WSAA
WELSH SCHOOLS ATHLETICS ASSOCIATION

CAYC
CYMDEITHAS ATHLETAU YSGOLION CYMRU

NASUWT CUP & PLATE FINAL

RESULTS

Wednesday-08-Jul-2026

BRECON

NASUWT CUP FINAL			NASUWT PLATE FINAL		
U14 Boys match score after 11 events with 0 left to score					
Pos	**School**	**Pts**	**Pos**	**School**	**Pts**
1	**Cardiff High School**	**85.0**	**1**	**Ysgol Glantaf**	**79.0**

U14 Girls match score after 11 events with 0 left to score					
Pos	**School**	**Pts**	**Pos**	**School**	**Pts**
1	**Ysgol Gyfun Bro Edern**	**66.0**	**1**	**Ysgol Glantaf**	**84.0**

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

U16 Girls match score after 13 events with 0 left to score					
Pos	**School**	**Pts**	**Pos**	**School**	**Pts**
1	**Olchfa**	**86.0**	**1**	**Llanishen High School**	**84.5**

CUP FINAL CBP **7** **PLATE FINAL CBP** **3**

WELSH SCHOOLS ATHLETIC ASSOCIATION

2026 NASUWT Cup & Plate Final

Wednesday 8th July

Penlan Track Brecon

1: Cardiff High School = 85.0	*5: Gwyr = 49.0*
2: Garth Olwg = 57.0	*6: Welshpool = 44.0*
3: Ysgol Dyffryn Aman = 51.0	*7: Brynhyfryd = 41.0*
4: Ysgol Botwnnog = 50.0	*8: Croesyceiliog = 28.0*

1: Ysgol Glantaf = 79.0	*5: Ysgol Brynrefail = 45.0*
2: Strade = 70.0	*6: Cwm Brombil = 42.0*
3: YGCR- Gellihaf = 68.0	*7: Cwmbran High School = 29.0*
4: Hawarden High School = 56.0	*8: Caereinion = 18.0*

T16 U14 Boys - 100m Cup

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

-				Heat 1	*ws +1.6*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	2	Monty GRZONKA	Cardiff High School	12.23	*9.0*	***CVG***
2	3	Harvey SWEENEY	Ysgol Dyffryn Aman	12.58	*7.0*	***DYF***
3	7	Fernando JESTIN	Welshpool	12.72	*6.0*	***POW***
4	5	Gwion WIDGERY	Garth Olwg	13.02	*5.0*	***GLV***
5	4	Dafydd THOMAS	Ysgol Botwnnog	13.07	*4.0*	***ERY***
6	8	Khush SHERMA-LIMBU	Croesyceiliog	13.21	*3.0*	***SEW***
7	1	Trystan HARRIES	Gwyr	13.54	*2.0*	***ANT***
8	6	Liam PURVIS	Brynhyfryd	13.91	*1.0*	***NEW***

T16 U14 Boys - 100m Plate

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

				Heat 2	*ws +0.6*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	66	Harry DAN	Hawarden High School	11.98	*9.0*	***NEW***
2	22	Osian FITZGERALD	Ysgol Glantaf	12.49	*7.0*	***CVG***
3	44	Alffi HARRIS	Ysgol Brynrefail	12.73	*6.0*	***ERY***
4	33	Rhydian JONES	Strade	12.94	*5.0*	***DYF***
5	55	Gerorge RIDGWAY	YGCR- Gellihaf	12.95	*4.0*	***GLV***
6	88	Oakley PARRY	Cwmbran High School	13.02	*3.0*	***SEW***
7	11	Austen HUGHES	Cwm Brombil	13.59	*2.0*	***ANT***
8	77	Jacob GRIFFITHS	Caereinion	13.89	*1.0*	***POW***

T10 U14 Boys - 200m Cup

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

-				Heat 1	*ws +2.4*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	6	Jac EMLYN	Brynhyfryd	25.11	*9.0*	***NEW***
2	2	Dylan COX	Cardiff High School	26.01	*7.0*	***CVG***
3	3	Cai CANTON	Ysgol Dyffryn Aman	26.02	*6.0*	***DYF***
4	5	Aled WIDGERY	Garth Olwg	26.58	*5.0*	***GLV***
5	7	Sean JOSEPH	Welshpool	26.89	*4.0*	***POW***
6	4	Jack STOREY	Ysgol Botwnnog	27.95	*3.0*	***ERY***
7	1	Ioan JONES	Gwyr	28.08	*2.0*	***ANT***
8	8	Lachlan JENKINS	Croesyceiliog	29.13	*1.0*	***SEW***

