Caerleon	30.09	4
6	3	Lucy DAVIES	Ysgol Bro Myrddin	30.16	3
7	6	Eve RATCLIFFE	Hawarden High	30.59	2
8	5	Emily REES	YGCRh Y Gwyndy	31.33	1

T09 U14 Girls - 200m Plate

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

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	55	Rhiannon LEWIS	Cwm Rhymni Gelli Haf	28.26	9
2	88	Ellie-Mae WAINWRIGHT	Bassaleg	28.85	7
3	22	Lauren GUNNEY	Radyr Comprehensive School	29.22	6
4	11	Carys DICKINSON	Bishopston	29.94	5
5	33	NIA WILLIAMS	Bro Dinefwr	30.19	4
6	44	Sara HALLIDAY	Brynrefail	30.74	3
7	77	Emily DEE	Newtown	30.92	2
8	66	Allisha LLOYD	Ysgol Morgan Llwyd	32.93	1

T13 U14 Girls - 300m Cup

CUP CBP - Amber EVANS, Olchfa, Afan Nedd Tawe, 45.9, 2015

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	2	Rosie DOMICAN	Ysgol Glantaf	46.32	9
2	5	Elen JAMES	YGCRh Y Gwyndy	46.38	7
3	1	Gabrielle GARCIA	Ysgol Gyfun Gwyr	46.77	6
4	4	Elain DENHAM	Ysgol Syr Hugh Owen	47.23	5
5	8	Scarlet MAJOR	Caerleon	47.50	4
6	7	Elin ASTBURY	Caereinion	49.19	3
7	3	Betsan ELIAS	Ysgol Bro Myrddin	50.62	2
8	6	Maja GRDZADZIELSKA	Hawarden High	56.51	1

T13 U14 Girls - 300m Plate

PLATE CBP - Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 44.14, 2015

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	66	Lewis JOHNSON	Ysgol Morgan Llwyd	45.69	9
2	22	Ella JACKSON	Radyr Comprehensive School	46.42	7
3	77	Sally MURTON DAVIES	Newtown	48.05	6
4	33	Beth NICOLAS	Bro Dinefwr	49.43	5
5	11	Ellie PEGLER	Bishopston	50.33	4
6	55	Megan EVANS	Cwm Rhymni Gelli Haf	51.16	3
7	44	Gwernan BROOKES	Brynrefail	52.65	2
8	88	Mia BAKER	Bassaleg	54.42	1

T21 U14 Girls - 800m Cup

CUP CBP - Caroline MUNDAY, Chepstow, Gwent, 2:24.06 (HT), 1994

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	3	Daisy THOMPSON	Ysgol Bro Myrddin	2:27.11	9
2	8	Ashley STEER	Caerleon	2:39.03	7
3	2	Non DRAKE	Ysgol Glantaf	2:40.31	6
4	4	Alaw DAVIES	Ysgol Syr Hugh Owen	2:42.36	5
5	5	Ffion WINDSOR	YGCRh Y Gwyndy	2:44.81	4
6	6	Juliette WILLIAMS	Hawarden High	2:44.88	3
7	7	Lois TUDOR	Caereinion	2:49.46	2
8	1	Evie CAIRNS JOHNSON	Ysgol Gyfun Gwyr	3:05.01	1

T21 U14 Girls - 800m Plate

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

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	33	Phoebe DAVIS	Bro Dinefwr	2:33.91	9
2	44	Abbi PARKINSON	Brynrefail	2:36.99	7
3	77	Olivia ROBSON	Newtown	2:40.03	6
4	88	Lily HART	Bassaleg	2:47.31	5
5	66	Calan PARRY	Ysgol Morgan Llwyd	2:48.13	4
6	22	Georgina EDWARDS	Radyr Comprehensive School	2:53.76	3
7	11	Nia BAILEY-JONES	Bishopston	2:54.12	2
8	55	Ruby LEWIS	Cwm Rhymni Gelli Haf	3:02.80	1

T05 U14 Girls - 1500m Cup

CUP CBP - Caitlin GWYTHYR, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 4:57.23, 2016

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	4	Samia JONES	Ysgol Syr Hugh Owen	4:50.65	9
2	3	Betsan THOMAS	Ysgol Bro Myrddin	5:24.83	7
3	1	Medi THOMAS	Ysgol Gyfun Gwyr	5:27.66	6
4	6	Ellie SMALL	Hawarden High	5:29.05	5
5	7	Carrie JONES	Caereinion	5:30.90	4
6	2	Layla GRIFFITHS	Ysgol Glantaf	5:35.77	3
7	8	Allyssa BAKER	Caerleon	5:43.18	2
8	5	Tegan EVANS	YGCRh Y Gwyndy	5:58.51	1

T05 U14 Girls - 1500m Plate

PLATE CBP - Olivia GWYNN, Bishopston, Afan Nedd Tawe, 5:01.3 (HT), 2010

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	22	Alanah HILL	Radyr Comprehensive School	5:10.09	9
2	88	Elin GRIFFITHS	Bassaleg	5:20.84	7
3	44	Georgia PARKINSON	Brynrefail	5:28.21	6
4	33	Sara PRICE	Bro Dinefwr	5:44.69	5
5	77	Carys BREEZE	Newtown	5:50.39	4
6	66	Ffion CARTER-JONES	Ysgol Morgan Llwyd	6:11.67	3
7	55	Elyse VEATER	Cwm Rhymni Gelli Haf	6:15.58	2
8	11	Ellie DAVIES	Bishopston	6:24.20	1

T04 U14 Girls - 70m Hurdles Cup

CUP CBP - Carys POOLE, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 11.20, 2016

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	2	Elina DINEEN	Ysgol Glantaf	11.02	9
2	1	Carys POOLE	Ysgol Gyfun Gwyr	11.03	7
3	5	Darcy JOHN-COOK	YGCRh Y Gwyndy	11.72	6
4	8	Sophie MORRIS	Caerleon	12.38	5
5	4	Alys JONES	Ysgol Syr Hugh Owen	12.46	4
6	3	Emily THOMAS	Ysgol Bro Myrddin	13.26	3
7	7	Lily JONES	Caereinion	13.96	2
8	6	Sienna STRAPP	Hawarden High	14.53	1

T04 U14 Girls - 70m Hurdles Plate

PLATE CBP - Megan HODGSON, Cowbridge, Cardiff & the Vale, 11.47, 2014

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	55	Bo Lilli HOWELLS	Cwm Rhymni Gelli Haf	11.94	9
2	22	Isabel MORGAN	Radyr Comprehensive School	12.05	7
3	44	Melody HASTON-WILSON	Brynrefail	13.38	6
4	11	Elin MURPHY	Bishopston	13.66	5
5	33	Chloe DAVIES	Bro Dinefwr	13.88	4
6	77	Morgan ROBERTS	Newtown	14.54	3
7	88	Emily FRY	Bassaleg	14.91	2
DNS	66		Ysgol Morgan Llwyd		



1: Ysgol Glantaf 89.0 Pts	5: Caereinion 50.0 Pts	1: Bro Dinefwr 73.0 Pts	5: Bishopston 49.0 Pts
2: Ysgol Syr Hugh Owen 64.0 Pts	6: Ysgol Bro Myrddin 46.0 Pts	2: Radyr Comprehensive School 69.0 Pts	6: Newtown 45.0 Pts
3: Ysgol Gyfun Gwyr 63.0 Pts	7: Caerleon 41.0 Pts	3: Cwm Rhymni Gelli Haf 62.0 Pts	7: Bassaleg 44.0 Pts
4: YGCRh Y Gwyndy 52.0 Pts	8: Hawarden High 38.0 Pts	4: Brynrefail 59.0 Pts	8: Ysgol Morgan Llwyd 42.0 Pts

T25 U14 Girls - Relay Cup

CUP CBP - Ystalyfera, Afan Nedd Tawe, 53.5, 1994

CBP

T25 U14 Girls - Relay Plate

PLATE CBP - YG Glantaf, Cardiff & the Vale, 53.9, 2015

Pos	Bib	School	Heat 1 Perf.	Pts	Pos	Bib	School	Heat 2 Perf.	Pts
1	2	Ysgol Glantaf	52.83	9	1	33	Bro Dinefwr	54.36	9
2	1	Ysgol Gyfun Gwyr	54.86	7	2	55	Cwm Rhymni Gelli Haf	55.47	7
3	4	Ysgol Syr Hugh Owen	55.16	6	3	22	Radyr Comprehensive School	55.90	6
4	5	YGCRh Y Gwyndy	55.40	5	4	66	Ysgol Morgan Llwyd	56.34	5
5	7	Caereinion	55.75	4	5	11	Bishopston	56.84	4
6	8	Caerleon	55.86	3	6	77	Newtown	56.90	3
7	3	Ysgol Bro Myrddin	55.95	2	7	44	Brynrefail	57.97	2
8	6	Hawarden High	57.88	1	8	88	Bassaleg	59.50	1

F08 U14 Girls - High Jump Cup

CUP CBP - Philippa BARKER, Brecon High, Powys, 1.53, 1989

CBP

F08 U14 Girls - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	2	Rosie DOMICAN	Ysgol Glantaf	1.55	9	1	55	Bo Lilli HOWELLS	Cwm Rhymni Gelli Haf	1.46	9
2	3	Betsan CAMPBELL	Ysgol Bro Myrddin	1.35	7	2	33	Phoebe DAVIS	Bro Dinefwr	1.40	7
3	1	Alex TEW	Ysgol Gyfun Gwyr	1.30	6	3	11	Shivana HUFFER	Bishopston	1.30	6
4	7	Ellie PHILLIPS	Caereinion	1.30	5	4	22	Isabel MORGAN	Radyr Comprehensive School	1.30	5
5	4	Awel WILLIAMS	Ysgol Syr Hugh Owen	1.25	4	5	44	Rhian HAYWOOD	Brynrefail	1.30	4
6	8	Ruby TUGWELL	Caerleon	1.20	3	6	88	Emily FRY	Bassaleg	1.30	3
7	6	Eve RATCLIFFE	Hawarden High	1.20	2	7	77	Sally MURTON DAVIES	Newtown	1.25	2
						8	66	Eirian OWEN-ANNING	Ysgol Morgan Llwyd	1.20	1

F12 U14 Girls - Long Jump Cup

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

F12 U14 Girls - Long Jump Plate

PLATE CBP - Chloe GRIFFITH, Syr Huw Owen, Eryri, 4.71, 2016

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	1	Carys POOLE	Ysgol Gyfun Gwyr	4.50	9	1	77	Olivia ROBSON	Newtown	3.91	9
2	2	Elina DINEEN	Ysgol Glantaf	4.47	7	2	22	Lauren GUNNEY	Radyr Comprehensive School	3.91	7
3	4	Chloe GRIFFITHS	Ysgol Syr Hugh Owen	4.38	6	3	44	Melody HASTON-WILSON	Brynrefail	3.88	6
4	5	Hannah NICHOLLS	YGCRh Y Gwyndy	4.26	5	4	33	Ffion HUDSON	Bro Dinefwr	3.76	5
5	7	Kelsie WEBSTER	Caereinion	3.97	4	5	11	Elin MURPHY	Bishopston	3.71	4
6	8	Scarlet MAJOR	Caerleon	3.72	3	6	88	Libby DAVIDSON	Bassaleg	3.46	3
7	6	Maja GRDZADZIELSKA	Hawarden High	3.53	2	7	55	Tatum SEIVWRIGHT	Cwm Rhymni Gelli Haf	3.38	2
8	3	Carina SIDHU	Ysgol Bro Myrddin	3.44	1	8	66	Lewis JOHNSON	Ysgol Morgan Llwyd	3.11	1

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 - Lottie FINISTER, Caldicot School, South East Wales, 9.64, 2016

CBP

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	7	Keira MCVEAGH	Caereinion	8.22	9	1	33	Nia WILLIAMS	Bro Dinefwr	10.19	9
2	3	Ffion TALBOT	Ysgol Bro Myrddin	7.92	7	2	11	Carys DICKINSON	Bishopston	8.05	7
3	2	Ruby JONES	Ysgol Glantaf	7.75	6	3	55	Dian BIRD	Cwm Rhymni Gelli Haf	7.98	6
4	8	Megan DAVIES	Caerleon	7.56	5	4	77	Ffion ROBERTS	Newtown	7.87	5
5	5	Ffion WINDSOR	YGCRh Y Gwyndy	7.06	4	5	44	Elin PIERCC-JONES	Brynrefail	7.40	4
6	6	Tegan HILL	Hawarden High	6.95	3	6	22	Abbie MORGAN	Radyr Comprehensive School	7.10	3
7	4	Samia JONES	Ysgol Syr Hugh Owen	6.80	2	7	88	Ellie-Mae WAINWRIGHT	Bassaleg	7.06	2
8	1	Lowri BATEMAN	Ysgol Gyfun Gwyr	6.70	1	8	66	Madison PARRY-CARTER	Ysgol Morgan Llwyd	6.54	1

F15 U14 Girls - Discus (0.75kg) Cup

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

F15 U14 Girls - Discus (0.75kg) Plate

PLATE CBP - Ellie BEDDALL, Cardiff High, Cardiff & the Vale of Glamorgan, 23.66, 2016

CBP

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	2	Lily GREGSON	Ysgol Glantaf	21.54	9	1	22	Ella JACKSON	Radyr Comprehensive School	26.41	9
2	6	Sienna STRAPP	Hawarden High	17.94	7	2	88	Rebecca FOREY	Bassaleg	19.68	7
3	1	Medi THOMAS	Ysgol Gyfun Gwyr	17.71	6	3	44	Georgia PARKINSON	Brynrefail	19.10	6
4	4	Elain DENHAM	Ysgol Syr Hugh Owen	17.06	5	4	55	Elyse VEATER	Cwm Rhymni Gelli Haf	16.16	5
5	7	Siannon MCBRIDE	Caereinion	15.67	4	5	33	Ellie DAVIES	Bro Dinefwr	16.08	4
6	5	Seren RICHARDS	YGCRh Y Gwyndy	14.19	3	6	77	Abi POWELL	Newtown	15.56	3
7	8	Cate DAVIES	Caerleon	13.83	2	7	11	Lucy GREENWOOD	Bishopston	13.57	2
8	3	Leia THOMAS	Ysgol Bro Myrddin	12.79	1	8	66	Ffion JURKOJC	Ysgol Morgan Llwyd	12.75	1

F05 U14 Girls - Javelin (400g) Cup

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

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	Pos	Bib	Athlete	School	Perf.	Pts
1	5	Mannon BLACKFORD	YGCRh Y Gwyndy	26.20	9	1	44	Abbi PARKINSON	Brynrefail	25.92	9
2	6	Mia BREEZE	Hawarden High	22.52	7	2	66	Calan PARRY	Ysgol Morgan Llwyd	21.15	7
3	2	Manon DAVIES	Ysgol Glantaf	21.21	6	3	55	Sorle WATKINS	Cwm Rhymni Gelli Haf	20.43	6
4	7	Lili ASTBURY	Caereinion	20.57	5	4	33	Nieve GARDNER	Bro Dinefwr	20.15	5
5	1	Bethan BENNETT	Ysgol Gyfun Gwyr	19.30	4	5	88	Bethany CHERRINGTON	Bassaleg	19.24	4
6	4	Arwen HUMPHREYS	Ysgol Syr Hugh Owen	18.93	3	6	11	Lara REES	Bishopston	16.19	3
7	8	Ellie COLLIMS	Caerleon	18.74	2	7	22	Georgina EDWARDS	Radyr Comprehensive School	15.47	2
8	3	Celyn THOMAS	Ysgol Bro Myrddin	14.34	1	8	77	Megan COSTALL	Newtown	14.82	1



1: Cardiff High School 80.0 Pts	5: Croesyceiliog 53.0 Pts	1: Whitchurch High 72.0 Pts	5: Botwnnog 52.0 Pts
2: Cwm Rhymni Gelli Haf 77.0 Pts	6: Hawarden High 48.0 Pts	2: Monmouth 66.0 Pts	6: Ysgol Morgan Llwyd 50.0 Pts
3: Sir Thomas Picton 59.0 Pts	7: Syr Hugh Owen 38.0 Pts	3: Bishopston 64.0 Pts	7: Welshpool High 50.0 Pts
4: Olchfa 54.0 Pts	8: Caereinion 34.0 Pts	4: Ysgol Bro Myrddin 53.0 Pts	8: Brynteg 34.0 Pts

T18 U14 Boys - 100m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.8 Pts
1	2	Zak WALL	Cardiff High School	11.84	9
2	1	Sam PETHERBRIDGE	Olchfa	12.26	7
3	4	Sion ROBERTS	Syr Hugh Owen	12.40	6
4	3	Sam PRITCHARD	Sir Thomas Picton	12.41	5
5	6	Finley SAVAGE	Hawarden High	12.47	4
6	5	Ethan TILEY	Cwm Rhymni Gelli Haf	12.77	3
7	7	Cian HANRATTY	Caereinion	12.84	2
8	8	Lewis GREEN	Croesyceiliog	13.20	1

T18 U14 Boys - 100m Plate

PLATE CBP - Ben CAMBRIANI, Bishopston, Afan Nedd Tawe, 11.99, 2013

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.8 Pts
1	66	George WALTERS	Ysgol Morgan Llwyd	12.29	9
2	11	Harrison DALE	Bishopston	12.69	7
3	88	Luca SMITH	Monmouth	12.83	6
4	33	Sion JONES	Ysgol Bro Myrddin	12.91	5
5	22	Sam YOUNG	Whitchurch High	13.09	4
6	77	Ryan EDWARDS	Welshpool High	13.25	3
7	44	Twm JONES PARRY	Botwnnog	13.26	2
8	55	Javier THURLONG	Brynteg	13.86	1

T10 U14 Boys - 200m Cup

CUP CBP - Ben HARDING, Bro Morgannwg, Cardiff & the Vale, 23.9 (HT), 2007

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 2.2 Pts
1	5	Jamie EYNON	Cwm Rhymni Gelli Haf	25.84	9
2	6	Marc ROBERTS	Hawarden High	26.06	7
3	2	James HARKIN	Cardiff High School	26.12	6
4	7	Ryan EVANS	Caereinion	26.33	5
5	8	Tom MORETON	Croesyceiliog	26.48	4
6	3	Tom MEZZETTA	Sir Thomas Picton	27.60	3
7	4	Jack OWEN	Syr Hugh Owen	27.80	2
8	1	Sam HUMPHRIES	Olchfa	28.40	1

T10 U14 Boys - 200m Plate

PLATE CBP - Connor CUNNINGHAM, Brynteg, Glamorgan Valleys, 24.75, 2014

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.5 Pts
1	88	Joseph WAYTE	Monmouth	24.20	9
2	77	Arthur POWELL	Welshpool High	25.04	7
3	22	Ben VINCENT	Whitchurch High	25.16	6
4	44	Dei OWEN	Botwnnog	25.74	5
5	66	Tomos HUGHES	Ysgol Morgan Llwyd	26.38	4
6	33	Tyler DAVIDSON	Ysgol Bro Myrddin	26.63	3
7	55	Ieuan COLES	Brynteg	27.55	2
8	11	Joshua AKA	Bishopston	29.02	1

