

Competition Results

Competition:

Welsh Final 2025 Under 13 Girls

Venue:

Llantrisant Leisure Centre

Date

9 Mar 2025

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Team Results

Afan Nedd Tawe (white)

Competition:

Welsh Final 2025 Under 13 Girls

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Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Caitlyn Anthony	4LR	50.7	50.3			50.3	2	28
1	Caitlyn Anthony	SB	56				56	10	12
2	Poppy Brannigan	6LR	1:23.0				1:23.0	2	28
2	Poppy Brannigan	STJ	5.68	5.64	5.76	5.72	5.76	5	22
3	Constance Makari	2LR	25.2	0.0			25.2	6=	19
3	Constance Makari	S	0.00	7.73	7.99	7.89	7.99	2	28
4	Isabelle Harris	4LR	53.0	52.1			52.1	4	24
4	Isabelle Harris	VJ	41	41	39	40	41	6	20
5	Charlotte Saunders	SLJ	1.89	1.88	1.93	1.85	1.93	7	18
6	Sofia Morgan	6LR	1:31.5				1:31.5	8	16
6	Sofia Morgan	SB	61				61	8	16

Team Results

Cardiff and The Vale (maroon)

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Welsh Final 2025 Under 13 Girls

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Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Olivia Thomas	2LR	23.6	23.0			23.0	1	30
13	Olivia Thomas	VJ	54	53	46	54	54	3	26
14	Summer Beadle	2LR	25.2	0.0			25.2	6=	19
15	Sophia Davies	4LR	51.0	50.2			50.2	1	30
15	Sophia Davies	STJ	5.56	5.92	5.90	5.66	5.92	4	24
16	Catrin Matthews	4LR	55.6	0.0			55.6	8	16
16	Catrin Matthews	VJ	47	47	45	46	47	4	24
17	Sabine-Louise Hosking	6LR	1:26.5				1:26.5	7	18
18	Mali Grace	6LR	1:25.9				1:25.9	6	20
18	Mali Grace	SB	71				71	3=	25
19	Elinor Provis	SLJ	2.02	2.01	1.97	2.07	2.07	1	30
21	Meg Caveill	SLJ	1.95	1.95	2.00	2.03	2.03	4	24
22	Maisey Lillywhite	SB	71				71	3=	25
23	Rosie Frost	S	7.94	8.16	8.22	8.04	8.22	1	30
24	Emily-Rose Woollaston	S	5.12	5.96	6.41	0.00	6.41	5	22

Team Results

Dyfed (navy)

Competition:

Welsh Final 2025 Under 13 Girls

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1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
25	Mara Amarillo	2LR	23.5	23.1			23.1	2	28
25	Mara Amarillo	SB	67				67	6=	19
27	Jodie Hope	STJ	6.20	6.30	6.45	6.20	6.45	1	30
28	Paige Lily Williams	4LR	53.7	52.6			52.6	5	22
28	Paige Lily Williams	S	7.19	7.17	7.10	6.36	7.19	4	24
30	Paige Jones	6LR	1:24.9				1:24.9	5	22
30	Paige Jones	SB	69				69	5	22
36	Ffion Marsh	SLJ	1.95	1.85	1.85	1.94	1.95	5	22

Team Results

North West Wales (sky)

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1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	Efa Roberts	2LR	23.7	23.3			23.3	3	26
37	Efa Roberts	STJ	5.92	0.00	6.14	6.10	6.14	2	28
38	Myla Brookwell	SLJ	1.77	1.83	1.89	1.87	1.89	8	16
39	Evie Austin	4LR	55.0	0.0			55.0	7	18
39	Evie Austin	VJ	54	52	56	56	56	1	30
40	Tirion Stevens	4LR	54.4	0.0			54.4	6	20
40	Tirion Stevens	STJ	5.30	5.34	5.60	5.62	5.62	7	18
41	Emily Hughes	6LR	1:31.6				1:31.6	9	14
41	Emily Hughes	VJ	36	37	35	30	37	7	18
42	Millie Jones	6LR	1:24.2				1:24.2	3	26
43	Megan Woodfine	SLJ	2.03	2.01	1.91	1.95	2.03	3	26
44	Casi Davies	SB	72				72	2	28
45	Lliwen Davies	S	5.49	5.71	5.72	6.05	6.05	8	16
46	Catrin Williams	SB	60				60	9	14
47	Emilly Keep	S	5.79	5.81	5.52	6.25	6.25	6	20
48	Leisi Owen	2LR	26.5	0.0			26.5	8	16

