

Team Results

Afan Nedd Tawe (white)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Carys Pritchard	2LR	26.1	26.0			26.0	1	30
1	Carys Pritchard	VJ	40	37	38	0	40	7	18
2	Leah- Jaye Sharp	4LR	1:01.1	0.0			1:01.1	7	18
2	Leah- Jaye Sharp	VJ	33	35	36	0	36	9	14
3	Taylor Shelmerdine	2LR	27.3	0.0			27.3	8	16
3	Taylor Shelmerdine	SLJ	214.00	200.00	208.00	0.00	214.00	3	26
4	Georgie Bo Davies	6LR	1:37.3				1:37.3	1	30
4	Georgie Bo Davies	SB	66				66	7=	16
5	Lauren Oshisanya	S	8.41	8.29	7.61	0.00	8.41	1	30
6	Freya Birt	SB	67				67	6	20
6	Freya Birt	STJ	6.14	6.07	6.32	0.00	6.32	4	24
7	Tabitha Ventress- Brett	6LR	1:39.0				1:39.0	2	28
7	Tabitha Ventress- Brett	STJ	6.26	6.21	6.48	0.00	6.48	1	30
8	Alice Caldwell	4LR	1:04.6	0.0			1:04.6	9	14
8	Alice Caldwell	SB	61				61	11	10
9	Rutendo Chasweka	SLJ	186.00	178.00	190.00	0.00	190.00	8	16
10	Ruby Hirst	S	5.50	4.85	5.55	0.00	5.55	6	20

Team Results

Cardiff & the Vale (maroon)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Amara Herbert	2LR	26.7	27.0			27.0	4	24
13	Amara Herbert	STJ	5.90	5.82	6.27	0.00	6.27	5	22
14	Amelie Edwards	2LR	26.7	27.4			27.4	5	22
14	Amelie Edwards	SLJ	213.00	216.00	205.00	0.00	216.00	2	28
15	Mali Emmerson	4LR	59.4	1:00.3			1:00.3	2	28
15	Mali Emmerson	SB	68				68	4=	23
16	Carys Mayers	4LR	1:00.7	1:02.4			1:02.4	5	22
16	Carys Mayers	VJ	49	51	52	0	52	1	30
17	Ffion Marshall	6LR	1:41.5				1:41.5	7	18
18	Olivia Ling	6LR	1:40.5				1:40.5	5	22
19	Bethan Fleet	SB	72				72	2=	27
20	Sophie Forty	SLJ	210.00	208.00	208.00	0.00	210.00	5	22
21	Amelie Morris	STJ	5.52	5.42	5.56	0.00	5.56	8	16
22	Yvie Jones	S	7.12	8.08	7.90	0.00	8.08	2	28
23	Anna Pope	S	6.48	7.32	7.45	0.00	7.45	3	26
24	Am,y Delcuratolo	VJ	50	49	49	0	50	3	26

Team Results

Dyfed (navy)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Tia Powell	2LR	26.5	26.6			26.6	2	28
25	Tia Powell	VJ	46	43	44	0	46	5	22
26	Zakia Johnson	2LR	27.1	0.0			27.1	6	20
26	Zakia Johnson	SB	68				68	4=	23
27	Efa Davies	4LR	59.4	59.2			59.2	1	30
27	Efa Davies	STJ	4.93	5.24	5.84	0.00	5.84	7	18
28	Freya Peyton	6LR	0.0				0.0		
28	Freya Peyton	SLJ	0.00	0.00	0.00	0.00	0.00		
29	Olivia Thomas	SLJ	0.00	0.00	0.00	0.00	0.00		
30	Isla Couser	STJ	5.44	5.39	5.56	0.00	5.56	9	14
31	Hollie Evans	4LR	1:01.0	0.0			1:01.0	6	20
31	Hollie Evans	SB	66				66	7=	16
32	Aisha Jend	VJ	0	0	0	0	0		

Team Results

North East Wales (blue)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No Name