T14 U14 Boys - 300m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 2.2 Pts
1	3	Dan OMYLAK	Sir Thomas Picton	42.38	9
2	5	Mason PHILLIPS	Cwm Rhymni Gelli Haf	43.62	7
3	2	Ed LUKINS	Cardiff High School	43.70	6
4	8	Ieuan TOVEY	Croesyceiliog	44.80	5
5	1	Badara MYBE	Olchfa	45.39	4
6	4	Huw WILLIAMS	Syr Hugh Owen	46.86	3
7	7	Tom GRIFFITHS	Caereinion	47.70	2
8	6	Greg WATSON	Hawarden High	50.11	1

T14 U14 Boys - 300m Plate

PLATE CBP - Zak DALY, Bro Dinefwr, Dyfed, 40.14, 2014

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.5 Pts
1	88	Will LOVEJOY	Monmouth	40.54	9
2	44	Liam ROBERTS	Botwnnog	44.29	7
3	22	Reuben KING	Whitchurch High	44.57	6
4	66	Tristan GRIFFITHS-BODEN	Ysgol Morgan Llwyd	45.20	5
5	33	Owain REES	Ysgol Bro Myrddin	45.21	4
6	11	James BOSKEY	Bishopston	47.00	3
7	55	Wia BARCLAY	Brynteg	48.10	2

T22 U14 Boys - 800m Cup

CUP CBP - Jake HEYWARD, Llanishen, Cardiff & the Vale, 2:09.1 (HT), 2012

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.0 Pts
1	5	Jac DUNN	Cwm Rhymni Gelli Haf	2:27.47	9
2	2	Sam JOHNSEY	Cardiff High School	2:28.79	7
3	8	Will HIGGS	Croesyceiliog	2:30.99	6
4	7	Joshua EVANS	Caereinion	2:32.55	5
5	3	Iwan LILLEY	Sir Thomas Picton	2:33.55	4
6	6	Luke MARSH	Hawarden High	2:43.09	3
7	4	Aled WILLIAMS	Syr Hugh Owen	2:49.67	2
8	1	Cameron CHARLES	Olchfa	2:52.76	1

T22 U14 Boys - 800m Plate

PLATE CBP - Alex KING, Bryn Cellynog, Glamorgan Valleys, 2:17.00, 2016

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.0 Pts
1	11	Charlie HOLLAND	Bishopston	2:05.78	9
2	44	Deio WILLIAMS	Botwnnog	2:22.34	7
3	33	Liam EDWARDS	Ysgol Bro Myrddin	2:25.18	6
4	55	Ryan PRICE	Brynteg	2:33.22	5
5	22	Jac HAIGH	Whitchurch High	2:35.53	4
6	77	Tom FOWLER	Welshpool High	2:36.44	3
7	66	Kian EVANS	Ysgol Morgan Llwyd	2:46.99	2
8	88	Lewis LLOYD	Monmouth	2:50.66	1

T06 U14 Boys - 1500m Cup

CUP CBP - Iwan GLYNN, Bro Myrddin, Dyfed, 4:34.42, 2016

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.0 Pts
1	3	Cian HARRIES	Sir Thomas Picton	4:56.97	9
2	2	Luke HALL	Cardiff High School	5:03.28	7
3	5	Bruce ROSSITER	Cwm Rhymni Gelli Haf	5:07.15	6
4	4	Jack CAIN	Syr Hugh Owen	5:11.35	5
5	8	Luca ELLIOT	Croesyceiliog	5:21.13	4
6	7	Aled DAVIES	Caereinion	5:30.71	3
7	1	Jordan WARRINGTON	Olchfa	5:44.46	2
8	6	Josh OLIVER	Hawarden High	5:47.84	1

T06 U14 Boys - 1500m Plate

PLATE CBP - Nikita NEARY, Dyffryn Taf, Dyfed, 4:37.3 (HT), 2011

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.0 Pts
1	33	Frank MORGAN	Ysgol Bro Myrddin	4:42.42	9
2	11	Iwan WHITE	Bishopston	5:00.18	7
3	55	Joshua HADLEY	Brynteg	5:02.21	6
4	66	Wil SCOTT	Ysgol Morgan Llwyd	5:02.78	5
5	22	Tom DAVIES	Whitchurch High	5:14.71	4
6	77	Deinol OWEN	Welshpool High	5:15.69	3
7	44	Tristan HARRISON	Botwnnog	5:33.15	2
8	88	Joe HENRY	Monmouth	5:38.22	1

T03 U14 Boys - 75m Hurdles Cup

CUP CBP - Immanuel FEYI-WABOSO, Corpus Christi High School, Cardiff & Vale, 11.35, 201

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.0 Pts
1	1	Harvey JAMES	Olchfa	11.99	9
2	8	Kian BODENHAM	Croesyceiliog	12.04	7
3	5	Morgan SMITH	Cwm Rhymni Gelli Haf	12.08	6
4	2	Fraser KING	Cardiff High School	12.54	5
5	3	Jamie ZYGADLO	Sir Thomas Picton	13.26	4
6	7	Iestyn PRYCE	Caereinion	13.71	3
7	6	Harry OWEN	Hawarden High	15.22	2
DQ	4	Cailan THOMAS	Syr Hugh Owen		

T03 U14 Boys - 75m Hurdles Plate

PLATE CBP - Ben PARIS, Bishop of Llandaff, Cardiff & the Vale, 11.60, 2013

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 0.7 Pts
1	11	Dominic TURNER	Bishopston	13.19	9
2	77	Kofi DAVIES	Welshpool High	13.79	7
3	33	Dafydd WATERS	Ysgol Bro Myrddin	13.92	6
4	55	Ethan BEVAN	Brynteg	14.00	5
5	44	Noa HUGHES	Botwnnog	14.87	4
6	22	Will JAMES	Whitchurch High	15.49	3
7	66	Jay LEE	Ysgol Morgan Llwyd	15.71	2
8	88	Cameron TURNER	Monmouth	15.91	1



1: Cardiff High School 80.0 Pts	5: Croesyceiliog 53.0 Pts	1: Whitchurch High 72.0 Pts	5: Botwnnog 52.0 Pts
2: Cwm Rhymini Gelli Haf 77.0 Pts	6: Hawarden High 48.0 Pts	2: Monmouth 66.0 Pts	6: Ysgol Morgan Llwyd 50.0 Pts
3: Sir Thomas Picton 59.0 Pts	7: Syr Hugh Owen 38.0 Pts	3: Bishopston 64.0 Pts	7: Welshpool High 50.0 Pts
4: Olchfa 54.0 Pts	8: Caereinion 34.0 Pts	4: Ysgol Bro Myrddin 53.0 Pts	8: Brynteg 34.0 Pts

T28 U14 Boys - Relay Cup

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

T28 U14 Boys - Relay Plate

PLATE CBP - Bishop of Llandaff, Cardiff & the Vale, 50.1, 2013

				Heat 1						Heat 2	
Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	5		Cwm Rhymini Gelli Haf	50.22	9	1	11		Bishopston	50.59	9
2	2		Cardiff High School	50.31	7	2	88		Monmouth	50.61	7
3	8		Croesyceiliog	52.02	6	3	22		Whitchurch High	51.62	6
4	6		Hawarden High	52.63	5	4	77		Welshpool High	53.71	5
5	1		Olchfa	53.24	4	5	66		Ysgol Morgan Llwyd	53.92	4
6	7		Caereinion	53.39	3	6	44		Botwnnog	54.41	3
7	3		Sir Thomas Picton	53.70	2	7	33		Ysgol Bro Myrddin	55.09	2
8	4		Syr Hugh Owen	56.57	1	8	55		Brynteg	55.26	1

F18 U14 Boys - High Jump Cup

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

F18 U14 Boys - High Jump Plate

PLATE CBP - Owain DAVIES, YG Gwyr, Dyfed, 1.58, 2014

Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	6	Andrew EVANS	Hawarden High	1.55	9	1	22	Dylan LEWIS	Whitchurch High	1.45	9
2	4	Cailan THOMAS	Syr Hugh Owen	1.50	7	2	88	Cameron FRANCIS	Monmouth	1.45	7
3	5	Jamie EYNON	Cwm Rhymini Gelli Haf	1.50	6	3	77	Leo KING	Welshpool High	1.40	6
4	2	Harry GIMSON	Cardiff High School	1.45	5	4	44	Twm JONES PARRY	Botwnnog	1.40	5
5	3	Jamie ZYGADLO	Sir Thomas Picton	1.40	4	5	33	Dafydd JONES	Ysgol Bro Myrddin	1.35	4
6	7	Finlay BRADDICK	Caereinion	1.35	3	6	55	Ethan BEVAN	Brynteg	1.30	3
7	1	Badara MYBE	Olchfa	1.35	2	7	66	Jay LEE	Ysgol Morgan Llwyd	1.30	2
8	8	Kallem BERRY	Croesyceiliog	1.30	1						

F01 U14 Boys - Long Jump Cup

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

F01 U14 Boys - Long Jump Plate

PLATE CBP - Connor FINN, Radyr, Cardiff & the Vale, 4.95, 2008

CBP

Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	3	Dan OMYLAK	Sir Thomas Picton	5.29	9	1	22	Ben VINCENT	Whitchurch High	5.44	9
2	6	Finley SAVAGE	Hawarden High	5.11	7	2	88	Will LOVEJOY	Monmouth	4.68	7
3	2	James HARKIN	Cardiff High School	5.08	6	3	11	Joshua AKA	Bishopston	4.64	6
4	4	Sion ROBERTS	Syr Hugh Owen	5.06	5	4	77	Ryan EDWARDS	Welshpool High	4.52	5
5	1	Sam PETHERRIDGE	Olchfa	4.90	4	5	55	Bailey PAETEL	Brynteg	4.43	4
6	5	Zak JONES	Cwm Rhymini Gelli Haf	4.42	3	6	44	Noa HUGHES	Botwnnog	4.42	3
7	8	Morgan LANE	Croesyceiliog	4.21	2	7	66	Tomos HUGHES	Ysgol Morgan Llwyd	4.42	2
8	7	Iestyn PRYCE	Caereinion	3.94	1	8	33	Jamie EVANS	Ysgol Bro Myrddin	4.29	1

F14 U14 Boys - Shot Put (3.25kg) Cup

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

F14 U14 Boys - Shot Put (3.25kg) Plate

PLATE CBP - Jack CONDY, YG Cwm Rhymini, Glamorgan Valleys, 11.48, 2008

Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	2	Zak WALL	Cardiff High School	11.66	9	1	66	Gareth PARRY	Ysgol Morgan Llwyd	9.40	9
2	1	Harvey JAMES	Olchfa	9.41	7	2	22	Joshua REDWOOD	Whitchurch High	8.99	7
3	5	Morgan SMITH	Cwm Rhymini Gelli Haf	9.36	6	3	88	Sam BERRY	Monmouth	8.91	6
4	6	Evren OZBILEN	Hawarden High	9.26	5	4	77	Robert IRVING	Welshpool High	8.84	5
5	3	Dafydd PAWLETT	Sir Thomas Picton	8.79	4	5	55	Gus PATTERSON	Brynteg	8.80	4
6	8	Evan BOWDEN	Croesyceiliog	8.65	3	6	44	Liam ROBERTS	Botwnnog	8.80	3
7	4	Cai WYN JONES	Syr Hugh Owen	7.85	2	7	11	Leo WOOLACOTT	Bishopston	7.61	2
8	7	Gareth LEWIS	Caereinion	7.83	1	8	33	Owain JONES	Ysgol Bro Myrddin	5.72	1

F20 U14 Boys - Discus (1.00kg) Cup

CUP CBP - Issac LECKI, Castell Alun High School, North East Wales, 35.25, 2016

F20 U14 Boys - Discus (1.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	2	Jake KNIGHT	Cardiff High School	29.38	9	1	11	Oscar DUN	Bishopston	28.54	9
2	1	Amir JAFARI	Olchfa	22.73	7	2	88	George MERRITT	Monmouth	25.30	7
3	5	Ethan TILEY	Cwm Rhymini Gelli Haf	21.94	6	3	33	Tomos ROBERTS	Ysgol Bro Myrddin	24.83	6
4	8	Sam REED	Croesyceiliog	21.25	5	4	22	Charlie DAY	Whitchurch High	23.83	5
5	7	William LYDFORD	Caereinion	19.60	4	5	44	Tristan HARRISON	Botwnnog	21.64	4
6	6	Kristian HARRISON	Hawarden High	17.88	3	6	77	Lewis WILDE	Welshpool High	16.64	3
7	4	Osian MC GUINNESS	Syr Hugh Owen	17.09	2	7	66	Efan OAKLEY	Ysgol Morgan Llwyd	14.47	2
8	3	Seth WILLINGTON	Sir Thomas Picton	16.43	1						

F11 U14 Boys - Javelin (400g) Cup

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

F11 U14 Boys - Javelin (400g) Plate

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

Pos	Bib	Athlete	School	Perf.		Pos	Bib	Athlete	School	Perf.	
1	8	Tom MORETON	Croesyceiliog	37.14	9	1	22	Sam MCGRATH	Whitchurch High	34.43	9
2	5	Ben TILEY	Cwm Rhymini Gelli Haf	32.15	7	2	44	Bruce HUBBARD	Botwnnog	29.52	7
3	1	Lewis MILLOY	Olchfa	26.98	6	3	33	Dylan TAYLOR	Ysgol Bro Myrddin	29.29	6
4	3	Josh NICHOLSON	Sir Thomas Picton	26.64	5	4	88	Andrew GREEN	Monmouth	22.97	5
5	2	Henry HURLE	Cardiff High School	26.07	4	5	66	Josh MARSHALL	Ysgol Morgan Llwyd	22.48	4
6	4	Dyfed HUNT	Syr Hugh Owen	23.47	3	6	77	Tom MEREDITH	Welshpool High	19.10	3
7	7	Cameron WILLIAMS	Caereinion	19.10	2	7	11	James BOSKEY	Bishopston	17.46	2
8	6	Harri EVANS	Hawarden High	17.86	1	8	55	Tom TREVELYAN	Brynteg	17.25	1



1: Ysgol Glantaf 71.0 Pts	5: Ysgol Y Creuddyn 53.0 Pts	1: Radyr Comprehensive 73.0 Pts	5: Eirias 57.0 Pts
2: Olchfa 70.0 Pts	6: Cwm Rhymni Gelli Haf 51.0 Pts	2: Ysgol Gyfun Gwyr 67.0 Pts	6: Newtown High School 49.0 Pts
3: Caerleon Comprehensive 55.0 Pts	7: Sir Thomas Picton 48.0 Pts	3: Dyffryn Taf 64.0 Pts	7: Ysgol Gyfun Gwynllyw 46.0 Pts
4: Ysgol Morgan Llwyd 54.0 Pts	8: Welshpool High 41.0 Pts	4: YGCRh Y Gwyndy 60.0 Pts	8: Hawarden High School 20.0 Pts

T19 U16 Girls - 100m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.5 Pts
1	4	Jennifer TOWNLEY	Ysgol Y Creuddyn	12.50	9
2	8	Robyn HOWELLS	Caerleon Comprehensive	13.27	7
3	2	Eos ROBERTS	Ysgol Glantaf	13.51	6
4	1	India COLLINSON	Olchfa	13.80	5
5	6	Eilir RHYS-KIGHT	Ysgol Morgan Llwyd	13.84	4
6	3	Emily KELSO JONES	Sir Thomas Picton	14.19	3
7	5	Ella QUINTON	Cwm Rhymni Gelli Haf	14.28	2
8	7	Ffion LOVATT	Welshpool High	14.70	1

T19 U16 Girls - 100m Plate

PLATE cbp - Elin JONES, Y Creuddyn, Eryri, 12.69, 2011

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 0.5 Pts
1	22	Grace MORGAN	Radyr Comprehensive	12.99	9
2	77	Natasha PRYCE	Newtown High School	13.53	7
3	33	Lauren WATTS	Dyffryn Taf	14.07	6
4	11	Ellie CHAHAL	Ysgol Gyfun Gwyr	14.08	5
5	44	Ellie LESTER-OWEN	Eirias	14.39	4
6	55	Menna EVANS	YGCRh Y Gwyndy	14.40	3
7	66	India ASHLEY	Hawarden High School	15.10	2
8	88	Kayleigh BROWN	Ysgol Gyfun Gwynllyw	15.31	1

T11 U16 Girls - 200m Cup

CUP cbp - Megan JONES, Caldicot, Gwent, 25.8 (HT), 1991

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.5 Pts
1	2	Alaw EVANS	Ysgol Glantaf	28.07	9
2	4	Ffion DAVIES	Ysgol Y Creuddyn	28.68	7
3	7	Lily WOODALL	Welshpool High	29.03	6
4	3	Abbie REES	Sir Thomas Picton	29.21	5
5	6	Teleri WILLIAMS	Ysgol Morgan Llwyd	29.33	4
6	1	Eve BEVAN	Olchfa	29.60	3
7	8	Gwen RHYS STEMS	Caerleon Comprehensive	29.85	2
8	5	Anais ROWLANDS	Cwm Rhymni Gelli Haf	32.32	1

T11 U16 Girls - 200m Plate

PLATE cbp - Elin JONES, Y Creuddyn, Eryri, 26.51, 2010

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 3.1 Pts
1	77	Ella WILLIAMS	Newtown High School	28.18	9
2	33	Louise MEAR	Dyffryn Taf	29.14	7
3	22	Lili DAVEY	Radyr Comprehensive	29.19	6
4	55	Sophie OWENS	YGCRh Y Gwyndy	29.67	5
5	11	Anna MELMOTH	Ysgol Gyfun Gwyr	30.00	4
6	44	Nia WILLIAMS	Eirias	30.99	3
7	88	Carys BAKER	Ysgol Gyfun Gwynllyw	31.46	2

T15 U16 Girls - 300m Cup

CUP cbp - Celyn WILLIAMS, Bro Dinefwr, Dyfed, 43.33, 2015

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	1	Amber EVANS	Olchfa	45.28	9
2	2	Gwenno MANLEY	Ysgol Glantaf	45.55	7
3	6	Elin BISHOP	Ysgol Morgan Llwyd	46.12	6
4	7	Rhianna PHILLIPS	Welshpool High	48.03	5
5	5	Cartyn COURT	Cwm Rhymni Gelli Haf	48.39	4
6	3	Abbey WILLIAMS	Sir Thomas Picton	48.54	3
7	8	Jess TAYLOR	Caerleon Comprehensive	49.47	2