Team Results

Powys (red/white)

Competition:

Welsh Final 2025 Under 13 Girls

Venue:

Llantrisant Leisure Centre

Date

9 Mar 2025

Ranking	Team	Colour	Score	OR	4x1	P8	4x2	2LR	4LR	6LR	S	SB	SLJ	STJ	VJ
1	Powys	Red/White	597	50	40	70	60	46	40	54	44	49	48	46	50
2	Cardiff and The Vale	Maroon	548	30	55	50	50	49	46	38	52	50	54	24	50
3	North West Wales	Sky	509	40	55	40	40	42	38	40	36	42	42	46	48
4	Dyfed	Navy	389	60	70	0	70	28	22	22	24	41	22	30	0
5	Afan Nedd Tawe	White	361	70	0	60	0	19	52	44	28	28	18	22	20

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
49	Rubie Wygold	2LR	23.4	23.5			23.5	4	24
49	Rubie Wygold	SB	67				67	6=	19
50	Ffion Jones	2LR	24.9	24.0			24.0	5	22
51	Ella Williams	4LR	52.4	50.4			50.4	3	26
51	Ella Williams	VJ	56	43	46	45	56	2	28
52	Izzy Harrison	STJ	5.10	0.00	5.18	5.72	5.72	6	20
53	Thea Jones	6LR	1:20.6				1:20.6	1	30
54	Monique Brandon-Higgs	6LR	1:24.3				1:24.3	4	24
54	Monique Brandon-Higgs	SLJ	1.99	2.03	2.03	2.00	2.03	2	28
55	Kiarra Manuel	SLJ	1.73	1.89	1.95	1.74	1.95	6	20
56	Niamh Reynolds	S	7.15	7.66	7.67	7.36	7.67	3	26
57	Mya Lewis	S	0.00	6.24	0.00	4.82	6.24	7	18
58	Madi Jones	SB	78				78	1	30
59	Elsa Whitehall	STJ	5.95	5.18	5.00	4.92	5.95	3	26
60	Alana Harper	4LR	1:00.8	0.0			1:00.8	9	14
60	Alana Harper	VJ	38	35	36	42	42	5	22

Results Sheet

Obstacle Relay

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
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Date
9 Mar 2025

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Afan Nedd Tawe	White	1:19.1	0.0	1:19.1	70.0
2	03	Dyfed	Navy	1:20.2	0.0	1:20.2	60.0
3	05	Powys	Red/White	1:23.7	0.0	1:23.7	50.0
4	04	North West Wales	Sky	1:24.7	0.0	1:24.7	40.0
5	02	Cardiff and The Vale	Maroon	1:25.7	0.0	1:25.7	30.0

Results Sheet

4 x 1 Lap Relay

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
Llantrisant Leisure Centre

Date
9 Mar 2025

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	Navy	49.4	0.0	49.4	70.0
2=	02	Cardiff and The Vale	Maroon	50.7	0.0	50.7	55.0
2=	04	North West Wales	Sky	50.7	0.0	50.7	55.0
4	05	Powys	Red/White	53.8	0.0	53.8	40.0

Results Sheet

2 Lap Race

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
Llantrisant Leisure Centre

Date
9 Mar 2025

Ranking	Team	Colour	Points
1	Cardiff and The Vale	Maroon	49
2	Powys	Red/White	46
3	North West Wales	Sky	42
4	Dyfed	Navy	28
5	Afan Nedd Tawe	White	19