Event

Perf1

Perf2

Perf3

Perf4

Best

Ranking

Points

***** no results for this team *****

Team Results

North West Wales (red)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Maisie Calvely	2LR	26.6	26.9			26.9	3	26
61	Maisie Calvely	SB	74				74	1	30
62	Lena Tyszeko	2LR	28.6	0.0			28.6	10	12
62	Lena Tyszeko	VJ	40	39	40	0	40	6	20
63	Freya Gill	4LR	1:00.0	1:01.4			1:01.4	3	26
63	Freya Gill	SLJ	194.00	197.00	200.00	0.00	200.00	7	18
63	Freya Gill	STJ	0.00	0.00	0.00	0.00	0.00		
64	Daisy Williams	4LR	1:17.6	0.0			1:17.6	10	12
64	Daisy Williams	S	5.46	5.20	4.83	0.00	5.46	7	18
65	Keira Thomas	6LR	1:48.6				1:48.6	8	16
66	Isla Jones	6LR	1:39.7				1:39.7	3	26
66	Isla Jones	STJ	6.44	6.41	6.31	0.00	6.44	2	28
67	Ella Edwards	SB	64				64	10	12
69	Isla Baynhen	S	6.34	6.54	6.94	0.00	6.94	4	24
70	Gwenlli Dafydd	STJ	6.40	6.43	6.20	0.00	6.43	3	26
71	Cadi Jones	VJ	52	50	49	0	52	2	28
72	Phoebe Dawson	SLJ	196.00	192.00	208.00	0.00	208.00	6	20

Team Results

Powys (red & white)

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	North West Wales	Red	582	60	70	70	40	38	38	42	42	42	38	54	48
2	Cardiff & the Vale	Maroon	574	40	40	50	60	46	50	40	54	50	50	38	56
3	Afan Nedd Tawe	White	570	70	50	60	30	46	32	58	50	46	42	54	32
4	Powys	Red & White	493	50	30	40	50	32	40	44	38	43	54	32	40
5	Dyfed	Navy	321	0	60	0	70	48	50	0	0	39	0	32	22
6	North East Wales	Blue	0	0	0	0	0	0	0	0	0	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
73	Isla Wilcox	2LR	27.7	0.0			27.7	9	14
73	Isla Wilcox	STJ	0.00	5.17	5.24	0.00	5.24	10	12
74	Carys Davies Williams	2LR	27.2	0.0			27.2	7	18
74	Carys Davies Williams	VJ	44	43	47	0	47	4	24
75	Lana Watkins	SLJ	204.00	210.00	213.00	0.00	213.00	4	24
76	Chloe Edwards	6LR	1:40.8				1:40.8	6	20
76	Chloe Edwards	SB	66				66	7=	16
77	Cari Jones	4LR	1:00.1	1:01.6			1:01.6	4	24
78	Cara Pearce	6LR	1:39.9				1:39.9	4	24
78	Cara Pearce	VJ	36	36	37	0	37	8	16
79	Seren Pugh	S	6.48	6.15	6.89	0.00	6.89	5	22
80	Nansi Jones	STJ	5.69	5.92	5.66	0.00	5.92	6	20
81	Esme Olphant	S	5.32	5.43	5.43	0.00	5.43	8	16
82	Menna Price	4LR	1:02.8	0.0			1:02.8	8	16
83	Renee Thurston	SB	72				72	2=	27
84	Betsey Johnson	SLJ	216.00	195.00	216.00	0.00	216.00	1	30

Results Sheet

Obstacle Relay

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
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Date
12 Mar 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	White	1:24.7	0.0	1:24.7	70.0
2	05	North West Wales	Red	1:26.2	0.0	1:26.2	60.0
3	06	Powys	Red & White	1:28.3	0.0	1:28.3	50.0
4	02	Cardiff & the Vale	Maroon	1:28.9	0.0	1:28.9	40.0

Results Sheet

4 x 1 Lap Relay

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North West Wales	Red	54.0	0.0	54.0	70.0
2	03	Dyfed	Navy	54.8	0.0	54.8	60.0
3	01	Afan Nedd Tawe	White	55.2	0.0	55.2	50.0
4	02	Cardiff & the Vale	Maroon	55.3	0.0	55.3	40.0
5	06	Powys	Red & White	55.8	0.0	55.8	30.0

Results Sheet

2 Lap Race

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	North East Wales	Blue	0
1	Dyfed	Navy	48
2=	Afan Nedd Tawe	White	46
2=	Cardiff & the Vale	Maroon	46
4	North West Wales	Red	38
5	Powys	Red & White	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	1	Carys Pritchard	26.0	30
2	Dyfed	Navy	25	Tia Powell	26.6	28
3	North West Wales	Red	61	Maisie Calvely	26.9	26
4	Cardiff & the Vale	Maroon	13	Amara Herbert	27.0	24
5	Cardiff & the Vale	Maroon	14	Amelie Edwards	27.4	22
6	Dyfed	Navy	26	Zakia Johnson	27.1	20
7	Powys	Red & White	74	Carys Davies Williams	27.2	18
8	Afan Nedd Tawe	White	3	Taylor Shelmerdine	27.3	16
9	Powys	Red & White	73	Isla Wilcox	27.7	14
10	North West Wales	Red	62	Lena Tyszeko	28.6	12