T15 U16 Girls - 300m Plate

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

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	11	Roseanne GARCIA	Ysgol Gyfun Gwyr	45.14	9
2	77	Aimee CLARKE	Newtown High School	47.06	7
3	88	Maisie OVEY	Ysgol Gyfun Gwynllyw	47.17	6
4	33	Tanwen COX	Dyffryn Taf	47.72	5
5	44	Alice FISHER	Eirias	48.13	4
6	55	Millie CARTER	YGCRh Y Gwyndy	48.84	3
7	22	Molly GREENMAN	Radyr Comprehensive	50.79	2

T23 U16 Girls - 800m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	1	Bronwen STRATTON-THOMAS	Olchfa	2:26.24	9
2	2	Emily CHIRIGHIN	Ysgol Glantaf	2:35.81	7
3	4	Amelia ANDERSON	Ysgol Y Creuddyn	2:39.34	6
4	7	Emma BOWEN	Welshpool High	2:40.03	5
5	3	Kaitlin MORGAN	Sir Thomas Picton	2:42.26	4
6	6	Elan PARRY	Ysgol Morgan Llwyd	2:51.41	3
7	5	Caitlyn TAPPER	Cwm Rhymni Gelli Haf	2:57.13	2
8	8	Maddy HANIMER	Caerleon Comprehensive	3:00.80	1

T23 U16 Girls - 800m Plate

PLATE cbp - Kate PUGH, Welshpool High School, Powys, 2:26.35, 2016

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	22	Nia RILEY	Radyr Comprehensive	2:22.33	9
2	11	Caiylin GWYTHYR	Ysgol Gyfun Gwyr	2:28.42	7
3	44	Chloe JONES	Eirias	2:32.13	6
4	77	Tayla TRIGG	Newtown High School	2:42.72	5
5	88	Ffion PRIDDLE	Ysgol Gyfun Gwynllyw	2:51.36	4
6	55	Nia DAVIES	YGCRh Y Gwyndy	2:57.37	3
7	33	Nieve JENKINS	Dyffryn Taf	2:59.24	2

T07 U16 Girls - 1500m Cup

CUP cbp - Natasha COCKRAM, Croesyceiliog, South East Wales, 4:51.0 (HT), 2008

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	7	Kate PUGH	Welshpool High	5:04.57	9
2	4	Bethan DAVIES	Ysgol Y Creuddyn	5:04.58	7
3	3	Alice EVANS	Sir Thomas Picton	5:08.14	6
4	2	Mared ARCH	Ysgol Glantaf	5:24.75	5
5	1	Beth THOMAS	Olchfa	5:41.47	4
6	8	Abbie MELHUIHSH	Caerleon Comprehensive	5:51.42	3
7	6	Ella OLDFIELD	Ysgol Morgan Llwyd	5:59.45	2
8	5	Kloe OSMAN	Cwm Rhymni Gelli Haf	6:31.89	1

T07 U16 Girls - 1500m Plate

PLATE cbp - Isobel PARRY-JONES, King Henry VIII, South East Wales, 4:53.3 (HT), 2013

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	88	Ellie ROBINSON	Ysgol Gyfun Gwynllyw	5:09.67	9
2	44	Emily HANLON	Eirias	5:13.83	7
3	77	Leah ROBERTS	Newtown High School	5:29.99	6
4	66	Rachel EVANS	Hawarden High School	5:38.70	5
5	33	Lani HOGBEN	Dyffryn Taf	5:40.80	4
6	55	Ciara LAWLOR	YGCRh Y Gwyndy	6:08.19	3
7	11	Mirain LLOYD	Ysgol Gyfun Gwyr	6:12.38	2
8	22	Leire DAFIS-SAGARMENDI	Radyr Comprehensive	6:19.94	1

T02 U16 Girls - 75m Hurdles Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.8 Pts
1	5	Lily IVIN	Cwm Rhymni Gelli Haf	12.07	9
2	2	Macy MORGAN	Ysgol Glantaf	13.31	7
3	8	Sophie HILL	Caerleon Comprehensive	13.87	6
4	1	Marnie MUSGRAVE	Olchfa	13.87	5
5	4	Ellen VAUGHAN	Ysgol Y Creuddyn	14.19	4
6	3	Danielle LAWRENCE	Sir Thomas Picton	14.36	3
7	6	Hannah WARWICK	Ysgol Morgan Llwyd	16.53	2

T02 U16 Girls - 75m Hurdles Plate

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

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.1 Pts
1	88	Emilie DAVIES	Ysgol Gyfun Gwynllyw	11.99	9
2	55	Alice CORDEN	YGCRh Y Gwyndy	12.42	7
3	33	Flavia JENKINS	Dyffryn Taf	12.44	6
4	11	Jamie HOLLAND	Ysgol Gyfun Gwyr	12.99	5
5	22	Emily STEER	Radyr Comprehensive	14.54	4
6	44	Aimee BUTLER	Eirias	15.15	3
7	77	Katie SHACKLETON	Newtown High School	15.37	2



2017 NASUWT Cup & Plate Final

Thursday 13th July

Penlan Track Brecon

1: Ysgol Glantaf 71.0 Pts	5: Ysgol Y Creuddyn 53.0 Pts	1: Radyr Comprehensive 73.0 Pts	5: Eirias 57.0 Pts
2: Olchfa 70.0 Pts	6: Cwm Rhymni Gelli Haf 51.0 Pts	2: Ysgol Gyfun Gwyr 67.0 Pts	6: Newtown High School 49.0 Pts
3: Caerleon Comprehensive 55.0 Pts	7: Sir Thomas Picton 48.0 Pts	3: Dyffryn Taf 64.0 Pts	7: Ysgol Gyfun Gwynllyw 46.0 Pts
4: Ysgol Morgan Llwyd 54.0 Pts	8: Welshpool High 41.0 Pts	4: YGCRh Y Gwyndy 60.0 Pts	8: Hawarden High School 20.0 Pts

T26 U16 Girls - Relay Cup

CUP cbp - Ysgol Gyfun Gwynllyw, South East Wales, 52.06, 2016

T26 U16 Girls - Relay Plate

PLATE cbp - Ysgol Glantaf, Cardiff & Vale, 52.95, 2016

Heat 1					Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	4		Ysgol Y Creuddyn	52.60	9	1	22		Radyr Comprehensive	53.09	9
2	2		Ysgol Glantaf	52.90	7	2	11		Ysgol Gyfun Gwyr	54.98	7
3	6		Ysgol Morgan Llwyd	54.10	6	3	55		YGCRh Y Gwyndy	55.39	6
4	1		Olchfa	54.70	5	4	33		Dyffryn Taf	55.55	5
5	8		Caerleon Comprehensive	55.10	4	5	44		Eirias	56.26	4
6	7		Welshpool High	55.30	3	6	77		Newtown High School	56.38	3
7	3		Sir Thomas Picton	56.20	2	7	66		Hawarden High School	65.39	2
8	5		Cwm Rhymni Gelli Haf	56.30	1	DQ	88		Ysgol Gyfun Gwynllyw		

F13 U16 Girls - High Jump Cup

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

F13 U16 Girls - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	1	Marnie MUSGRAVE	Olchfa	1.50	9	1	22	Emily STEER	Radyr Comprehensive	1.50	9
2	6	Eilir RHYS-KIGHT	Ysgol Morgan Llwyd	1.40	7	2	44	Alice FISHER	Eirias	1.45	7
3	8	Robyn HOWELLS	Caerleon Comprehensive	1.35	6	3	33	Eloise JENKINS	Dyffryn Taf	1.40	6
4	2	Catrin JONES	Ysgol Glantaf	1.35	5	4	11	Catrin MORGAN	Ysgol Gyfun Gwyr	1.40	5
5	7	Rhianna PHILLIPS	Welshpool High	1.30	4	5	55	Millie CARTER	YGCRh Y Gwyndy	1.30	4
6	3	Abbie REES	Sir Thomas Picton	1.30	3	6	77	Tayla TRIGG	Newtown High School	1.25	3
7	5	Catryn COURT	Cwm Rhymni Gelli Haf	1.20	2	7	66	Alice DEELEY	Hawarden High School	1.15	2
8	4	Hannah DAVIES	Ysgol Y Creuddyn	1.15	1						

F06 U16 Girls - Long Jump Cup

CUP cbp - Sarah LANE, Olchfa, Afan Nedd Tawe, 5.33, 1997

F06 U16 Girls - Long Jump Plate

PLATE cbp - Seren WYATT, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 4.86, 2016

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	5	Lily IVIN	Cwm Rhymni Gelli Haf	4.80	9	1	22	Grace MORGAN	Radyr Comprehensive	4.87	9
2	1	India COLLINSON	Olchfa	4.68	7	2	88	Emilie DAVIES	Ysgol Gyfun Gwynllyw	4.65	7
3	4	Ellen VAUGHAN	Ysgol Y Creuddyn	4.42	6	3	33	Lauren WATTS	Dyffryn Taf	4.20	6
4	2	Alaw EVANS	Ysgol Glantaf	4.06	5	4	55	Alice CORDEN	YGCRh Y Gwyndy	4.18	5
5	6	Hannah WARWICK	Ysgol Morgan Llwyd	3.90	4	5	11	Anna MELMOTH	Ysgol Gyfun Gwyr	3.92	4
6	3	Emily KELSO JONES	Sir Thomas Picton	3.90	3	6	44	Ellie LESTER-OWEN	Eirias	3.87	3
7	8	Maddy HAMER	Caerleon Comprehensive	3.88	2	7	77	Katie SHACKLETON	Newtown High School	3.71	2
8	7	Kate PUGH	Welshpool High	3.54	1						

F03 U16 Girls - Shot Put (3.00kg) Cup

CUP cbp - Maisy GREENHALGH, Ysgol Gyfun Cwm Rhymni, Glamorgan Valleys, 9.06, 2016

CBP

F03 U16 Girls - Shot Put (3.00kg) Plate

PLATE cbp - Alanna PARRY, Syr Thomas Jones, Eryri, 9.78, 2015

CBP

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	5	Maisy GREENHALGH	Cwm Rhymni Gelli Haf	9.26	9	1	22	Molly GREENMAN	Radyr Comprehensive	10.62	9
2	6	Cerys-Haf DAVIES	Ysgol Morgan Llwyd	8.96	7	2	55	Megan PHILLIPS	YGCRh Y Gwyndy	8.77	7
3	8	Grace DAVIES	Caerleon Comprehensive	8.52	6	3	44	Lara PYVES	Eirias	7.70	6
4	1	Amber EVANS	Olchfa	8.08	5	4	33	Flavia JENKINS	Dyffryn Taf	7.60	5
5	2	Popp UGEN-SYKES	Ysgol Glantaf	8.02	4	5	11	Megan DAVIES	Ysgol Gyfun Gwyr	7.14	4
6	3	Charlotte WILSON	Sir Thomas Picton	7.92	3	6	66	Louise OWEN	Hawarden High School	7.11	3
7	7	Ffion LOVATT	Welshpool High	7.39	2	7	88	Kayleigh BROWN	Ysgol Gyfun Gwynllyw	6.93	2
8	4	Charlie BADHAM	Ysgol Y Creuddyn	6.10	1	8	77	Danielle CORK	Newtown High School	6.10	1

F10 U16 Girls - Discus (1.00kg) Cup

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

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	Pos	Bib	Athlete	School	Perf.	Pts
1	5	Anais ROWLANDS	Cwm Rhymni Gelli Haf	27.96	9	1	55	Kida BALL	YGCRh Y Gwyndy	20.58	9
2	8	Anabelle PUGH	Caerleon Comprehensive	22.50	7	2	44	Sophie JONES	Eirias	17.36	7
3	3	Iola WILLIAMS JONES	Sir Thomas Picton	22.06	6	3	11	Lowri BAKER	Ysgol Gyfun Gwyr	16.78	6
4	6	Megan HARDY	Ysgol Morgan Llwyd	21.54	5	4	33	Hannah BAILEY	Dyffryn Taf	16.25	5
5	2	Hannah JONES	Ysgol Glantaf	21.29	4	5	88	Hannah NUTTALL	Ysgol Gyfun Gwynllyw	15.76	4
6	1	Bronwen STRATTON-THOMAS	Olchfa	20.03	3	6	77	Elis TUDOR	Newtown High School	14.24	3
7	7	Aaliyah ROBINS	Welshpool High	18.56	2	7	22	Niamh DRISCOLL	Radyr Comprehensive	14.23	2
8	4	Elin THOMAS	Ysgol Y Creuddyn	16.43	1						

F21 U16 Girls - Javelin (500g) Cup

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

F21 U16 Girls - Javelin (500g) Plate

PLATE cbp - Rhian EVANS, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 35.66, 2016

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	8	Tiegan IVES	Caerleon Comprehensive	28.29	9	1	11	Jamie HOLLAND	Ysgol Gyfun Gwyr	33.67	9
2	3	Rose WARNER	Sir Thomas Picton	24.32	7	2	33	Nieve JENKINS	Dyffryn Taf	30.04	7
3	1	Izzy VIVIAN	Olchfa	20.10	6	3	66	Lucie WILCOCK	Hawarden High School	23.10	6
4	2	Chelsea WILLIAMS	Ysgol Glantaf	20.03	5	4	55	Bree CONIN	YGCRh Y Gwyndy	23.00	5
5	6	Ella OLDFIELD	Ysgol Morgan Llwyd	17.10	4	5	22	Leire DAFIS-SAGARMENDI	Radyr Comprehensive	20.62	4
6	7	Nikki WELLSFORD	Welshpool High	16.07	3	6	44	Llinos HILL	Eirias	17.52	3
7	5	Anyia SIMONS	Cwm Rhymni Gelli Haf	15.54	2	7	88	Darcy FLOOK	Ysgol Gyfun Gwynllyw	15.21	2
8	4	Seren WILLIAMS	Ysgol Y Creuddyn	13.45	1	8	77	Sioned MILLS	Newtown High School	11.67	1

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1: Gartholwg 78.0 Pts	5: Newbridge 59.0 Pts	1: Corpus Christi 79.0 Pts	5: Ysgol David Hughes 55.0 Pts
2: Stanwell 78.0 Pts	6: Newtown 46.0 Pts	2: Sir Thomas Picton 75.0 Pts	6: Caerleon 52.0 Pts
3: Ysgol Y Preseli 72.0 Pts	7: Olchfa 43.0 Pts	3: YGCRh Y Gwynndy 72.0 Pts	7: Ysgol Gyfun Gwyr 46.0 Pts
4: Ysgol Friars 60.0 Pts	8: Maelor School 41.0 Pts	4: Castell Alun High 56.0 Pts	8: Welshpool High 40.0 Pts

T20 U16 Boys - 100m Cup

CUP cbp - Jez AZU, Llanishen High, Cardiff & Vale, 11.08, 2016

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 1.0 Pts
1	8	Carrick MCDONOUGH	Newbridge	11.51	9
2	2	Carter STAPLES	Stanwell	11.57	7
3	1	Jack SPILLER	Olchfa	12.10	6
4	3	Adam JUNAIDEAN	Ysgol Y Preseli	12.37	5
5	5	Josh KARADOGAN	Gartholwg	12.43	4
6	6	Tom PRITCHARD	Maelor School	12.49	3
7	7	Lewis GORMAN	Newtown	12.50	2
8	4	Levi PALMER	Ysgol Friars	12.90	1

T20 U16 Boys - 100m Plate

PLATE cbp - Callum DAVIES, YG Gwyr, Afan Nedd Tawe, 11.1 (HT), 2014

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 1.2 Pts
1	44	Zack PRICE	Ysgol David Hughes	11.36	9
2	22	Josh NOTT	Corpus Christi	11.73	7
3	88	Adnan SHAFIQUE	Caerleon	11.87	6
4	33	Joe PRITCHARD	Sir Thomas Picton	12.27	5
5	11	Owain MORGAN	Ysgol Gyfun Gwyr	12.56	4
6	55	Tiernan DAVIES	YGCRh Y Gwynndy	13.29	3
7	77	Tom MORRIS	Welshpool High	13.48	2
8	66	Oliver JONES	Castell Alun High	14.07	1

T12 U16 Boys - 200m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws 2.1 Pts
1	5	Alex HALLIDAY	Gartholwg	23.59	9
2	7	Tai JONES	Newtown	23.90	7
3	2	Jack STOCKLEY-JONES	Stanwell	24.00	6
4	8	Jack GRIFFITHS	Newbridge	24.35	5
5	4	Shay HARDMAN	Ysgol Friars	24.53	4
6	3	Joe WILMOTT	Ysgol Y Preseli	24.73	3
7	1	Callum DODD	Olchfa	25.10	2
8	6	Charlie WILLIAMS	Maelor School	26.41	1

T12 U16 Boys - 200m Plate

PLATE cbp - Jake RANDALL, Amman Valley, Dyfed, 23.4 (HT), 2009

Pos	Bib	Athlete	School	Heat 2 Perf.	ws 0.5 Pts
1	22	Simeon SANTIMA	Corpus Christi	24.55	9
2	44	Luc SHARROCK	Ysgol David Hughes	24.73	7
3	33	Will HUGHES	Sir Thomas Picton	25.29	6
4	55	Iwan REES	YGCRh Y Gwynndy	25.75	5
5	66	Jacob JOHNSON	Castell Alun High	26.00	4
6	11	Cellan RICHARDS	Ysgol Gyfun Gwyr	26.02	3
7	88	Dylan LLOYD	Caerleon	26.35	2
8	77	Mitchell HUNT	Welshpool High	27.97	1

T16 U16 Boys - 300m Cup

CUP cbp - Ryan JAMES, Radyr, Cardiff & the Vale, 36.9 (HT), 2013

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	5	Daniel JOHN	Gartholwg	37.43	9
2	8	Joesph COOPE FRANKLIN	Newbridge	38.61	7
3	7	Tom DAVIES	Newtown	39.43	6
4	2	Adam NILSEN	Stanwell	40.15	5
5	3	Andrew SALMON	Ysgol Y Preseli	40.19	4
6	4	Reece THOMAS THOMPSON	Ysgol Friars	40.81	3
7	6	James EVANS	Maelor School	41.18	2
8	1	Sam REES	Olchfa	42.31	1

T16 U16 Boys - 300m Plate

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

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	33	Josh HARDMAN	Sir Thomas Picton	39.10	9
2	77	Ben MARSTON	Welshpool High	39.84	7
3	22	Zak LLOYD	Corpus Christi	40.06	6
4	88	Dylan HOWELL	Caerleon	40.54	5
5	55	Caleb MOCK	YGCRh Y Gwynndy	40.92	4
6	11	Peter ANSON	Ysgol Gyfun Gwyr	41.04	3
7	66	Stuart MCHARRIE	Castell Alun High	41.11	2