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff and The Vale	Maroon	13	Olivia Thomas	23.0	30
2	Dyfed	Navy	25	Mara Amarillo	23.1	28
3	North West Wales	Sky	37	Efa Roberts	23.3	26
4	Powys	Red/White	49	Rubie Wygold	23.5	24
5	Powys	Red/White	50	Ffion Jones	24.0	22
6=	Afan Nedd Tawe	White	3	Constance Makari	25.2	19
6=	Cardiff and The Vale	Maroon	14	Summer Beadle	25.2	19
8	North West Wales	Sky	48	Leisi Owen	26.5	16

Results Sheet

4 Lap Race

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
Llantrisant Leisure Centre

Date
9 Mar 2025

Ranking	Team	Colour	Points
1	Afan Nedd Tawe	White	52
2	Cardiff and The Vale	Maroon	46
3	Powys	Red/White	40
4	North West Wales	Sky	38
5	Dyfed	Navy	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff and The Vale	Maroon	15	Sophia Davies	50.2	30
2	Afan Nedd Tawe	White	1	Caitlyn Anthony	50.3	28
3	Powys	Red/White	51	Ella Williams	50.4	26
4	Afan Nedd Tawe	White	4	Isabelle Harris	52.1	24
5	Dyfed	Navy	28	Paige Lily Williams	52.6	22
6	North West Wales	Sky	40	Tirion Stevens	54.4	20
7	North West Wales	Sky	39	Evie Austin	55.0	18
8	Cardiff and The Vale	Maroon	16	Catrin Matthews	55.6	16
9	Powys	Red/White	60	Alana Harper	1:00.8	14

Results Sheet

6 Lap Time Trial

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
Llantrisant Leisure Centre

Date
9 Mar 2025

Ranking	Team	Colour	Points
1	Powys	Red/White	54
2	Afan Nedd Tawe	White	44
3	North West Wales	Sky	40
4	Cardiff and The Vale	Maroon	38
5	Dyfed	Navy	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Powys	Red/White	53	Thea Jones	1:20.6	30
2	Afan Nedd Tawe	White	2	Poppy Brannigan	1:23.0	28
3	North West Wales	Sky	42	Millie Jones	1:24.2	26
4	Powys	Red/White	54	Monique Brandon-Higgs	1:24.3	24
5	Dyfed	Navy	30	Paige Jones	1:24.9	22
6	Cardiff and The Vale	Maroon	18	Mali Grace	1:25.9	20
7	Cardiff and The Vale	Maroon	17	Sabine-Louise Hosking	1:26.5	18
8	Afan Nedd Tawe	White	6	Sofia Morgan	1:31.5	16
9	North West Wales	Sky	41	Emily Hughes	1:31.6	14

Results Sheet

8 Lap Paarlauf

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
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Date
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Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	Powys	Red/White	1:43.0	0.0	1:43.0	70.0
2	01	Afan Nedd Tawe	White	1:46.2	0.0	1:46.2	60.0
3	02	Cardiff and The Vale	Maroon	1:46.6	0.0	1:46.6	50.0
4	04	North West Wales	Sky	1:49.9	0.0	1:49.9	40.0

Results Sheet

4 x 2 Lap Relay

Competition:
Welsh Final 2025 Under 13 Girls

Venue:
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Date
9 Mar 2025

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Dyfed	Navy	1:39.0	0.0	1:39.0	70.0
2	05	Powys	Red/White	1:39.1	0.0	1:39.1	60.0
3	02	Cardiff and The Vale	Maroon	1:39.2	0.0	1:39.2	50.0
4	04	North West Wales	Sky	1:39.6	0.0	1:39.6	40.0

Results Sheet

Shot

Competition:
Welsh Final 2025 Under 13 Girls

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Llantrisant Leisure Centre

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9 Mar 2025

Ranking	Team	Colour	Points
1	Cardiff and The Vale	Maroon	52
2	Powys	Red/White	44
3	North West Wales	Sky	36
4	Afan Nedd Tawe	White	28
5	Dyfed	Navy	24

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff and The Vale	Maroon	23	Rosie Frost	8.22	30
2	Afan Nedd Tawe	White	3	Constance Makari	7.99	28
3	Powys	Red/White	56	Niamh Reynolds	7.67	26
4	Dyfed	Navy	28	Paige Lily Williams	7.19	24
5	Cardiff and The Vale	Maroon	24	Emily-Rose Woollaston	6.41	22
6	North West Wales	Sky	47	Emilly Keep	6.25	20
7	Powys	Red/White	57	Mya Lewis	6.24	18
8	North West Wales	Sky	45	Lliwen Davies	6.05	16