Results Sheet

4 Lap Race

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	North East Wales	Blue	0
1=	Cardiff & the Vale	Maroon	50
1=	Dyfed	Navy	50
3	Powys	Red & White	40
4	North West Wales	Red	38
5	Afan Nedd Tawe	White	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	Navy	27	Efa Davies	59.2	30
2	Cardiff & the Vale	Maroon	15	Mali Emmerson	1:00.3	28
3	North West Wales	Red	63	Freya Gill	1:01.4	26
4	Powys	Red & White	77	Cari Jones	1:01.6	24
5	Cardiff & the Vale	Maroon	16	Carys Mayers	1:02.4	22
6	Dyfed	Navy	31	Hollie Evans	1:01.0	20
7	Afan Nedd Tawe	White	2	Leah- Jaye Sharp	1:01.1	18
8	Powys	Red & White	82	Menna Price	1:02.8	16
9	Afan Nedd Tawe	White	8	Alice Caldwell	1:04.6	14
10	North West Wales	Red	64	Daisy Williams	1:17.6	12

Results Sheet

6 Lap Time Trial

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	Dyfed	Navy	0
	North East Wales	Blue	0
1	Afan Nedd Tawe	White	58
2	Powys	Red & White	44
3	North West Wales	Red	42
4	Cardiff & the Vale	Maroon	40

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	4	Georgie Bo Davies	1:37.3	30
2	Afan Nedd Tawe	White	7	Tabitha Ventress- Brett	1:39.0	28
3	North West Wales	Red	66	Isla Jones	1:39.7	26
4	Powys	Red & White	78	Cara Pearce	1:39.9	24
5	Cardiff & the Vale	Maroon	18	Olivia Ling	1:40.5	22
6	Powys	Red & White	76	Chloe Edwards	1:40.8	20
7	Cardiff & the Vale	Maroon	17	Ffion Marshall	1:41.5	18
8	North West Wales	Red	65	Keira Thomas	1:48.6	16
	Dyfed	Navy	28	Freya Peyton	0.0	0

Results Sheet

8 Lap Paarlauf

Competition:

Welsh Final 2023 Under 13 Girls

Venue:

Cwmbran Sports Centre

Date

12 Mar 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	North West Wales	Red	1:56.9	0.0	1:56.9	70.0
2	01	Afan Nedd Tawe	White	2:00.5	0.0	2:00.5	60.0
3	02	Cardiff & the Vale	Maroon	2:02.4	0.0	2:02.4	50.0
4	06	Powys	Red & White	2:02.6	0.0	2:02.6	40.0

Results Sheet

4 x 2 Lap Relay

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	Navy	1:49.4	0.0	1:49.4	70.0
2	02	Cardiff & the Vale	Maroon	1:49.8	0.0	1:49.8	60.0
3	06	Powys	Red & White	1:52.1	0.0	1:52.1	50.0
4	05	North West Wales	Red	1:53.3	0.0	1:53.3	40.0
5	01	Afan Nedd Tawe	White	1:55.8	0.0	1:55.8	30.0

Results Sheet

Shot

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	Dyfed	Navy	0
	North East Wales	Blue	0
1	Cardiff & the Vale	Maroon	54
2	Afan Nedd Tawe	White	50
3	North West Wales	Red	42
4	Powys	Red & White	38

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	5	Lauren Oshisanya	8.41	30
2	Cardiff & the Vale	Maroon	22	Yvie Jones	8.08	28
3	Cardiff & the Vale	Maroon	23	Anna Pope	7.45	26
4	North West Wales	Red	69	Isla Baynhen	6.94	24
5	Powys	Red & White	79	Seren Pugh	6.89	22
6	Afan Nedd Tawe	White	10	Ruby Hirst	5.55	20
7	North West Wales	Red	64	Daisy Williams	5.46	18
8	Powys	Red & White	81	Esme Olphant	5.43	16