T24 U16 Boys - 800m Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	2	Morgan JAMES	Stanwell	2:06.04	9
2	5	Ethan GOODE	Gartholwg	2:06.18	7
3	3	Gareth THOMPSON	Ysgol Y Preseli	2:12.87	6
4	6	Isacc DAWSON	Maelor School	2:17.02	5
5	4	Daniel STONES	Ysgol Friars	2:17.98	4
6	8	Joel CHICK	Newbridge	2:19.60	3
7	7	Isaac DAVIES	Newtown	2:22.61	2
8	1	Jacob JONES	Olchfa	2:29.11	1

T24 U16 Boys - 800m Plate

PLATE cbp - Joe GARCIA, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 2:07.69, 2016

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	77	Carwyn OWEN	Welshpool High	2:14.60	9
2	88	Kamren CLARKE	Caerleon	2:15.30	7
3	33	Joe GRIFFITHS	Sir Thomas Picton	2:17.07	6
4	22	Mike O'HANLON	Corpus Christi	2:17.52	5
5	55	Evan THOMAS	YGCRh Y Gwynndy	2:18.45	4
6	44	Cai WOODFORD	Ysgol David Hughes	2:22.97	3
7	66	Matthew CAMPBELL	Castell Alun High	2:24.41	2
8	11	Lewis JONES	Ysgol Gyfun Gwyr	2:26.90	1

T08 U16 Boys - 1500m Cup

CUP cbp - Morgan JAMES, Cwm Rhymini-Gelli Haf, Glamorgan Valleys, 4:25.71, 2016

Pos	Bib	Athlete	School	Heat 1 Perf.	Pts
1	2	Louis SPENCER	Stanwell	4:19.99	9
2	4	Mike SPILL	Ysgol Friars	4:22.92	7
3	3	Garan CROFT	Ysgol Y Preseli	4:49.53	6
4	5	Ben SMITH	Gartholwg	4:52.35	5
5	7	Joshua WALL	Newtown	4:55.45	4
6	8	Dylan KEY	Newbridge	4:57.40	3

T08 U16 Boys - 1500m Plate

PLATE cbp - Jac HOPKINS, Bishopston, Afan Nedd Tawe, 4:16.3 (HT), 2012

Pos	Bib	Athlete	School	Heat 2 Perf.	Pts
1	77	Dillon GILL	Welshpool High	4:36.85	9
2	11	Joshua WALLACE	Ysgol Gyfun Gwyr	4:46.64	7
3	33	Jack ASHMAN	Sir Thomas Picton	5:02.32	6
4	66	Sam MORRIS	Castell Alun High	5:08.16	5
5	22	Cameron POCOCC	Corpus Christi	5:15.23	4
6	88	Ryan STEVEN	Caerleon	5:20.72	3
7	44	Joe WILLIAMS	Ysgol David Hughes	5:21.58	2
8	55	Harri LEWIS	YGCRh Y Gwynndy	5:32.42	1

T01 U16 Boys - 80m Hurdles Cup

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

Pos	Bib	Athlete	School	Heat 1 Perf.	ws +1.4 Pts
1	3	Wiliam LLOYD	Ysgol Y Preseli	11.28	9
2	1	Tristan JAMES	Olchfa	11.59	7
3	6	Rhys JONES	Maelor School	12.30	6
4	4	Haydn DAVENPORT	Ysgol Friars	12.49	5
5	2	Dex TRIVETT	Stanwell	12.78	4
6	8	Scott BARNES	Newbridge	13.03	3
7	5	Tom STEVENS	Gartholwg	13.77	2
8	7	Tomas PARRY	Newtown	14.72	1

T01 U16 Boys - 80m Hurdles Plate

PLATE cbp - Timothy WILLIAMS, Queen Elizabeth, Dyfed, 11.4 (HT), 2013

Pos	Bib	Athlete	School	Heat 2 Perf.	ws +1.5 Pts
1	22	Immanuel FEYI-WABOSO	Corpus Christi	11.46	9
2	55	Rhys HALL	YGCRh Y Gwynndy	12.34	7
3	33	Tyree THOMPSON	Sir Thomas Picton	12.71	6
4	66	Alex FOSTER	Castell Alun High	13.28	5
5	88	Oliver ANDREW	Caerleon	13.33	4
6	11	Elliott HUNT	Ysgol Gyfun Gwyr	14.62	3
7	44	Jack ELLIS	Ysgol David Hughes	15.78	2

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2: Stanwell 78.0 Pts	6: Newtown 46.0 Pts	2: Sir Thomas Picton 75.0 Pts	6: Caerleon 52.0 Pts
3: Ysgol Y Preseli 72.0 Pts	7: Olchfa 43.0 Pts	3: YGCRh Y Gwyndy 72.0 Pts	7: Ysgol Gyfun Gwyr 46.0 Pts
4: Ysgol Friars 60.0 Pts	8: Maelor School 41.0 Pts	4: Castell Alun High 56.0 Pts	8: Welshpool High 40.0 Pts

T27 U16 Boys - Relay Cup

CUP cbp - Radyr, Cardiff & the Vale, 45.2, 2013

T27 U16 Boys - Relay Plate

PLATE cbp - YG Gwyr, Afan Nedd Tawe, 45.4, 2014

Heat 1					Heat 2						
Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	2		Stanwell	46.48	9	1	44		Ysgol David Hughes	47.74	9
2	3		Ysgol Y Preseli	46.85	7	2	22		Corpus Christi	47.93	7
3	4		Ysgol Friars	47.24	6	3	11		Ysgol Gyfun Gwyr	49.06	6
4	7		Newtown	47.37	5	4	33		Sir Thomas Picton	49.11	5
5	5		Gartholwg	47.48	4	5	88		Caerleon	49.85	4
6	8		Newbridge	47.64	3	6	55		YGCRh Y Gwyndy	50.50	3
7	1		Olchfa	47.81	2	7	77		Welshpool High	52.53	2
8	6		Maelor School	49.26	1	8	66		Castell Alun High	53.30	1

F02 U16 Boys - High Jump Cup

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

F02 U16 Boys - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	3	William LLOYD	Ysgol Y Preseli	1.75	9	1	55	Iwan REES	YGCRh Y Gwyndy	1.70	9
2	6	Rhys JONES	Maelor School	1.65	7	2	22	Immanuel FEYI-WABOSO	Corpus Christi	1.65	7
3	5	Alex HALLIDAY	Gartholwg	1.55	6	3	11	Peter ANSON	Ysgol Gyfun Gwyr	1.55	6
4	4	Ferdyn NOLANDER	Ysgol Friars	1.55	5	4	77	Ben MARSTON	Welshpool High	1.55	5
5	8	Tyler HOOK	Newbridge	1.55	4	5	66	Jack SOMERS	Castell Alun High	1.50	4
6	1	Sam LUDBROOK	Olchfa	1.50	3	6	88	James SHINE	Caerleon	1.50	3
7	7	Tai JONES	Newtown	1.45	2	7	33	Tyree THOMPSON	Sir Thomas Picton	1.45	2
8	2	Jericho AGUINALDO	Stanwell	1.40	1	8	44	Harri DAVIES-JONES	Ysgol David Hughes	1.40	1

F17 U16 Boys - Long Jump Cup

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

F17 U16 Boys - Long Jump Plate

PLATE cbp - Geraint THOMAS, Porthcawl, Glamorgan Valleys, 5.83, 2007

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	4	Shay HARDMAN	Ysgol Friars	5.19	9	1	44	Zack PRICE	Ysgol David Hughes	5.39	9
2	1	Callum DODD	Olchfa	5.11	7	2	22	Alexandru SMARANDRESCU	Corpus Christi	5.22	7
3	5	Josh KARADOGAN	Gartholwg	5.11	6	3	33	Josh HARDMAN	Sir Thomas Picton	5.21	6
4	3	Gethin GREENHALGH	Ysgol Y Preseli	4.99	5	4	55	Rhys HALL	YGCRh Y Gwyndy	4.94	5
5	2	Adam NILSEN	Stanwell	4.89	4	5	66	Stuart MCHARRIE	Castell Alun High	4.75	4
6	6	Charlie WILLIAMS	Maelor School	4.71	3	6	11	Owain MORGAN	Ysgol Gyfun Gwyr	4.64	3
7	7	Rhys MORRIS	Newtown	4.45	2						
8	8	Dylan DAVIES	Newbridge	4.23	1						

F07 U16 Boys - Triple Jump Cup

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

F07 U16 Boys - Triple Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	5	Daniel JOHN	Gartholwg	12.05	9	1	55	Caleb MOCK	YGCRh Y Gwyndy	10.79	9
2	6	Owen WILLIAMS	Maelor School	11.69	7	2	44	Luc SHARROCK	Ysgol David Hughes	10.71	7
3	1	Jack SPILLER	Olchfa	11.62	6	3	33	Joe PRITCHARD	Sir Thomas Picton	10.46	6
4	4	Toby FISHER	Ysgol Friars	11.53	5	4	88	Dylan LLOYD	Caerleon	10.44	5
5	2	Dex TRIVETT	Stanwell	11.38	4	5	66	Ethan LANGLEY	Castell Alun High	10.41	4
6	7	Tom DAVIES	Newtown	11.25	3	6	22	George THOMAS	Corpus Christi	10.21	3
7	3	Ned BENNETT	Ysgol Y Preseli	11.17	2	7	11	Josh KAMINARIS	Ysgol Gyfun Gwyr	9.31	2
8	8	Joesph COOPE FRANKLIN	Newbridge	10.41	1	8	77	Mitchell HUNT	Welshpool High	9.08	1

F19 U16 Boys - Shot Put (4.00kg) Cup

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

F19 U16 Boys - Shot Put (4.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	8	Dylan BEVAN	Newbridge	12.38	9	1	55	Ben EVANS	YGCRh Y Gwyndy	11.87	9
2	1	Tristan JAMES	Olchfa	11.98	7	2	33	Aidan BATEMAN	Sir Thomas Picton	10.85	7
3	2	Evan LLOYD	Stanwell	11.79	6	3	66	Oliver JONES	Castell Alun High	10.62	6
4	4	Levi PALMER	Ysgol Friars	11.76	5	4	88	Jack DAVIES	Caerleon	10.23	5
5	7	George JONES	Newtown	10.12	4	5	22	Joseph CHAMBERS	Corpus Christi	9.56	4
6	3	Morgan CLEWER-EVANS	Ysgol Y Preseli	9.21	3	6	44	Rhys PUGH	Ysgol David Hughes	9.33	3
7	6	Evan HUGHES	Maelor School	8.79	2	7	11	Morgan JONES	Ysgol Gyfun Gwyr	9.21	2
8	5	James MOORE	Gartholwg	8.56	1	8	77	Tom MORRIS	Welshpool High	8.95	1

F04 U16 Boys - Discus (1.25kg) Cup

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

F04 U16 Boys - Discus (1.25kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Pos	Bib	Athlete	School	Perf.	Pts
1	2	Lloyd CLARKE	Stanwell	40.04	9	1	66	Isaac LECKI	Castell Alun High	31.45	9
2	5	James HOBBS	Gartholwg	31.11	7	2	55	Josh PONCHAUD	YGCRh Y Gwyndy	30.40	7
3	3	Morgan WILLIAMS	Ysgol Y Preseli	27.07	6	3	22	Seb WOODING	Corpus Christi	28.31	6
4	8	Jack GRIFFITHS	Newbridge	27.07	5	4	88	George YOUNG	Caerleon	27.16	5
5	7	Isaac DAVIES	Newtown	26.87	4	5	33	Kyran OWENS	Sir Thomas Picton	22.15	4
6	4	Sunny START	Ysgol Friars	25.86	3	6	77	Kyle BIGGS	Welshpool High	20.50	3
7	6	Robbie WILLIAMS	Maelor School	21.62	2	7	11	Luke WILLIAMS	Ysgol Gyfun Gwyr	19.54	2
						8	44	Steff TAYLOR	Ysgol David Hughes	17.37	1



2017 NASUWT Cup & Plate Final

Thursday 13th July

Penlan Track Brecon

1: Gartholwg 78.0 Pts	5: Newbridge 59.0 Pts	1: Corpus Christi 79.0 Pts	5: Ysgol David Hughes 55.0 Pts
2: Stanwell 78.0 Pts	6: Newtown 46.0 Pts	2: Sir Thomas Picton 75.0 Pts	6: Caerleon 52.0 Pts
3: Ysgol Y Preseli 72.0 Pts	7: Olchfa 43.0 Pts	3: YGCRh Y Gwyndy 72.0 Pts	7: Ysgol Gyfun Gwyr 46.0 Pts
4: Ysgol Friars 60.0 Pts	8: Maelor School 41.0 Pts	4: Castell Alun High 56.0 Pts	8: Welshpool High 40.0 Pts

F16 U16 Boys - Javelin (600g) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts
1	5	Ethan GOODE	Gartholwg	32.82	9
2	3	Osian HILL	Ysgol Y Preseli	31.73	7
3	8	Ben JARRETT	Newbridge	29.76	6
4	2	Deiniol KNIGHT	Stanwell	26.10	5
5	7	Joe HUGHES	Newtown	24.62	4
6	4	Aaron WHITE	Ysgol Friars	23.32	3
7	6	Isacc DAWSON	Maelor School	17.00	2
8	1	Sam REES	Olchfa	13.10	1

F16 U16 Boys - Javelin (600g) Plate

PLATE cbp - Hedd NICHOLAS, Preseli, Dyfed, 46.77, 2016

Pos	Bib	Athlete	School	Perf.	Pts
1	66	Jonathan JONES	Castell Alun High	42.84	9
2	33	Will HUGHES	Sir Thomas Picton	40.30	7
3	55	Harri LEWIS	YGCRh Y Gwyndy	35.12	6
4	22	Rhys BARKLEY	Corpus Christi	34.95	5
5	11	Josh WILTON	Ysgol Gyfun Gwyr	32.94	4
6	88	Oliver THOMAS	Caerleon	29.30	3
7	44	Cai EVANS	Ysgol David Hughes	28.66	2

**NASUWT CUP FINAL****NASUWT PLATE FINAL****Match Score after 12 U14 BOYS Events 0 Events to go****U14 BOYS****U14 BOYS**

Pos	School	Pts	Pos	School	Pts
1	Cardiff High School	80.0	1	Whitchurch High	72.0
2	Cwm Rhymni Gelli Haf	77.0	2	Monmouth	66.0
3	Sir Thomas Picton	59.0	3	Bishopston	64.0
4	Olchfa	54.0	4	Ysgol Bro Myrddin	53.0
5	Croesyceiliog	53.0	5	Botwnnog	52.0
6	Hawarden High	48.0	6	Ysgol Morgan Llwyd	50.0
7	Syr Hugh Owen	38.0	7	Welshpool High	50.0
8	Caereinion	34.0	8	Brynteg	34.0

Match Score after 12 U14 GIRLS Events 0 Events to go**U14 GIRLS****U14 GIRLS**

Pos	School	Pts	Pos	School	Pts
1	Ysgol Glantaf	89.0	1	Bro Dinefwr	73.0
2	Ysgol Syr Hugh Owen	64.0	2	Radyr Comprehensive School	69.0
3	Ysgol Gyfun Gwyr	63.0	3	Cwm Rhymni Gelli Haf	62.0
4	YGCRh Y Gwyndy	52.0	4	Brynrefail	59.0
5	Caereinion	50.0	5	Bishopston	49.0
6	Ysgol Bro Myrddin	46.0	6	Newtown	45.0
7	Caerleon	41.0	7	Bassaleg	44.0
8	Hawarden High	38.0	8	Ysgol Morgan Llwyd	42.0

Match Score after 13 U16 BOYS Events 0 Events to go**U16 BOYS****U16 BOYS**

Pos	School	Pts	Pos	School	Pts
1	Gartholwg	78.0	1	Corpus Christi	79.0
2	Stanwell	78.0	2	Sir Thomas Picton	75.0
3	Ysgol Y Preseli	72.0	3	YGCRh Y Gwyndy	72.0
4	Ysgol Friars	60.0	4	Castell Alun High	56.0
5	Newbridge	59.0	5	Ysgol David Hughes	55.0
6	Newtown	46.0	6	Caerleon	52.0
7	Olchfa	43.0	7	Ysgol Gyfun Gwyr	46.0
8	Maelor School	41.0	8	Welshpool High	40.0

Match Score after 12 U16 GIRLS Events 0 Events to go**U16 GIRLS****U16 GIRLS**

Pos	School	Pts	Pos	School	Pts
1	Ysgol Glantaf	71.0	1	Radyr Comprehensive	73.0
2	Olchfa	70.0	2	Ysgol Gyfun Gwyr	67.0
3	Caerleon Comprehensive	55.0	3	Dyffryn Taf	64.0
4	Ysgol Morgan Llwyd	54.0	4	YGCRh Y Gwyndy	60.0
5	Ysgol Y Creuddyn	53.0	5	Eirias	57.0
6	Cwm Rhymni Gelli Haf	51.0	6	Newtown High School	49.0
7	Sir Thomas Picton	48.0	7	Ysgol Gyfun Gwynllyw	46.0
8	Welshpool High	41.0	8	Hawarden High School	20.0