Results Sheet

Speed Bounce

Competition:
Welsh Final 2025 Under 13 Girls

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Ranking	Team	Colour	Points
1	Cardiff and The Vale	Maroon	50
2	Powys	Red/White	49
3	North West Wales	Sky	42
4	Dyfed	Navy	41
5	Afan Nedd Tawe	White	28

Ranking	Team	Colour	BibNo	Name	Total	Points
1	Powys	Red/White	58	Madi Jones	78	30
2	North West Wales	Sky	44	Casi Davies	72	28
3=	Cardiff and The Vale	Maroon	18	Mali Grace	71	25
3=	Cardiff and The Vale	Maroon	22	Maisey Lillywhite	71	25
5	Dyfed	Navy	30	Paige Jones	69	22
6=	Dyfed	Navy	25	Mara Amarillo	67	19
6=	Powys	Red/White	49	Rubie Wygold	67	19
8	Afan Nedd Tawe	White	6	Sofia Morgan	61	16
9	North West Wales	Sky	46	Catrin Williams	60	14
10	Afan Nedd Tawe	White	1	Caitlyn Anthony	56	12

Results Sheet

Standing Long Jump

Competition:

Welsh Final 2025 Under 13 Girls

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Ranking	Team	Colour	Points
1	Cardiff and The Vale	Maroon	54
2	Powys	Red/White	48
3	North West Wales	Sky	42
4	Dyfed	Navy	22
5	Afan Nedd Tawe	White	18

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Cardiff and The Vale	Maroon	19	Elinor Provis	2.07	30
2	Powys	Red/White	54	Monique Brandon-Higgs	2.03	28
3	North West Wales	Sky	43	Megan Woodfine	2.03	26
4	Cardiff and The Vale	Maroon	21	Meg Caveill	2.03	24
5	Dyfed	Navy	36	Ffion Marsh	1.95	22
6	Powys	Red/White	55	Kiarra Manuel	1.95	20
7	Afan Nedd Tawe	White	5	Charlotte Saunders	1.93	18
8	North West Wales	Sky	38	Myla Brookwell	1.89	16

Results Sheet

Standing Triple Jump

Competition:

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Ranking	Team	Colour	Points
1=	North West Wales	Sky	46
1=	Powys	Red/White	46
3	Dyfed	Navy	30
4	Cardiff and The Vale	Maroon	24
5	Afan Nedd Tawe	White	22

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Dyfed	Navy	27	Jodie Hope	6.45	30
2	North West Wales	Sky	37	Efa Roberts	6.14	28
3	Powys	Red/White	59	Elsa Whitehall	5.95	26
4	Cardiff and The Vale	Maroon	15	Sophia Davies	5.92	24
5	Afan Nedd Tawe	White	2	Poppy Brannigan	5.76	22
6	Powys	Red/White	52	Izzy Harrison	5.72	20
7	North West Wales	Sky	40	Tirion Stevens	5.62	18

Results Sheet

Vertical Jump

Competition:

Welsh Final 2025 Under 13 Girls

Venue:

Llantrisant Leisure Centre

Date

9 Mar 2025

Ranking	Team	Colour	Points
	Dyfed	Navy	0
1=	Cardiff and The Vale	Maroon	50
1=	Powys	Red/White	50
3	North West Wales	Sky	48
4	Afan Nedd Tawe	White	20

Ranking	Team	Colour	BibNo	Name	Best	Points
1	North West Wales	Sky	39	Evie Austin	56	30
2	Powys	Red/White	51	Ella Williams	56	28
3	Cardiff and The Vale	Maroon	13	Olivia Thomas	54	26
4	Cardiff and The Vale	Maroon	16	Catrin Matthews	47	24
5	Powys	Red/White	60	Alana Harper	42	22
6	Afan Nedd Tawe	White	4	Isabelle Harris	41	20
7	North West Wales	Sky	41	Emily Hughes	37	18