Results Sheet

Speed Bounce

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	North East Wales	Blue	0
1	Cardiff & the Vale	Maroon	50
2	Afan Nedd Tawe	White	46
3	Powys	Red & White	43
4	North West Wales	Red	42
5	Dyfed	Navy	39

Ranking	Team	Colour	BibNo	Name	Total	Points
1	North West Wales	Red	61	Maisie Calvely	74	30
2=	Cardiff & the Vale	Maroon	19	Bethan Fleet	72	27
2=	Powys	Red & White	83	Renee Thurston	72	27
4=	Cardiff & the Vale	Maroon	15	Mali Emmerson	68	23
4=	Dyfed	Navy	26	Zakia Johnson	68	23
6	Afan Nedd Tawe	White	6	Freya Birt	67	20
7=	Afan Nedd Tawe	White	4	Georgie Bo Davies	66	16
7=	Dyfed	Navy	31	Hollie Evans	66	16
7=	Powys	Red & White	76	Chloe Edwards	66	16
10	North West Wales	Red	67	Ella Edwards	64	12
11	Afan Nedd Tawe	White	8	Alice Caldwell	61	10

Results Sheet

Standing Long Jump

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	Dyfed	Navy	0
	North East Wales	Blue	0
1	Powys	Red & White	54
2	Cardiff & the Vale	Maroon	50
3	Afan Nedd Tawe	White	42
4	North West Wales	Red	38

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red & White	84	Betsey Johnson	216.00	30
2	Cardiff & the Vale	Maroon	14	Amelie Edwards	216.00	28
3	Afan Nedd Tawe	White	3	Taylor Shelmerdine	214.00	26
4	Powys	Red & White	75	Lana Watkins	213.00	24
5	Cardiff & the Vale	Maroon	20	Sophie Forty	210.00	22
6	North West Wales	Red	72	Phoebe Dawson	208.00	20
7	North West Wales	Red	63	Freya Gill	200.00	18
8	Afan Nedd Tawe	White	9	Rutendo Chasweka	190.00	16
	Dyfed	Navy	28	Freya Peyton	0.00	0
	Dyfed	Navy	29	Olivia Thomas	0.00	0

Results Sheet

Standing Triple Jump

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	North East Wales	Blue	0
1=	Afan Nedd Tawe	White	54
1=	North West Wales	Red	54
3	Cardiff & the Vale	Maroon	38
4=	Dyfed	Navy	32
4=	Powys	Red & White	32

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Afan Nedd Tawe	White	7	Tabitha Ventress- Brett	6.48	30
2	North West Wales	Red	66	Isla Jones	6.44	28
3	North West Wales	Red	70	Gwenlli Dafydd	6.43	26
4	Afan Nedd Tawe	White	6	Freya Birt	6.32	24
5	Cardiff & the Vale	Maroon	13	Amara Herbert	6.27	22
6	Powys	Red & White	80	Nansi Jones	5.92	20
7	Dyfed	Navy	27	Efa Davies	5.84	18
8	Cardiff & the Vale	Maroon	21	Amelie Morris	5.56	16
9	Dyfed	Navy	30	Isla Couser	5.56	14
10	Powys	Red & White	73	Isla Wilcox	5.24	12
	North West Wales	Red	63	Freya Gill	0.00	0

Results Sheet

Vertical Jump

Competition:
Welsh Final 2023 Under 13 Girls

Venue:
Cwmbran Sports Centre

Date
12 Mar 2023

Ranking	Team	Colour	Points
	North East Wales	Blue	0
1	Cardiff & the Vale	Maroon	56
2	North West Wales	Red	48
3	Powys	Red & White	40
4	Afan Nedd Tawe	White	32
5	Dyfed	Navy	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff & the Vale	Maroon	16	Carys Mayers	52	30
2	North West Wales	Red	71	Cadi Jones	52	28
3	Cardiff & the Vale	Maroon	24	Am,y Delcuratolo	50	26
4	Powys	Red & White	74	Carys Davies Williams	47	24
5	Dyfed	Navy	25	Tia Powell	46	22
6	North West Wales	Red	62	Lena Tyszeko	40	20
7	Afan Nedd Tawe	White	1	Carys Pritchard	40	18
8	Powys	Red & White	78	Cara Pearce	37	16
9	Afan Nedd Tawe	White	2	Leah- Jaye Sharp	36	14
	Dyfed	Navy	32	Aisha Jend	0	0