Pos U14B CUP			Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	SP	DT	JT	
4	1	Olchfa	54.0	7.0	1.0	4.0	1.0	2.0	9.0	4.0	2.0	4.0	7.0	7.0	6.0	
1	2	Cardiff High School	80.0	9.0	6.0	6.0	7.0	7.0	5.0	7.0	5.0	6.0	9.0	9.0	4.0	
3	3	Sir Thomas Picton	59.0	5.0	3.0	9.0	4.0	9.0	4.0	2.0	4.0	9.0	4.0	1.0	5.0	
7	4	Syr Hugh Owen	38.0	6.0	2.0	3.0	2.0	5.0		1.0	7.0	5.0	2.0	2.0	3.0	
2	5	Cwm Rhymini Gelli Haf	77.0	3.0	9.0	7.0	9.0	6.0	6.0	9.0	6.0	3.0	6.0	6.0	7.0	
6	6	Hawarden High	48.0	4.0	7.0	1.0	3.0	1.0	2.0	5.0	9.0	7.0	5.0	3.0	1.0	
8	7	Caereinion	34.0	2.0	5.0	2.0	5.0	3.0	3.0	3.0	3.0	1.0	1.0	4.0	2.0	
5	8	Croesyceiliog	53.0	1.0	4.0	5.0	6.0	4.0	7.0	6.0	1.0	2.0	3.0	5.0	9.0	
Pos U14G CUP			Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	SP	DT	JT	
3	1	Ysgol Gyfun Gwyr	63.0	5.0	5.0	6.0	1.0	6.0	7.0	7.0	6.0	9.0	1.0	6.0	4.0	
1	2	Ysgol Glantaf	89.0	9.0	7.0	9.0	6.0	3.0	9.0	9.0	9.0	7.0	6.0	9.0	6.0	
6	3	Ysgol Bro Myrddin	46.0	3.0	3.0	2.0	9.0	7.0	3.0	2.0	7.0	1.0	7.0	1.0	1.0	
2	4	Ysgol Syr Hugh Owen	64.0	6.0	9.0	5.0	5.0	9.0	4.0	6.0	4.0	6.0	2.0	5.0	3.0	
4	5	YGCRh Y Gwyndy	52.0	7.0	1.0	7.0	4.0	1.0	6.0	5.0		5.0	4.0	3.0	9.0	
8	6	Hawarden High	38.0	4.0	2.0	1.0	3.0	5.0	1.0	1.0	2.0	2.0	3.0	7.0	7.0	
5	7	Caereinion	50.0	2.0	6.0	3.0	2.0	4.0	2.0	4.0	5.0	4.0	9.0	4.0	5.0	
7	8	Caerleon	41.0	1.0	4.0	4.0	7.0	2.0	5.0	3.0	3.0	3.0	5.0	2.0	2.0	
Pos U16B CUP			Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
7	1	Olchfa	43.0	6.0	2.0	1.0	1.0		7.0	2.0	3.0	7.0	6.0	7.0		1.0
2	2	Stanwell	78.0	7.0	6.0	5.0	9.0	9.0	4.0	9.0	1.0	4.0	4.0	6.0	9.0	5.0
3	3	Ysgol Y Preseli	72.0	5.0	3.0	4.0	6.0	6.0	9.0	7.0	9.0	5.0	2.0	3.0	6.0	7.0
4	4	Ysgol Friars	60.0	1.0	4.0	3.0	4.0	7.0	5.0	6.0	5.0	9.0	5.0	5.0	3.0	3.0
1	5	Gartholwg	78.0	4.0	9.0	9.0	7.0	5.0	2.0	4.0	6.0	6.0	9.0	1.0	7.0	9.0
8	6	Maelor School	41.0	3.0	1.0	2.0	5.0		6.0	1.0	7.0	3.0	7.0	2.0	2.0	2.0
6	7	Newtown	46.0	2.0	7.0	6.0	2.0	4.0	1.0	5.0	2.0	2.0	3.0	4.0	4.0	4.0
5	8	Newbridge	59.0	9.0	5.0	7.0	3.0	3.0	3.0	3.0	4.0	1.0	1.0	9.0	5.0	6.0
Pos U16G CUP			Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	SP	DT	JT	
2	1	Olchfa	70.0	5.0	3.0	9.0	9.0	4.0	5.0	5.0	9.0	7.0	5.0	3.0	6.0	
1	2	Ysgol Glantaf	71.0	6.0	9.0	7.0	7.0	5.0	7.0	7.0	5.0	5.0	4.0	4.0	5.0	
7	3	Sir Thomas Picton	48.0	3.0	5.0	3.0	4.0	6.0	3.0	2.0	3.0	3.0	3.0	6.0	7.0	
5	4	Ysgol Y Creuddyn	53.0	9.0	7.0	1.0	6.0	7.0	4.0	9.0	1.0	6.0	1.0	1.0	1.0	
6	5	Cwm Rhymini Gelli Haf	51.0	2.0	1.0	4.0	2.0	1.0	9.0	1.0	2.0	9.0	9.0	9.0	2.0	
4	6	Ysgol Morgan Llwyd	54.0	4.0	4.0	6.0	3.0	2.0	2.0	6.0	7.0	4.0	7.0	5.0	4.0	
8	7	Welshpool High	41.0	1.0	6.0	5.0	5.0	9.0		3.0	4.0	1.0	2.0	2.0	3.0	
3	8	Caerleon Comprehensive	55.0	7.0	2.0	2.0	1.0	3.0	6.0	4.0	6.0	2.0	6.0	7.0	9.0	



Pos	U14B PLATE	Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
3	11 Bishopston	64.0	7.0	1.0	3.0	9.0	7.0	9.0	9.0		6.0		2.0	9.0	2.0
1	22 Whitchurch High	72.0	4.0	6.0	6.0	4.0	4.0	3.0	6.0	9.0	9.0		7.0	5.0	9.0
4	33 Ysgol Bro Myrddin	53.0	5.0	3.0	4.0	6.0	9.0	6.0	2.0	4.0	1.0		1.0	6.0	6.0
5	44 Botwnnog	52.0	2.0	5.0	7.0	7.0	2.0	4.0	3.0	5.0	3.0		3.0	4.0	7.0
8	55 Brynteg	34.0	1.0	2.0	2.0	5.0	6.0	5.0	1.0	3.0	4.0		4.0		1.0
6	66 Ysgol Morgan Llwyd	50.0	9.0	4.0	5.0	2.0	5.0	2.0	4.0	2.0	2.0		9.0	2.0	4.0
7	77 Welshpool High	50.0	3.0	7.0		3.0	3.0	7.0	5.0	6.0	5.0		5.0	3.0	3.0
2	88 Monmouth	66.0	6.0	9.0	9.0	1.0	1.0	1.0	7.0	7.0	7.0		6.0	7.0	5.0
Pos	U14G PLATE	Total	100	200	300	800	1500	70m Hdl	4x100	HJ	LJ	SP	DT	JT	
5	11 Bishopston	49.0	6.0	5.0	4.0	2.0	1.0	5.0	4.0	6.0	4.0	7.0	2.0	3.0	
2	22 Radyr Comprehensive School	69.0	5.0	6.0	7.0	3.0	9.0	7.0	6.0	5.0	7.0	3.0	9.0	2.0	
1	33 Bro Dinefwr	73.0	7.0	4.0	5.0	9.0	5.0	4.0	9.0	7.0	5.0	9.0	4.0	5.0	
4	44 Brynrefail	59.0	4.0	3.0	2.0	7.0	6.0	6.0	2.0	4.0	6.0	4.0	6.0	9.0	
3	55 Cwm Rhymni Gelli Haf	62.0	3.0	9.0	3.0	1.0	2.0	9.0	7.0	9.0	2.0	6.0	5.0	6.0	
8	66 Ysgol Morgan Llwyd	42.0	9.0	1.0	9.0	4.0	3.0		5.0	1.0	1.0	1.0	1.0	7.0	
6	77 Newtown	45.0	1.0	2.0	6.0	6.0	4.0	3.0	3.0	2.0	9.0	5.0	3.0	1.0	
7	88 Bassaleg	44.0	2.0	7.0	1.0	5.0	7.0	2.0	1.0	3.0	3.0	2.0	7.0	4.0	
Pos	U16B PLATE	Total	100	200	300	800	1500	80m Hdl	4x100	HJ	LJ	TJ	SP	DT	JT
7	11 Ysgol Gyfun Gwyr	46.0	4.0	3.0	3.0	1.0	7.0	3.0	6.0	6.0	3.0	2.0	2.0	2.0	4.0
1	22 Corpus Christi	79.0	7.0	9.0	6.0	5.0	4.0	9.0	7.0	7.0	7.0	3.0	4.0	6.0	5.0
2	33 Sir Thomas Picton	75.0	5.0	6.0	9.0	6.0	6.0	6.0	5.0	2.0	6.0	6.0	7.0	4.0	7.0
5	44 Ysgol David Hughes	55.0	9.0	7.0		3.0	2.0	2.0	9.0	1.0	9.0	7.0	3.0	1.0	2.0
3	55 YGCRh Y Gwyndy	72.0	3.0	5.0	4.0	4.0	1.0	7.0	3.0	9.0	5.0	9.0	9.0	7.0	6.0
4	66 Castell Alun High	56.0	1.0	4.0	2.0	2.0	5.0	5.0	1.0	4.0	4.0	4.0	6.0	9.0	9.0
8	77 Welshpool High	40.0	2.0	1.0	7.0	9.0	9.0		2.0	5.0		1.0	1.0	3.0	
6	88 Caerleon	52.0	6.0	2.0	5.0	7.0	3.0	4.0	4.0	3.0		5.0	5.0	5.0	3.0
Pos	U16G PLATE	Total	100	200	300	800	1500	75m Hdl	4x100	HJ	LJ	SP	DT	JT	
2	11 Ysgol Gyfun Gwyr	67.0	5.0	4.0	9.0	7.0	2.0	5.0	7.0	5.0	4.0	4.0	6.0	9.0	
1	22 Radyr Comprehensive	73.0	9.0	6.0	2.0	9.0	1.0	4.0	9.0	9.0	9.0	9.0	2.0	4.0	
3	33 Dyffryn Taf	64.0	6.0	7.0	5.0	2.0	4.0	6.0	5.0	6.0	6.0	5.0	5.0	7.0	
5	44 Eirias	57.0	4.0	3.0	4.0	6.0	7.0	3.0	4.0	7.0	3.0	6.0	7.0	3.0	
4	55 YGCRh Y Gwyndy	60.0	3.0	5.0	3.0	3.0	3.0	7.0	6.0	4.0	5.0	7.0	9.0	5.0	
8	66 Hawarden High School	20.0	2.0				5.0		2.0	2.0		3.0		6.0	
6	77 Newtown High School	49.0	7.0	9.0	7.0	5.0	6.0	2.0	3.0	3.0	2.0	1.0	3.0	1.0	
7	88 Ysgol Gyfun Gwynllyw	46.0	1.0	2.0	6.0	4.0	9.0	9.0			7.0	2.0	4.0	2.0	

Welsh Athletics : Distance Card

Plate cbp

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	12:00 PM	Date	Thursday-13-Jul-2017	
Event		F01 U14 Boys Long Jump		CUP CBP - Jamie JONES, Barry, Cardiff & the Vale, 5.91, 2003						
				PLATE CBP - Connor FINN, Radyr, Cardiff & the Vale, 4.95, 2008						
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	4	Sion ROBERTS	Syr Hugh Owen	4.82	5.06	4.62	5.06	4	5	
2	8	Morgan LANE	Croesyceiliog	4.00	4.21	4.10	4.21	7	2	
3	6	Finley SAVAGE	Hawarden High	X	X	5.11	5.11	2	7	
4	3	Dan OMYLAK	Sir Thomas Picton	5.11	5.29	4.72	5.29	1	9	
5	5	Zak JONES	Cwm Rhymni Gelli Haf	4.34	4.17	4.42	4.42	6	3	
6	1	Sam PETHERRIDGE	Olchfa	4.62	X	4.90	4.90	5	4	
7	2	James HARKIN	Cardiff High School	4.70	4.88	5.08	5.08	3	6	
8	7	Iestyn PRYCE	Caereinion	X	X	3.94	3.94	8	1	
9	44	Noa HUGHES	Botwnnog	4.33	4.39	4.42	4.42	6	3	
10	88	Will LOVEJOY	Monmouth	4.68	4.21	4.31	4.68	2	7	
11	66	Tomos HUGHES	Ysgol Morgan Llwyd	4.42	4.03	4.42	4.42	7	2	
12	33	Jamie EVANS	Ysgol Bro Myrddin	4.01	4.29	4.21	4.29	8	1	
13	55	Bailey PAETEL	Brynteg	3.94	4.43	3.86	4.43	5	4	
14	11	Joshua AKA	Bishopston	4.40	4.47	4.64	4.64	3	6	
15	22	Ben VINCENT	Whitchurch High	5.44	5.43	X	5.44	1	9	
16	77	Ryan EDWARDS	Welshpool High	X	4.42	4.52	4.52	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Dan OMYLAK	Sir Thomas Picton	5.29	1	22	Ben VINCENT	Whitchurch High	5.44	
2	6	Finley SAVAGE	Hawarden High	5.11	2	88	Will LOVEJOY	Monmouth	4.68	
3	2	James HARKIN	Cardiff High School	5.08	3	11	Joshua AKA	Bishopston	4.64	
4	4	Sion ROBERTS	Syr Hugh Owen	5.06	4	77	Ryan EDWARDS	Welshpool High	4.52	
5	1	Sam PETHERRIDGE	Olchfa	4.90	5	55	Bailey PAETEL	Brynteg	4.43	
6	5	Zak JONES	Cwm Rhymni Gelli Haf	4.42	6	44	Noa HUGHES	Botwnnog	4.42	
7	8	Morgan LANE	Croesyceiliog	4.21	7	66	Tomos HUGHES	Ysgol Morgan Llwyd	4.42	
8	7	Iestyn PRYCE	Caereinion	3.94	8	33	Jamie EVANS	Ysgol Bro Myrddin	4.29	
REFEREE SIGNATURE										REFEREE SIGNATURE

Welsh Athletics - Height Card																					
MEETING		NASUWT Cup & Plate Final		VENUE	BRECON				TIME		12:00 PM				DATE		Thursday-13-July-2017				
EVENT		F02 U16 Boys High Jump		CUP CBP - James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997																	
				PLATE CBP - Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014																	
Order	BIB	NAME	CLUB	START	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	Best	Trials @ Ht cleared	Total Failures	Final Position PTS		
				1.75																	
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm						m.cm
1	6	Rhys JONES	Maelor School	1.45						O	O	XO	O	XXO		1.65			2	7	
2	2	Jericho AGUINALDO	Stanwell	1.40					O	XX	XXX					1.40			8	1	
3	5	Alex HALLIDAY	Gartholwg	1.45						XXO	O	O	XXX			1.55			3	6	
4	1	Sam LUDBROOK	Olchfa	1.40					O	X	XO	XXX				1.50			6	3	
5	8	Tyler HOOK	Newbridge	1.40					XO	O	O	XO	XX			1.55			5	4	
6	4	Ferdy NOLANDER	Ysgol Friars	1.45						O	XO	O	XXX			1.55			4	5	
7	7	Tai JONES	Newtown	1.45						O						1.45			7	2	
8	3	Wiliam LLOYD	Ysgol Y Preseli	1.50	O						O		O	O	XO	1.75			1	9	
9	66	Jack SOMERS	Castell Alun High	1.40					O	O	O	XXX				1.50			5	4	
10	22	Immanuel FEYI-WABOSO	Corpus Christi	1.50							O		XO	XO	XXX	1.65			2	7	
11	55	Iwan REES	YGCRh Y Gwyndy	1.55								O	XO	XXO	O	1.70			1	9	
12	11	Peter ANSON	Ysgol Gyfun Gwyr	1.45						XO	O	O	XXX			1.55			3	6	
13	88	James SHINE	Caerleon	1.35				O	XXO	XO	O	X				1.50			6	3	
14	44	Harri DAVIES-JONES	Ysgol David Hughes	1.20	XO	O	O	XO	O	X						1.40			8	1	
15	77	Ben MARSTON	Welshpool High	1.40	O	XO	XXO	O	X							1.55			4	5	
16	33	Tyree THOMPSON	Sir Thomas Picton	1.35				O	O	XXO	XXX					1.45			7	2	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	3	Wiliam LLOYD	Ysgol Y Preseli	1.75	1	55	Iwan REES	YGCRh Y Gwyndy	1.70		
2	6	Rhys JONES	Maelor School	1.65	2	22	Immanuel FEYI-WABOSO	Corpus Christi	1.65		
3	5	Alex HALLIDAY	Gartholwg	1.55	3	11	Peter ANSON	Ysgol Gyfun Gwyr	1.55		
4	4	Ferdy NOLANDER	Ysgol Friars	1.55	4	77	Ben MARSTON	Welshpool High	1.55		
5	8	Tyler HOOK	Newbridge	1.55	5	66	Jack SOMERS	Castell Alun High	1.50		
6	1	Sam LUDBROOK	Olchfa	1.50	6	88	James SHINE	Caerleon	1.50		
7	7	Tai JONES	Newtown	1.45	7	33	Tyree THOMPSON	Sir Thomas Picton	1.45		
8	2	Jericho AGUINALDO	Stanwell	1.40	8	44	Harri DAVIES-JONES	Ysgol David Hughes	1.40	REFEREE'S SIGNATURE	

Welsh Athletics : Distance Card

Cup cbp

Plate cbp

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	12:00 PM	Date	Thursday-13-Jul-2017
Event		F03 U16 Girls Shot Put (3.00kg)		CUP CBP - Maisy GREENHALGH, Ysgol Gyfun Cwm Rhymni, Glamorgan Valleys, 9.06, 2016					
				PLATE CBP - Alanna PARRY, Syr Thomas Jones, Eryri, 9.78, 2015					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	8	Grace DAVIES	Caerleon Comprehensive	8.52	8.52	X	8.52	3	6
2	5	Maisy GREENHALGH	Cwm Rhymni Gelli Haf	8.76	9.26	7.26	9.26	1	9
3	7	Ffion LOVATT	Welshpool High	7.39	6.67	6.65	7.39	7	2
4	4	Charlie BADHAM	Ysgol Y Creuddyn	6.10	6.02	5.57	6.10	8	1
5	1	Amber EVANS	Olchfa	7.82	8.08	7.90	8.08	4	5
6	6	Cerys-Haf DAVIES	Ysgol Morgan Llwyd	8.51	8.89	8.96	8.96	2	7
7	3	Charlotte WILSON	Sir Thomas Picton	7.15	7.92	7.04	7.92	6	3
8	2	Popp UGEN-SYKES	Ysgol Glantaf	7.70	8.02	7.70	8.02	5	4
9	88	Kayleigh BROWN	Ysgol Gyfun Gwynllyw	6.93	6.79	6.71	6.93	7	2
10	55	Megan PHILLIPS	YGCRh Y Gwyndy	8.51	7.86	8.77	8.77	2	7
11	77	Danielle CORK	Newtown High School	6.04	6.10	6.03	6.10	8	1
12	44	Lara PYVES	Eirias	7.70	7.09	7.60	7.70	3	6
13	11	Megan DAVIES	Ysgol Gyfun Gwyr	7.14	6.62	6.74	7.14	5	4
14	66	Louise OWEN	Hawarden High School	X	7.11	6.87	7.11	6	3
15	33	Flavia JENKINS	Dyffryn Taf	7.60	7.52	7.48	7.60	4	5
16	22	Molly GREENMAN	Radyr Comprehensive	9.80	10.62	X	10.62	1	9

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Maisy GREENHALGH	Cwm Rhymni Gelli Haf	9.26	1	22	Molly GREENMAN	Radyr Comprehensive	10.62	
2	6	Cerys-Haf DAVIES	Ysgol Morgan Llwyd	8.96	2	55	Megan PHILLIPS	YGCRh Y Gwyndy	8.77	
3	8	Grace DAVIES	Caerleon Comprehensive	8.52	3	44	Lara PYVES	Eirias	7.70	
4	1	Amber EVANS	Olchfa	8.08	4	33	Flavia JENKINS	Dyffryn Taf	7.60	
5	2	Popp UGEN-SYKES	Ysgol Glantaf	8.02	5	11	Megan DAVIES	Ysgol Gyfun Gwyr	7.14	
6	3	Charlotte WILSON	Sir Thomas Picton	7.92	6	66	Louise OWEN	Hawarden High School	7.11	
7	7	Ffion LOVATT	Welshpool High	7.39	7	88	Kayleigh BROWN	Ysgol Gyfun Gwynllyw	6.93	
8	4	Charlie BADHAM	Ysgol Y Creuddyn	6.10	8	77	Danielle CORK	Newtown High School	6.10	REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	12:00 PM	Date	Thursday-13-Jul-2017
Event		F04 U16 Boys Discus (1.25kg)		CUP CBP - Justin JONES, Myrddin, Dyfed, 43.56, 1991					
				PLATE CBP - Jay MORSE, Stanwell, Cardiff & the Vale, 45.27, 2015					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Jacob JONES	Olchfa						
2	7	Isaac DAVIES	Newtown	X	26.87	24.42	26.87	5	4
3	8	Jack GRIFFITHS	Newbridge	19.22	27.07	26.16	27.07	4	5
4	6	Robbie WILLIAMS	Maelor School	X	18.94	21.62	21.62	7	2
5	3	Morgan WILLIAMS	Ysgol Y Preseli	22.27	24.59	27.07	27.07	3	6
6	2	Lloyd CLARKE	Stanwell	36.69	40.04	39.13	40.04	1	9
7	5	James HOBBS	Gartholwg	X	31.11	X	31.11	2	7
8	4	Sunny START	Ysgol Friars	25.86	25.13	20.94	25.86	6	3
9	11	Luke WILLIAMS	Ysgol Gyfun Gwyr	X	19.54	16.93	19.54	7	2
10	77	Kyle BIGGS	Welshpool High	20.50	18.32	20.07	20.50	6	3
11	88	George YOUNG	Caerleon	26.40	27.16	23.55	27.16	4	5
12	66	Isaac LECKI	Castell Alun High	X	31.45		31.45	1	9
13	33	Kyran OWENS	Sir Thomas Picton	21.36	22.15		22.15	5	4
14	22	Seb WOODING	Corpus Christi	22.93	28.31		28.31	3	6
15	55	Josh PONCHAUD	YGCRh Y Gwyndy	24.66	30.40		30.40	2	7
16	44	Steff TAYLOR	Ysgol David Hughes	17.37			17.37	8	1

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Lloyd CLARKE	Stanwell	40.04	1	66	Isaac LECKI	Castell Alun High	31.45	
2	5	James HOBBS	Gartholwg	31.11	2	55	Josh PONCHAUD	YGCRh Y Gwyndy	30.40	
3	3	Morgan WILLIAMS	Ysgol Y Preseli	27.07	3	22	Seb WOODING	Corpus Christi	28.31	
4	8	Jack GRIFFITHS	Newbridge	27.07	4	88	George YOUNG	Caerleon	27.16	
5	7	Isaac DAVIES	Newtown	26.87	5	33	Kyran OWENS	Sir Thomas Picton	22.15	
6	4	Sunny START	Ysgol Friars	25.86	6	77	Kyle BIGGS	Welshpool High	20.50	REFEREE SIGNATURE
7	6	Robbie WILLIAMS	Maelor School	21.62	7	11	Luke WILLIAMS	Ysgol Gyfun Gwyr	19.54	
8					8	44	Steff TAYLOR	Ysgol David Hughes	17.37	

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	12:00 PM	Date	Thursday-13-Jul-2017
Event		F05 U14 Girls Javelin (400g)		CUP CBP - Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2005					
				PLATE CBP - Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2015					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	2	Manon DAVIES	Ysgol Glantaf	21.21	18.95	19.52	21.21	3	6
2	3	Celyn THOMAS	Ysgol Bro Myrddin	X	14.34	11.78	14.34	8	1
3	4	Arwen HUMPHREYS	Ysgol Syr Hugh Owen	X	X	18.93	18.93	6	3
4	5	Mannon BLACKFORD	YGCRh Y Gwyndy	21.49	26.20	23.20	26.20	1	9
5	6	Mia BREEZE	Hawarden High	21.16	22.52	19.76	22.52	2	7
6	7	Lili ASTBURY	Caereinion	X	20.29	20.57	20.57	4	5
7	8	Ellie COLLIMS	Caerleon	14.20	11.05	18.74	18.74	7	2
8	1	Bethan BENNETT	Ysgol Gyfun Gwyr	X	19.30	13.46	19.30	5	4
9	22	Georgina EDWARDS	Radyr Comprhensive School	13.45	13.38	15.47	15.47	7	2
10	33	Nieve GARDNER	Bro Dinefwr	17.14	16.88	20.15	20.15	4	5
11	44	Abbi PARKINSON	Brynrefail	24.45	X	25.92	25.92	1	9
12	55	Sorie WATKINS	Cwm Rhymni Gelli Haf	17.17	20.43	19.48	20.43	3	6
13	66	Calan PARRY	Ysgol Morgan Llwyd	15.12	21.15	X	21.15	2	7
14	77	Megan COSTALL	Newtown	10.43	13.54	14.82	14.82	8	1
15	88	Bethany CHERRINGTON	Bassaleg	X	16.02	19.24	19.24	5	4
16	11	Lara REES	Bishopston	16.19	8.16	14.69	16.19	6	3

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Mannon BLACKFORD	YGCRh Y Gwyndy	26.20	1	44	Abbi PARKINSON	Brynrefail	25.92	
2	6	Mia BREEZE	Hawarden High	22.52	2	66	Calan PARRY	Ysgol Morgan Llwyd	21.15	
3	2	Manon DAVIES	Ysgol Glantaf	21.21	3	55	Sorie WATKINS	Cwm Rhymni Gelli Haf	20.43	
4	7	Lili ASTBURY	Caereinion	20.57	4	33	Nieve GARDNER	Bro Dinefwr	20.15	
5	1	Bethan BENNETT	Ysgol Gyfun Gwyr	19.30	5	88	Bethany CHERRINGTON	Bassaleg	19.24	
6	4	Arwen HUMPHREYS	Ysgol Syr Hugh Owen	18.93	6	11	Lara REES	Bishopston	16.19	
7	8	Ellie COLLIMS	Caerleon	18.74	7	22	Georgina EDWARDS	Radyr Comprhensive School	15.47	
8	3	Celyn THOMAS	Ysgol Bro Myrddin	14.34	8	77	Megan COSTALL	Newtown	14.82	
REFEREE SIGNATURE										

Welsh Athletics : Distance Card

Plate cbp

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	1:00 PM	Date	Thursday-13-Jul-2017
Event		F06 U16 Girls Long Jump		CUP CBP - Sarah LANE, Olchfa, Afan Nedd Tawe, 5.33, 1997					
				PLATE CBP - Seren WYATT, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 4.86, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	7	Kate PUGH	Welshpool High	3.54	3.41	3.48	3.54	8	1
2	6	Hannah WARWICK	Ysgol Morgan Llwyd	3.81	3.90	3.80	3.90	5	4
3	2	Alaw EVANS	Ysgol Glantaf	4.06	4.01	3.48	4.06	4	5
4	8	Maddy HAMER	Caerleon Comprehensive	X	3.88	X	3.88	7	2
5	4	Ellen VAUGHAN	Ysgol Y Creuddyn	4.42	4.41	4.26	4.42	3	6
6	3	Emily KELSO JONES	Sir Thomas Picton	3.70	3.90	3.16	3.90	6	3
7	1	India COLLINSON	Olchfa	4.68	4.29	4.31	4.68	2	7
8	5	Lily IVIN	Cwm Rhymni Gelli Haf	4.80	X	X	4.80	1	9
9	77	Katie SHACKLETON	Newtown High School	3.62	3.71	3.52	3.71	7	2
10	66	India ASHLEY	Hawarden High School						
11	22	Grace MORGAN	Radyr Comprehensive	4.75	4.87	4.56	4.87	1	9
12	88	Emilie DAVIES	Ysgol Gyfun Gwynllyw	4.54	4.65	4.49	4.65	2	7
13	44	Ellie LESTER-OWEN	Eirias	3.86	3.87	3.03	3.87	6	3
14	33	Lauren WATTS	Dyffryn Taf	4.20	3.86	4.11	4.20	3	6
15	11	Anna MELMOTH	Ysgol Gyfun Gwyr	3.88	3.92	3.69	3.92	5	4
16	55	Alice CORDEN	YGCRh Y Gwyndy	4.18	3.99	X	4.18	4	5

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Lily IVIN	Cwm Rhymni Gelli Haf	4.80	1	22	Grace MORGAN	Radyr Comprehensive	4.87	
2	1	India COLLINSON	Olchfa	4.68	2	88	Emilie DAVIES	Ysgol Gyfun Gwynllyw	4.65	
3	4	Ellen VAUGHAN	Ysgol Y Creuddyn	4.42	3	33	Lauren WATTS	Dyffryn Taf	4.20	
4	2	Alaw EVANS	Ysgol Glantaf	4.06	4	55	Alice CORDEN	YGCRh Y Gwyndy	4.18	
5	6	Hannah WARWICK	Ysgol Morgan Llwyd	3.90	5	11	Anna MELMOTH	Ysgol Gyfun Gwyr	3.92	
6	3	Emily KELSO JONES	Sir Thomas Picton	3.90	6	44	Ellie LESTER-OWEN	Eirias	3.87	
7	8	Maddy HAMER	Caerleon Comprehensive	3.88	7	77	Katie SHACKLETON	Newtown High School	3.71	
8	7	Kate PUGH	Welshpool High	3.54	8					
REFEREE SIGNATURE										

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	1:00 PM	Date	Thursday-13-Jul-2017	
Event		F07 U16 Boys Triple Jump		CUP CBP - Owen JONES, Amman Valley, Dyfed, 13.25, 2003						
				PLATE CBP - Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013						
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	5	Daniel JOHN	Gartholwg	11.79	11.74	12.05	12.05	1	9	
2	4	Toby FISHER	Ysgol Friars	11.50	10.96	11.53	11.53	4	5	
3	3	Ned BENNETT	Ysgol Y Preseli	11.17	x	10.83	11.17	7	2	
4	7	Tom DAVIES	Newtown	10.44	10.87	11.25	11.25	6	3	
5	2	Dex TRIVETT	Stanwell	11.38	11.37	11.25	11.38	5	4	
6	1	Jack SPILLER	Olchfa	11.62	x	11.54	11.62	3	6	
7	6	Owen WILLIAMS	Maelor School	11.48	11.21	11.69	11.69	2	7	
8	8	Joesph COOPE FRANKLIN	Newbridge	10.41	10.32	10.39	10.41	8	1	
9	55	Caleb MOCK	YGCRh Y Gwyndy	10.79	10.59	10.11	10.79	1	9	
10	44	Luc SHARROCK	Ysgol David Hughes	10.71	10.59	10.61	10.71	2	7	
11	33	Joe PRITCHARD	Sir Thomas Picton	10.46			10.46	3	6	
12	77	Mitchell HUNT	Welshpool High	x	9.08	x	9.08	8	1	
13	22	George THOMAS	Corpus Christi	x	10.21	10.08	10.21	6	3	
14	11	Josh KAMINARIS	Ysgol Gyfun Gwyr	9.31	8.56	x	9.31	7	2	
15	66	Ethan LANGLEY	Castell Alun High	10.04	10.37	10.41	10.41	5	4	
16	88	Dylan LLOYD	Caerleon	10.41	10.31	10.44	10.44	4	5	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Daniel JOHN	Gartholwg	12.05	1	55	Caleb MOCK	YGCRh Y Gwyndy	10.79	
2	6	Owen WILLIAMS	Maelor School	11.69	2	44	Luc SHARROCK	Ysgol David Hughes	10.71	
3	1	Jack SPILLER	Olchfa	11.62	3	33	Joe PRITCHARD	Sir Thomas Picton	10.46	
4	4	Toby FISHER	Ysgol Friars	11.53	4	88	Dylan LLOYD	Caerleon	10.44	
5	2	Dex TRIVETT	Stanwell	11.38	5	66	Ethan LANGLEY	Castell Alun High	10.41	
6	7	Tom DAVIES	Newtown	11.25	6	22	George THOMAS	Corpus Christi	10.21	
7	3	Ned BENNETT	Ysgol Y Preseli	11.17	7	11	Josh KAMINARIS	Ysgol Gyfun Gwyr	9.31	REFEREE SIGNATURE
8	8	Joesph COOPE FRANKLIN	Newbridge	10.41	8	77	Mitchell HUNT	Welshpool High	9.08	

Welsh Athletics - Height Card				Cup cbp																	
MEETING		NASUWT Cup & Plate Final		VENUE	BRECON				TIME		1:00 PM				DATE		Thursday-13-July-2017				
EVENT		F08 U14 Girls High Jump		CUP CBP - Philippa BARKER, Brecon High, Powys, 1.53, 1989																	
				PLATE CBP - Macey MORRIS, Caldicot School, South East Wales/Marnie MUSGRAVE, Olchfa, Afan Nedd Tawe, 1.55, 2016																	
Order	BIB	NAME	CLUB	START	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.42	1.44	1.46	1.50	Best	Trials @ Ht cleared	Total Failures	Final Position PTS		
				1.55	1.57																
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					m.cm
1	3	Betsan CAMPBELL	Ysgol Bro Myrddin	1.15		O	XO	O	O	XO	X					1.35			2	7	
2	1	Alex TEW	Ysgol Gyfun Gwyr	1.15		O	O	O	O	XXX						1.30			3	6	
3	8	Ruby TUGWELL	Caerleon	1.15		XO	O	XXX								1.20			6	3	
4	2	Rosie DOMICAN	Ysgol Glantaf	1.35	O	XXX				O	O		O		O	1.55			1	9	
5	7	Ellie PHILLIPS	Caereinion	1.15		O	O	XXO	XXO							1.30			4	5	
6	5	Poppy FAULKNER-STYLES	YGCRh Y Gwyndy	1.10	O	XO	XXO									1.20			6	3	
7	4	Awel WILLIAMS	Ysgol Syr Hugh Owen	1.15		O	O	O	XXX							1.25			5	4	
8	6	Eve RATCLIFFE	Hawarden High	1.10	O	XO	XO	XXX								1.20			7	2	
9	33	Phoebe DAVIS	Bro Dinefwr	1.20			O	O	O	XO	XO	X				1.40			2	7	
10	11	Shivana HUFFER	Bishopston	1.10	O	O	O	XXO	O	X						1.30			3	6	
11	88	Emily FRY	Bassaleg	1.20			O	O	XXO	XXX						1.30			6	3	
12	22	Isabel MORGAN	Radyr Comprhensive Schoo	1.10	O	O	O	O	XO	XXX						1.30			4	5	
13	77	Sally MURTON DAVIES	Newtown	1.10	O	O	XO	X								1.25			7	2	
14	55	Bo Lilli HOWELLS	Cwm Rhymni Gelli Haf	1.15		O	O	O		O	O	O	O	O		1.46			1	9	
15	44	Rhian HAYWOOD	Brynrefail	1.20			O	O	XO	XXX						1.30			5	4	
16	66	Eirian OWEN-ANNING	Ysgol Morgan Llwyd	1.10	XO	O	XO	XXX								1.20			8	1	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	2	Rosie DOMICAN	Ysgol Glantaf	1.55	1	55	Bo Lilli HOWELLS	Cwm Rhymni Gelli Haf	1.46		
2	3	Betsan CAMPBELL	Ysgol Bro Myrddin	1.35	2	33	Phoebe DAVIS	Bro Dinefwr	1.40		
3	1	Alex TEW	Ysgol Gyfun Gwyr	1.30	3	11	Shivana HUFFER	Bishopston	1.30		
4	7	Ellie PHILLIPS	Caereinion	1.30	4	22	Isabel MORGAN	Radyr Comprhensive School	1.30		
5	4	Awel WILLIAMS	Ysgol Syr Hugh Owen	1.25	5	44	Rhian HAYWOOD	Brynrefail	1.30		
6	8	Ruby TUGWELL	Caerleon	1.20	6	88	Emily FRY	Bassaleg	1.30		
7	6	Eve RATCLIFFE	Hawarden High	1.20	7	77	Sally MURTON DAVIES	Newtown	1.25		
8					8	66	Eirian OWEN-ANNING	Ysgol Morgan Llwyd	1.20	REFEREE'S SIGNATURE	

Welsh Athletics : Distance Card

Plate cbp

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	1:00 PM	Date	Thursday-13-Jul-2017
Event		F09 U14 Girls Shot Put (2.72kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 11.12, 2009					
				PLATE CBP - Lottie FINISTER, Caldicot School, South East Wales, 9.64, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	4	Samia JONES	Ysgol Syr Hugh Owen	6.37	6.25	6.80	6.80	7	2
2	8	Megan DAVIES	Caerleon	7.20	7.56	6.85	7.56	4	5
3	6	Tegan HILL	Hawarden High	6.95	6.62	6.62	6.95	6	3
4	3	Ffion TALBOT	Ysgol Bro Myrddin	x	7.92	7.90	7.92	2	7
5	5	Ffion WINDSOR	YGCRh Y Gwyndy	6.70	7.06	6.90	7.06	5	4
6	1	Lowri BATEMAN	Ysgol Gyfun Gwyr	6.70	6.59	x	6.70	8	1
7	2	Ruby JONES	Ysgol Glantaf	6.30	7.63	7.75	7.75	3	6
8	7	Keira MCVEAGH	Caereinion	x	7.83	8.22	8.22	1	9
9	44	Elin PIERCC-JONES	Brynrefail	7.26	7.34	7.40	7.40	5	4
10	88	Ellie-Mae WAINWRIGHT	Bassaleg	6.90	7.06	6.92	7.06	7	2
11	66	Madison PARRY-CARTER	Ysgol Morgan Llwyd	6.50	6.36	6.54	6.54	8	1
12	33	Nia WILLIAMS	Bro Dinefwr	9.36	9.84	10.19	10.19	1	9
13	55	Dian BIRD	Cwm Rhymni Gelli Haf	7.98	7.62	7.62	7.98	3	6
14	11	Carys DICKINSON	Bishopston	8.05	7.83	x	8.05	2	7
15	22	Abbie MORGAN	Radyr Comprehensive School	6.26	6.33	7.10	7.10	6	3
16	77	Ffion ROBERTS	Newtown	7.71	7.63	7.87	7.87	4	5

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	7	Keira MCVEAGH	Caereinion	8.22	1	33	Nia WILLIAMS	Bro Dinefwr	10.19	
2	3	Ffion TALBOT	Ysgol Bro Myrddin	7.92	2	11	Carys DICKINSON	Bishopston	8.05	
3	2	Ruby JONES	Ysgol Glantaf	7.75	3	55	Dian BIRD	Cwm Rhymni Gelli Haf	7.98	
4	8	Megan DAVIES	Caerleon	7.56	4	77	Ffion ROBERTS	Newtown	7.87	
5	5	Ffion WINDSOR	YGCRh Y Gwyndy	7.06	5	44	Elin PIERCC-JONES	Brynrefail	7.40	
6	6	Tegan HILL	Hawarden High	6.95	6	22	Abbie MORGAN	Radyr Comprehensive School	7.10	
7	4	Samia JONES	Ysgol Syr Hugh Owen	6.80	7	88	Ellie-Mae WAINWRIGHT	Bassaleg	7.06	
8	1	Lowri BATEMAN	Ysgol Gyfun Gwyr	6.70	8	66	Madison PARRY-CARTER	Ysgol Morgan Llwyd	6.54	
										REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	1:00 PM	Date	Thursday-13-Jul-2017
Event		F10 U16 Girls Discus (1.00kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 43.87, 2012					
				PLATE CBP - Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	6	Megan HARDY	Ysgol Morgan Llwyd	21.08	15.59	21.54	21.54	4	5
2	2	Hannah JONES	Ysgol Glantaf	16.66	21.29	20.06	21.29	5	4
3	5	Anais ROWLANDS	Cwm Rhymni Gelli Haf	26.27	27.96		27.96	1	9
4	1	Bronwen STRATTON-THOMA	Olchfa	15.98	20.03	17.78	20.03	6	3
5	8	Anabelle PUGH	Caerleon Comprehensive	22.50	17.20	16.22	22.50	2	7
6	4	Elin THOMAS	Ysgol Y Creuddyn	16.43	15.75	15.93	16.43	8	1
7	7	Aaliyah ROBINS	Welshpool High	16.37	16.58	18.56	18.56	7	2
8	3	Iola WILLIAMS JONES	Sir Thomas Picton	22.06	8.30	18.67	22.06	3	6
9	66	Hannah MOONEY	Hawarden High School						
10	22	Niamh DRISCOLL	Radyr Comprehensive	14.23	13.22	14.18	14.23	7	2
11	55	Kida BALL	YGCRh Y Gwyndy	18.63	20.58	17.97	20.58	1	9
12	11	Lowri BAKER	Ysgol Gyfun Gwyr	16.53	X	16.78	16.78	3	6
13	88	Hannah NUTTALL	Ysgol Gyfun Gwynllyw	12.76	14.38	15.76	15.76	5	4
14	44	Sophie JONES	Eirias	13.60	17.36	13.06	17.36	2	7
15	77	Elis TUDOR	Newtown High School	14.24	X	14.08	14.24	6	3
16	33	Hannah BAILEY	Dyffryn Taf	15.03	14.23	16.25	16.25	4	5

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Anais ROWLANDS	Cwm Rhymni Gelli Haf	27.96	1	55	Kida BALL	YGCRh Y Gwyndy	20.58	
2	8	Anabelle PUGH	Caerleon Comprehensive	22.50	2	44	Sophie JONES	Eirias	17.36	
3	3	Iola WILLIAMS JONES	Sir Thomas Picton	22.06	3	11	Lowri BAKER	Ysgol Gyfun Gwyr	16.78	
4	6	Megan HARDY	Ysgol Morgan Llwyd	21.54	4	33	Hannah BAILEY	Dyffryn Taf	16.25	
5	2	Hannah JONES	Ysgol Glantaf	21.29	5	88	Hannah NUTTALL	Ysgol Gyfun Gwynllyw	15.76	
6	1	Bronwen STRATTON-THOMA	Olchfa	20.03	6	77	Elis TUDOR	Newtown High School	14.24	
7	7	Aaliyah ROBINS	Welshpool High	18.56	7	22	Niamh DRISCOLL	Radyr Comprehensive	14.23	REFEREE SIGNATURE
8	4	Elin THOMAS	Ysgol Y Creuddyn	16.43	8					

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	1:00 PM	Date	Thursday-13-Jul-2017	
Event		F11 U14 Boys Javelin (400g)		CUP CBP - James EVANS, Whitchurch, Cardiff & the Vale, 48.41, 2000						
				PLATE CBP - Ben METCALF, YG Cwm Rhymni, Glamorgan Valleys, 40.17, 2012						
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts	
				m.cm	m.cm	m.cm	m.cm			
1	8	Tom MORETON	Croesyceiliog	35.16	37.14	27.65	37.14	1	9	
2	5	Ben TILEY	Cwm Rhymni Gelli Haf	28.73	32.15	31.54	32.15	2	7	
3	7	Cameron WILLIAMS	Caereinion	16.20	17.74	19.10	19.10	7	2	
4	4	Dyfed HUNT	Syr Hugh Owen	17.15	20.68	23.47	23.47	6	3	
5	1	Lewis MILLOY	Olchfa	25.54	26.98	X	26.98	3	6	
6	6	Harri EVANS	Hawarden High	17.86	17.75	X	17.86	8	1	
7	3	Josh NICHOLSON	Sir Thomas Picton	26.64	X	X	26.64	4	5	
8	2	Henry HURLE	Cardiff High School	26.07	X	24.55	26.07	5	4	
9	88	Andrew GREEN	Monmouth	22.97	21.94	21.56	22.97	4	5	
10	55	Tom TREVELYAN	Brynteg	15.26	16.52	17.25	17.25	8	1	
11	77	Tom MEREDITH	Welshpool High	15.73	X	19.10	19.10	6	3	
12	44	Bruce HUBBARD	Botwnnog	29.12	29.52	26.36	29.52	2	7	
13	11	James BOSKEY	Bishopston	15.55	17.46	X	17.46	7	2	
14	66	Josh MARSHALL	Ysgol Morgan Llwyd	X	22.48	X	22.48	5	4	
15	33	Dylan TAYLOR	Ysgol Bro Myrddin	29.29	25.18	28.10	29.29	3	6	
16	22	Sam MCGRATH	Whitchurch High	32.85	X	34.43	34.43	1	9	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Tom MORETON	Croesyceiliog	37.14	1	22	Sam MCGRATH	Whitchurch High	34.43	
2	5	Ben TILEY	Cwm Rhymni Gelli Haf	32.15	2	44	Bruce HUBBARD	Botwnnog	29.52	
3	1	Lewis MILLOY	Olchfa	26.98	3	33	Dylan TAYLOR	Ysgol Bro Myrddin	29.29	
4	3	Josh NICHOLSON	Sir Thomas Picton	26.64	4	88	Andrew GREEN	Monmouth	22.97	
5	2	Henry HURLE	Cardiff High School	26.07	5	66	Josh MARSHALL	Ysgol Morgan Llwyd	22.48	
6	4	Dyfed HUNT	Syr Hugh Owen	23.47	6	77	Tom MEREDITH	Welshpool High	19.10	
7	7	Cameron WILLIAMS	Caereinion	19.10	7	11	James BOSKEY	Bishopston	17.46	
8	6	Harri EVANS	Hawarden High	17.86	8	55	Tom TREVELYAN	Brynteg	17.25	
REFEREE SIGNATURE										REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	2:00 PM	Date	Thursday-13-Jul-2017
Event		F12 U14 Girls Long Jump		CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999					
				PLATE CBP - Chloe GRIFFITH, Syr Huw Owen, Eryri, 4.71, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Carys POOLE	Ysgol Gyfun Gwyr	4.50	4.15	X	4.50	1	9
2	7	Kelsie WEBSTER	Caereinion	3.97	3.54	3.93	3.97	5	4
3	8	Scarlet MAJOR	Caerleon	3.72	3.61	3.53	3.72	6	3
4	6	Maja GRDZADZIELSKA	Hawarden High	2.91	2.99	3.53	3.53	7	2
5	3	Carina SIDHU	Ysgol Bro Myrddin	3.38	3.44	2.56	3.44	8	1
6	2	Elina DINEEN	Ysgol Glantaf	4.38	4.46	4.47	4.47	2	7
7	5	Hannah NICHOLLS	YGCRh Y Gwyndy	4.26	3.76	3.70	4.26	4	5
8	4	Chloe GRIFFITHS	Ysgol Syr Hugh Owen	X	4.38	4.35	4.38	3	6
9	11	Elin MURPHY	Bishopston	3.57	3.71	3.57	3.71	5	4
10	77	Olivia ROBSON	Newtown	3.91	3.90	3.84	3.91	1	9
11	88	Libby DAVIDSON	Bassaleg	3.45	3.36	3.46	3.46	6	3
12	66	Lowis JOHNSON	Ysgol Morgan Llwyd	X	3.11	3.10	3.11	8	1
13	33	Ffion HUDSON	Bro Dinefwr	3.73	3.76	3.71	3.76	4	5
14	22	Lauren GUNNEY	Radyr Comprehensive School	X	3.91	3.88	3.91	2	7
15	55	Tatum SEIVWRIGHT	Cwm Rhymni Gelli Haf	X	3.38	3.22	3.38	7	2
16	44	Melody HASTON-WILSON	Brynrefail	3.88	3.58	X	3.88	3	6

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	1	Carys POOLE	Ysgol Gyfun Gwyr	4.50	1	77	Olivia ROBSON	Newtown	3.91	
2	2	Elina DINEEN	Ysgol Glantaf	4.47	2	22	Lauren GUNNEY	Radyr Comprehensive School	3.91	
3	4	Chloe GRIFFITHS	Ysgol Syr Hugh Owen	4.38	3	44	Melody HASTON-WILSON	Brynrefail	3.88	
4	5	Hannah NICHOLLS	YGCRh Y Gwyndy	4.26	4	33	Ffion HUDSON	Bro Dinefwr	3.76	
5	7	Kelsie WEBSTER	Caereinion	3.97	5	11	Elin MURPHY	Bishopston	3.71	
6	8	Scarlet MAJOR	Caerleon	3.72	6	88	Libby DAVIDSON	Bassaleg	3.46	
7	6	Maja GRDZADZIELSKA	Hawarden High	3.53	7	55	Tatum SEIVWRIGHT	Cwm Rhymni Gelli Haf	3.38	
8	3	Carina SIDHU	Ysgol Bro Myrddin	3.44	8	66	Lowis JOHNSON	Ysgol Morgan Llwyd	3.11	
REFEREE SIGNATURE										

Welsh Athletics - Height Card																					
MEETING		NASUWT Cup & Plate Final		VENUE	BRECON				TIME		2:00 PM			DATE		Thursday-13-July-2017					
EVENT		F13 U16 Girls High Jump		CUP CBP - Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995																	
				PLATE CBP - Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011																	
Order	BIB	NAME	CLUB	START	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.52		Best	Trials @ Ht cleared	Total Failures	Final Position PTS		
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm						m.cm
1	7	Rhianna PHILLIPS	Welshpool High	1.25				O	O	XXX						1.30			5	4	
2	6	Eilir RHYS-KIGHT	Ysgol Morgan Llwyd	1.25				O	O	XXO	O	XXX				1.40			2	7	
3	2	Catrin JONES	Ysgol Glantaf	1.35						XO	XXX					1.35			4	5	
4	8	Robyn HOWELLS	Caerleon Comprehensive	1.25				O	O	O	XXX					1.35			3	6	
5	4	Hannah DAVIES	Ysgol Y Creuddyn	1.10	O	O	XXX									1.15			8	1	
6	3	Abbie REES	Sir Thomas Picton	1.25				O	O	XXX						1.30			6	3	
7	1	Marnie MUSGRAVE	Olchfa	1.35						O	O	O	O	XXX		1.50			1	9	
8	5	Catryn COURT	Cwm Rhymni Gelli Haf	1.20			O	XXX								1.20			7	2	
9	77	Tayla TRIGG	Newtown High School	1.20			O	O	XXX							1.25			6	3	
10	66	Alice DEELEY	Hawarden High School	1.10	O	O	XXX									1.15			7	2	
11	22	Emily STEER	Radyr Comprehensive	1.10							O	O	O	XXX		1.50			1	9	
12	88	Ffion PRIDDLE	Ysgol Gyfun Gwynllyw																		
13	44	Alice FISHER	Eirias	1.30					O	O	O	O	XXX			1.45			2	7	
14	33	Eloise JENKINS	Dyffryn Taf	1.30					O	O	O	XXX				1.40			3	6	
15	11	Catrin MORGAN	Ysgol Gyfun Gwyr	1.30					O	O	O	XXX				1.40			4	5	
16	55	Millie CARTER	YGCRh Y Gwyndy	1.25				O	O		XXX					1.30			5	4	

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	1	Marnie MUSGRAVE	Olchfa	1.50	1	22	Emily STEER	Radyr Comprehensive	1.50		
2	6	Eilir RHYS-KIGHT	Ysgol Morgan Llwyd	1.40	2	44	Alice FISHER	Eirias	1.45		
3	8	Robyn HOWELLS	Caerleon Comprehensive	1.35	3	33	Eloise JENKINS	Dyffryn Taf	1.40		
4	2	Catrin JONES	Ysgol Glantaf	1.35	4	11	Catrin MORGAN	Ysgol Gyfun Gwyr	1.40		
5	7	Rhianna PHILLIPS	Welshpool High	1.30	5	55	Millie CARTER	YGCRh Y Gwyndy	1.30		
6	3	Abbie REES	Sir Thomas Picton	1.30	6	77	Tayla TRIGG	Newtown High School	1.25		
7	5	Catryn COURT	Cwm Rhymni Gelli Haf	1.20	7	66	Alice DEELEY	Hawarden High School	1.15	REFEREE'S SIGNATURE	
8	4	Hannah DAVIES	Ysgol Y Creuddyn	1.15	8						

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	2:00 PM	Date	Thursday-13-Jul-2017
Event		F14 U14 Boys Shot Put (3.25kg)		CUP CBP - Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004					
				PLATE CBP - Jack CONDY, YG Cwm Rhymni, Glamorgan Valleys, 11.48, 2008					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	5	Morgan SMITH	Cwm Rhymni Gelli Haf	9.36	X	8.58	9.36	3	6
2	4	Cai WYN JONES	Syr Hugh Owen	7.05	7.63	7.85	7.85	7	2
3	3	Dafydd PAWLETT	Sir Thomas Picton	8.79	8.64	8.36	8.79	5	4
4	7	Gareth LEWIS	Caereinion	X	7.83	7.22	7.83	8	1
5	2	Zak WALL	Cardiff High School	10.89	11.66	10.92	11.66	1	9
6	1	Harvey JAMES	Olchfa	9.27	9.19	9.41	9.41	2	7
7	6	Evren OZBILEN	Hawarden High	8.05	8.51	9.26	9.26	4	5
8	8	Evan BOWDEN	Croesyceiliog	8.49	8.62	8.65	8.65	6	3
9	55	Gus PATTERSON	Brynteg	8.17	8.80	8.76	8.80	5	4
10	44	Liam ROBERTS	Botwnnog	7.47	8.80	8.70	8.80	6	3
11	33	Owain JONES	Ysgol Bro Myrddin	5.72	5.34	4.90	5.72	8	1
12	77	Robert IRVING	Welshpool High	8.70	8.84	8.57	8.84	4	5
13	22	Joshua REDWOOD	Whitchurch High	8.99	8.21	8.50	8.99	2	7
14	11	Leo WOOLACOTT	Bishopston	5.56	7.61	6.56	7.61	7	2
15	66	Gareth PARRY	Ysgol Morgan Llwyd	9.13	9.40	8.82	9.40	1	9
16	88	Sam BERRY	Monmouth	8.71	8.91	8.49	8.91	3	6

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Zak WALL	Cardiff High School	11.66	1	66	Gareth PARRY	Ysgol Morgan Llwyd	9.40	
2	1	Harvey JAMES	Olchfa	9.41	2	22	Joshua REDWOOD	Whitchurch High	8.99	
3	5	Morgan SMITH	Cwm Rhymni Gelli Haf	9.36	3	88	Sam BERRY	Monmouth	8.91	
4	6	Evren OZBILEN	Hawarden High	9.26	4	77	Robert IRVING	Welshpool High	8.84	
5	3	Dafydd PAWLETT	Sir Thomas Picton	8.79	5	55	Gus PATTERSON	Brynteg	8.80	
6	8	Evan BOWDEN	Croesyceiliog	8.65	6	44	Liam ROBERTS	Botwnnog	8.80	REFEREE SIGNATURE
7	4	Cai WYN JONES	Syr Hugh Owen	7.85	7	11	Leo WOOLACOTT	Bishopston	7.61	
8	7	Gareth LEWIS	Caereinion	7.83	8	33	Owain JONES	Ysgol Bro Myrddin	5.72	

Welsh Athletics : Distance Card

Plate cbp

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	2:00 PM	Date	Thursday-13-Jul-2017
Event		F15 U14 Girls Discus (0.75kg)		CUP CBP - Adele NICOLL, Welshpool, Powys, 35.92, 2010					
				PLATE CBP - Ellie BEDDALL, Cardiff High, Cardiff & the Vale of Glamorgan, 23.66, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	3	Leia THOMAS	Ysgol Bro Myrddin	12.37	12.79	12.45	12.79	8	1
2	1	Medi THOMAS	Ysgol Gyfun Gwyr	17.71	X	16.97	17.71	3	6
3	8	Cate DAVIES	Caerleon	13.83	13.24	X	13.83	7	2
4	2	Lily GREGSON	Ysgol Glantaf	20.83	X	21.54	21.54	1	9
5	7	Siannon MCBRIDE	Caereinion	14.93	15.67	X	15.67	5	4
6	5	Seren RICHARDS	YGCRh Y Gwyndy	X	13.12	14.19	14.19	6	3
7	4	Elain DENHAM	Ysgol Syr Hugh Owen	X	16.33	17.06	17.06	4	5
8	6	Sienna STRAPP	Hawarden High	17.94	11.78	9.44	17.94	2	7
9	33	Ellie DAVIES	Bro Dinefwr	14.80	14.72	16.08	16.08	5	4
10	11	Lucy GREENWOOD	Bishopston	13.57	X	12.58	13.57	7	2
11	88	Rebecca FOREY	Bassaleg	15.10	19.68	16.07	19.68	2	7
12	22	Ella JACKSON	Radyr Comprehensive School	26.41	24.28	26.00	26.41	1	9
13	77	Abi POWELL	Newtown	15.56	13.67	12.33	15.56	6	3
14	55	Elyse VEATER	Cwm Rhymni Gelli Haf	16.16	14.73	X	16.16	4	5
15	44	Georgia PARKINSON	Brynrefail	18.30	19.10	X	19.10	3	6
16	66	Ffion JURKOJC	Ysgol Morgan Llwyd	X	X	12.75	12.75	8	1

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Lily GREGSON	Ysgol Glantaf	21.54	1	22	Ella JACKSON	Radyr Comprhensive School	26.41	
2	6	Sienna STRAPP	Hawarden High	17.94	2	88	Rebecca FOREY	Bassaleg	19.68	
3	1	Medi THOMAS	Ysgol Gyfun Gwyr	17.71	3	44	Georgia PARKINSON	Brynrefail	19.10	
4	4	Elain DENHAM	Ysgol Syr Hugh Owen	17.06	4	55	Elyse VEATER	Cwm Rhymni Gelli Haf	16.16	
5	7	Siannon MCBRIDE	Caereinion	15.67	5	33	Ellie DAVIES	Bro Dinefwr	16.08	
6	5	Seren RICHARDS	YGCRh Y Gwyndy	14.19	6	77	Abi POWELL	Newtown	15.56	REFEREE SIGNATURE
7	8	Cate DAVIES	Caerleon	13.83	7	11	Lucy GREENWOOD	Bishopston	13.57	
8	3	Leia THOMAS	Ysgol Bro Myrddin	12.79	8	66	Ffion JURKOJC	Ysgol Morgan Llwyd	12.75	

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	2:00 PM	Date	Thursday-13-Jul-2017
Event		F16 U16 Boys Javelin (600g)		CUP CBP - Chris THOMAS, West Mon, Gwent, 56.58, 1995					
				PLATE CBP - Hedd NICHOLAS, Preseli, Dyfed, 46.77, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	4	Aaron WHITE	Ysgol Friars	22.99	23.32	20.20	23.32	6	3
2	8	Ben JARRETT	Newbridge	X	28.93	29.76	29.76	3	6
3	6	Isacc DAWSON	Maelor School	12.50	17.00	14.94	17.00	7	2
4	3	Osian HILL	Ysgol Y Preseli	31.73	29.92	30.50	31.73	2	7
5	5	Ethan GOODE	Gartholwg	31.41	29.23	32.82	32.82	1	9
6	1	Sam REES	Olchfa	X	X	13.10	13.10	8	1
7	2	Deiniol KNIGHT	Stanwell	26.10	X	24.95	26.10	4	5
8	7	Joe HUGHES	Newtown	24.62	X	X	24.62	5	4
9	44	Cai EVANS	Ysgol David Hughes	28.66	28.10	27.23	28.66	7	2
10	88	Oliver THOMAS	Caerleon	27.30	29.30	X	29.30	6	3
11	66	Jonathan JONES	Castell Alun High	42.84	40.08	40.92	42.84	1	9
12	33	Will HUGHES	Sir Thomas Picton	X	40.30	39.12	40.30	2	7
13	55	Harri LEWIS	YGCRh Y Gwyndy	32.90	31.52	35.12	35.12	3	6
14	11	Josh WILTON	Ysgol Gyfun Gwyr	29.58	28.97	32.94	32.94	5	4
15	22	Rhys BARKLEY	Corpus Christi	X	32.16	34.95	34.95	4	5
16	77	Alex WILLIAMS	Welshpool High						

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	5	Ethan GOODE	Gartholwg	32.82	1	66	Jonathan JONES	Castell Alun High	42.84	
2	3	Osian HILL	Ysgol Y Preseli	31.73	2	33	Will HUGHES	Sir Thomas Picton	40.30	
3	8	Ben JARRETT	Newbridge	29.76	3	55	Harri LEWIS	YGCRh Y Gwyndy	35.12	
4	2	Deiniol KNIGHT	Stanwell	26.10	4	22	Rhys BARKLEY	Corpus Christi	34.95	
5	7	Joe HUGHES	Newtown	24.62	5	11	Josh WILTON	Ysgol Gyfun Gwyr	32.94	
6	4	Aaron WHITE	Ysgol Friars	23.32	6	88	Oliver THOMAS	Caerleon	29.30	
7	6	Isacc DAWSON	Maelor School	17.00	7	44	Cai EVANS	Ysgol David Hughes	28.66	
8	1	Sam REES	Olchfa	13.10	8					
REFEREE SIGNATURE										

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	3:00 PM	Date	Thursday-13-Jul-2017
Event		F17 U16 Boys Long Jump		CUP CBP - Rhys WILLIAMS, YG Cwm Rhymni, Glamorgan Valleys, 6.22, 2009					
				PLATE CBP - Geraint THOMAS, Porthcawl, Glamorgan Valleys, 5.83, 2007					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	6	Charlie WILLIAMS	Maelor School	4.71	4.25	4.70	4.71	6	3
2	2	Adam NILSEN	Stanwell	4.89	4.61	4.49	4.89	5	4
3	5	Josh KARADOGAN	Gartholwg	4.90	5.11	4.93	5.11	3	6
4	1	Callum DODD	Olchfa	4.97	4.94	5.11	5.11	2	7
5	8	Dylan DAVIES	Newbridge	4.04	4.23	4.10	4.23	8	1
6	4	Shay HARDMAN	Ysgol Friars	5.19	5.05	4.90	5.19	1	9
7	7	Rhys MORRIS	Newtown	4.40	4.45	3.86	4.45	7	2
8	3	Gethin GREENHALGH	Ysgol Y Preseli	4.97	4.75	4.99	4.99	4	5
9	66	Stuart MCHARRIE	Castell Alun High	4.56	4.75	4.59	4.75	5	4
10	22	Alexandru SMARANDRESCU	Corpus Christi	5.22	4.93	4.66	5.22	2	7
11	55	Rhys HALL	YGCRh Y Gwyndy	4.94	X	4.94	4.94	4	5
12	11	Owain MORGAN	Ysgol Gyfun Gwyr	4.55	X	4.64	4.64	6	3
13	88	Dylan HOWELL	Caerleon						
14	44	Zack PRICE	Ysgol David Hughes	5.39	5.27		5.39	1	9
15	77	Dillon GILL	Welshpool High						
16	33	Josh HARDMAN	Sir Thomas Picton	5.21	5.10	4.57	5.21	3	6

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	4	Shay HARDMAN	Ysgol Friars	5.19	1	44	Zack PRICE	Ysgol David Hughes	5.39	
2	1	Callum DODD	Olchfa	5.11	2	22	Alexandru SMARANDRESCU	Corpus Christi	5.22	
3	5	Josh KARADOGAN	Gartholwg	5.11	3	33	Josh HARDMAN	Sir Thomas Picton	5.21	
4	3	Gethin GREENHALGH	Ysgol Y Preseli	4.99	4	55	Rhys HALL	YGCRh Y Gwyndy	4.94	
5	2	Adam NILSEN	Stanwell	4.89	5	66	Stuart MCHARRIE	Castell Alun High	4.75	
6	6	Charlie WILLIAMS	Maelor School	4.71	6	11	Owain MORGAN	Ysgol Gyfun Gwyr	4.64	
7	7	Rhys MORRIS	Newtown	4.45	7					REFEREE SIGNATURE
8	8	Dylan DAVIES	Newbridge	4.23	8					

Welsh Athletics - Height Card																				
MEETING		NASUWT Cup & Plate Final		VENUE	BRECON				TIME		3:00 PM			DATE		Thursday-13-July-2017				
EVENT		F18 U14 Boys High Jump		CUP CBP - Tom TROTMAN, Cowbridge, Cardiff & the Vale, 1.70, 2011																
				PLATE CBP - Owain DAVIES, YG Gwyr, Dyfed, 1.58, 2014																
Order	BIB	NAME	CLUB	START	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60			Best	Trials @ Ht cleared	Total Failures	Final Position PTS	
				St Ht	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm	m.cm					
1	8	Kallem BERRY	Croesyceiliog	1.25		O	XXO	XXX								1.30			8	1
2	5	Jamie EYNON	Cwm Rhymni Gelli Haf	1.35				O	O	XO	XXO	-	X			1.50			3	6
3	7	Finlay BRADDICK	Caereinion	1.30			O	O	XXX							1.35			6	3
4	4	Cailan THOMAS	Syr Hugh Owen	1.30			O	O	XO	O	XO					1.50			2	7
5	1	Badara MYBE	Olchfa	1.20	O	-	O	XO	XXX							1.35			7	2
6	6	Andrew EVANS	Hawarden High	1.35				O	O	-	-	XO	XXX			1.55			1	9
7	3	Jamie ZYGADLO	Sir Thomas Picton	1.25		O	O	O	XO	XXX						1.40			5	4
8	2	Harry GIMSON	Cardiff High School	1.35				O	XXO	O	XXX					1.45			4	5
9	88	Cameron FRANCIS	Monmouth	1.30			O	XO	O	XXO	X					1.45			2	7
10	55	Ethan BEVAN	Brynteg	1.20	O	-	XO	XXX								1.30			6	3
11	77	Leo KING	Welshpool High	1.25		O	O	XO	XO	XX						1.40			3	6
12	44	Twm JONES PARRY	Botwnnog	1.30			O	O	XXO	XXX						1.40			4	5
13	11	Charlie HOLLAND	Bishopston	1.40					XXX											
14	66	Jay LEE	Ysgol Morgan Llwyd	1.25		XO	XO	XXX								1.30			7	2
15	33	Dafydd JONES	Ysgol Bro Myrddin	1.25		O	O	XO	XXX							1.35			5	4
16	22	Dylan LEWIS	Whitchurch High	1.25		O	O	O	XO	XO	X					1.45			1	9

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES	
POS	BIB	NAME	CLUB	PERF	POS	BIB	NAME	CLUB	PERF		
1	6	Andrew EVANS	Hawarden High	1.55	1	22	Dylan LEWIS	Whitchurch High	1.45		
2	4	Cailan THOMAS	Syr Hugh Owen	1.50	2	88	Cameron FRANCIS	Monmouth	1.45		
3	5	Jamie EYNON	Cwm Rhymni Gelli Haf	1.50	3	77	Leo KING	Welshpool High	1.40		
4	2	Harry GIMSON	Cardiff High School	1.45	4	44	Twm JONES PARRY	Botwnnog	1.40		
5	3	Jamie ZYGADLO	Sir Thomas Picton	1.40	5	33	Dafydd JONES	Ysgol Bro Myrddin	1.35		
6	7	Finlay BRADDICK	Caereinion	1.35	6	55	Ethan BEVAN	Brynteg	1.30		
7	1	Badara MYBE	Olchfa	1.35	7	66	Jay LEE	Ysgol Morgan Llwyd	1.30		
8	8	Kallem BERRY	Croesyceiliog	1.30	8					REFEREE'S SIGNATURE	

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	3:00 PM	Date	Thursday-13-Jul-2017
Event		F19 U16 Boys Shot Put (4.00kg)		CUP CBP - Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014					
				PLATE CBP - Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Tristan JAMES	Olchfa	11.88	11.85	11.98	11.98	2	7
2	7	George JONES	Newtown	10.12	9.00	9.15	10.12	5	4
3	8	Dylan BEVAN	Newbridge	12.38	12.22	12.05	12.38	1	9
4	6	Evan HUGHES	Maelor School	8.79	7.93	8.05	8.79	7	2
5	3	Morgan CLEWER-EVANS	Ysgol Y Preseli	9.21	8.98	8.40	9.21	6	3
6	2	Evan LLOYD	Stanwell	11.79	11.47	11.35	11.79	3	6
7	5	James MOORE	Gartholwg	8.56	8.17	8.55	8.56	8	1
8	4	Levi PALMER	Ysgol Friars	11.76	11.13	11.40	11.76	4	5
9	11	Morgan JONES	Ysgol Gyfun Gwyr	8.33	8.49	9.21	9.21	7	2
10	77	Tom MORRIS	Welshpool High	X	8.95	7.85	8.95	8	1
11	88	Jack DAVIES	Caerleon	10.23	9.27	10.20	10.23	4	5
12	66	Oliver JONES	Castell Alun High	10.36	10.37	10.62	10.62	3	6
13	33	Aidan BATEMAN	Sir Thomas Picton	10.53	10.85	10.56	10.85	2	7
14	22	Joseph CHAMBERS	Corpus Christi	9.56	9.11	9.40	9.56	5	4
15	55	Ben EVANS	YGCRh Y Gwyndy	11.59	11.87	11.45	11.87	1	9
16	44	Rhys PUGH	Ysgol David Hughes	9.33	8.80	8.72	9.33	6	3

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Dylan BEVAN	Newbridge	12.38	1	55	Ben EVANS	YGCRh Y Gwyndy	11.87	
2	1	Tristan JAMES	Olchfa	11.98	2	33	Aidan BATEMAN	Sir Thomas Picton	10.85	
3	2	Evan LLOYD	Stanwell	11.79	3	66	Oliver JONES	Castell Alun High	10.62	
4	4	Levi PALMER	Ysgol Friars	11.76	4	88	Jack DAVIES	Caerleon	10.23	
5	7	George JONES	Newtown	10.12	5	22	Joseph CHAMBERS	Corpus Christi	9.56	
6	3	Morgan CLEWER-EVANS	Ysgol Y Preseli	9.21	6	44	Rhys PUGH	Ysgol David Hughes	9.33	
7	6	Evan HUGHES	Maelor School	8.79	7	11	Morgan JONES	Ysgol Gyfun Gwyr	9.21	
8	5	James MOORE	Gartholwg	8.56	8	77	Tom MORRIS	Welshpool High	8.95	
REFEREE SIGNATURE										

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	3:00 PM	Date	Thursday-13-Jul-2017
Event		F20 U14 Boys Discus (1.00kg)		CUP CBP - Issac LECKI, Castell Alun High School , North East Wales, 35.25, 2016					
				PLATE CBP - Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	2	Jake KNIGHT	Cardiff High School	28.58	X	29.38	29.38	1	9
2	3	Seth WILLINGTON	Sir Thomas Picton	16.43	X	16.10	16.43	8	1
3	4	Osian MC GUINNESS	Syr Hugh Owen	X	17.09	X	17.09	7	2
4	5	Ethan TILEY	Cwm Rhymni Gelli Haf	X	21.94	X	21.94	3	6
5	6	Kristian HARRISON	Hawarden High	16.73	17.57	17.88	17.88	6	3
6	7	William LYDFORD	Caereinion	17.78	19.18	19.60	19.60	5	4
7	8	Sam REED	Croesyceiliog	18.14	19.74	21.25	21.25	4	5
8	1	Amir JAFARI	Olchfa	22.73	20.78	X	22.73	2	7
9	22	Charlie DAY	Whitchurch High	X	22.16	23.83	23.83	4	5
10	33	Tomos ROBERTS	Ysgol Bro Myrddin	24.83	21.05	21.68	24.83	3	6
11	44	Tristan HARRISON	Botwnnog	18.92	21.64	19.93	21.64	5	4
12	55	Ethan SCOURFIELD	Brynteg	X	X	X			
13	66	Efan OAKLEY	Ysgol Morgan Llwyd	X	13.27	14.47	14.47	7	2
14	77	Lewis WILDE	Welshpool High	16.08	X	16.64	16.64	6	3
15	88	George MERRITT	Monmouth	20.28	25.28	25.30	25.30	2	7
16	11	Oscar DUN	Bishopston	X	25.33	28.54	28.54	1	9

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	2	Jake KNIGHT	Cardiff High School	29.38	1	11	Oscar DUN	Bishopston	28.54	
2	1	Amir JAFARI	Olchfa	22.73	2	88	George MERRITT	Monmouth	25.30	
3	5	Ethan TILEY	Cwm Rhymni Gelli Haf	21.94	3	33	Tomos ROBERTS	Ysgol Bro Myrddin	24.83	
4	8	Sam REED	Croesyceiliog	21.25	4	22	Charlie DAY	Whitchurch High	23.83	
5	7	William LYDFORD	Caereinion	19.60	5	44	Tristan HARRISON	Botwnnog	21.64	
6	6	Kristian HARRISON	Hawarden High	17.88	6	77	Lewis WILDE	Welshpool High	16.64	REFEREE SIGNATURE
7	4	Osian MC GUINNESS	Syr Hugh Owen	17.09	7	66	Efan OAKLEY	Ysgol Morgan Llwyd	14.47	
8	3	Seth WILLINGTON	Sir Thomas Picton	16.43	8					

Welsh Athletics : Distance Card

Meeting		NASUWT Cup & Plate Final		Venue	Brecon	Time	3:00 PM	Date	Thursday-13-Jul-2017
Event		F21 U16 Girls Javelin (500g)		CUP CBP - Rhian EVANS, YG Gweyr, Afan Nedd Tawe, 36.62, 2015					
				PLATE CBP - Rhian EVANS, Ysgol Gyfun Gwyr, Afan Nedd Tawe, 35.66, 2016					
Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	7	Nikki WELLSFORD	Welshpool High	14.83	16.07	13.92	16.07	6	3
2	6	Ella OLDFIELD	Ysgol Morgan Llwyd	17.10	15.90	X	17.10	5	4
3	2	Chelsea WILLIAMS	Ysgol Glantaf	20.03	X	X	20.03	4	5
4	8	Tiegan IVES	Caerleon Comprehensive	28.29	23.96	X	28.29	1	9
5	4	Seren WILLIAMS	Ysgol Y Creuddyn	11.86	11.87	13.45	13.45	8	1
6	3	Rose WARNER	Sir Thomas Picton	22.92	24.32	23.20	24.32	2	7
7	1	Izzy VIVIAN	Olchfa	16.10	18.34	20.10	20.10	3	6
8	5	Anya SIMONS	Cwm Rhymni Gelli Haf	X	X	15.54	15.54	7	2
9	77	Sioned MILLS	Newtown High School	10.90	11.67	10.32	11.67	8	1
10	66	Lucie WILCOCK	Hawarden High School	17.86	22.93	23.10	23.10	3	6
11	22	Leire DAFIS-SAGARMENDI	Radyr Comprehensive	20.62	19.86	20.29	20.62	5	4
12	88	Darcy FLOOK	Ysgol Gyfun Gwynllyw	X	14.37	15.21	15.21	7	2
13	44	Llinos HILL	Eirias	17.52	16.50	X	17.52	6	3
14	33	Nieve JENKINS	Dyffryn Taf	28.60	27.77	30.04	30.04	2	7
15	11	Jamie HOLLAND	Ysgol Gyfun Gwyr	31.59	33.67	X	33.67	1	9
16	55	Bree CONIN	YGCRh Y Gwyndy	23.00	X	X	23.00	4	5

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	8	Tiegan IVES	Caerleon Comprehensive	28.29	1	11	Jamie HOLLAND	Ysgol Gyfun Gwyr	33.67	
2	3	Rose WARNER	Sir Thomas Picton	24.32	2	33	Nieve JENKINS	Dyffryn Taf	30.04	
3	1	Izzy VIVIAN	Olchfa	20.10	3	66	Lucie WILCOCK	Hawarden High School	23.10	
4	2	Chelsea WILLIAMS	Ysgol Glantaf	20.03	4	55	Bree CONIN	YGCRh Y Gwyndy	23.00	
5	6	Ella OLDFIELD	Ysgol Morgan Llwyd	17.10	5	22	Leire DAFIS-SAGARMENDI	Radyr Comprehensive	20.62	
6	7	Nikki WELLSFORD	Welshpool High	16.07	6	44	Llinos HILL	Eirias	17.52	
7	5	Anya SIMONS	Cwm Rhymni Gelli Haf	15.54	7	88	Darcy FLOOK	Ysgol Gyfun Gwynllyw	15.21	
8	4	Seren WILLIAMS	Ysgol Y Creuddyn	13.45	8	77	Sioned MILLS	Newtown High School	11.67	REFEREE SIGNATURE