T10 U14 Boys - 200m Plate

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

				Heat 2	*ws +1.3*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	22	Aled BROWN	Ysgol Glantaf	25.34	*9.0*	***CVG***
2	33	Emlyn TYLER	Strade	25.72	*7.0*	***DYF***
3	55	Ronnie GARDNER	YGCR- Gellihaf	26.53	*6.0*	***GLV***
4	44	Owain WILLIAMS	Ysgol Brynrefail	27.08	*5.0*	***ERY***
5	66	Patryk WYTRWAL	Hawarden High School	27.38	*4.0*	***NEW***
6	11	Cai TUTTON DENNER	Cwm Brombil	27.81	*3.0*	***ANT***
7	88	Loki WINGATE	Cwmbran High School	28.71	*2.0*	***SEW***
8	77	Stanley BATES	Caereinion	30.41	*1.0*	***POW***

T20 U14 Boys - 800m Cup

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

-				Heat 1		
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	1	Tomi JONES	Gwyr	2:12.48	*9.0*	***ANT***
2	4	George COWLEY	Ysgol Botwnnog	2:15.82	*7.0*	***ERY***
3	5	Eli ALAN	Garth Olwg	2:18.93	*6.0*	***GLV***
4	2	Toby AHMED	Cardiff High School	2:19.69	*5.0*	***CVG***
5	7	Teddy LANGFORD	Welshpool	2:22.66	*4.0*	***POW***
6	3	Tai JONES	Ysgol Dyffryn Aman	2:28.12	*3.0*	***DYF***
7	8	Olly GRIFFIN	Croesyceiliog	2:35.26	*2.0*	***SEW***
DNF	6	Henry WILLIAMS	Brynhyfryd			***NEW***

T20 U14 Boys - 800m Plate

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

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

T06 U14 Boys - 1500m Cup

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

-				Heat 1		
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	5	Rowan CARSON	Garth Olwg	4:35.93	*9.0*	***GLV***
2	2	George BAILEY	Cardiff High School	5:02.46	*7.0*	***CVG***
3	7	Seb LOXAM	Welshpool	5:06.74	*6.0*	***POW***
4	4	Zac GRANT	Ysgol Botwnnog	5:11.39	*5.0*	***ERY***
5	8	Gryf ROBINS	Croesyceiliog	5:28.87	*4.0*	***SEW***
6	3	Teifi PURCHASE	Ysgol Dyffryn Aman	5:29.68	*3.0*	***DYF***
7	6	Ethan MILLER	Brynhyfryd	5:34.43	*2.0*	***NEW***
8	1	Elliott FORD	Gwyr	5:45.85	*1.0*	***ANT***

T06 U14 Boys - 1500m Plate

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

				Heat 2		
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	**22**	**Zac MUNN**	**Ysgol Glantaf**	**4:31.34**	**9.0**	**CVG**
2	55	Joseph DRAKE	YGCR- Gellihaf	5:12.87	*7.0*	***GLV***
3	66	Oliver HEMMINGS	Hawarden High School	5:25.63	*6.0*	***NEW***
4	33	Thomas FOWLER	Strade	5:28.24	*5.0*	***DYF***
5	44	Niclas ROBERTS	Ysgol Brynrefail	5:31.32	*4.0*	***ERY***
6	77	Charlie MARRIOT	Caereinion	5:31.93	*3.0*	***POW***
7	11	Matthew DYER	Cwm Brombil	5:36.89	*2.0*	***ANT***
8	88	Caian WEBLEY	Cwmbran High School	5:56.48	*1.0*	***SEW***

T03 U14 Boys - 80m Hurdles Cup

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

-				Heat 1	*ws -0.9*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	2	Jude LANE	Cardiff High School	12.90	*9.0*	***CVG***
2	6	Freddie WILLIAMS	Brynhyfryd	13.31	*7.0*	***NEW***
3	1	Milo JACKSON	Gwyr	14.20	*6.0*	***ANT***
4	3	Tomi MALONEY	Ysgol Dyffryn Aman	14.36	*5.0*	***DYF***
5	4	Seb FOLEY	Ysgol Botwnnog	14.80	*4.0*	***ERY***
6	7	Oscar ATKINSON	Welshpool	14.93	*3.0*	***POW***
7	5	Celt HARRIES-O'BRIEN	Garth Olwg	15.76	*2.0*	***GLV***
8	8	Zaine MACHEKA	Croesyceiliog	17.22	*1.0*	***SEW***

T03 U14 Boys - 80m Hurdles Plate

PLATE CBP - Aidan ANGILLETTA, Connah's Quay High North East Wales, 11.34, 2023

				Heat 2	*ws -1.2*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	22	Will WHITE	Ysgol Glantaf	13.18	*9.0*	***CVG***
2	55	Evan WILLIAMS	YGCR- Gellihaf	13.39	*7.0*	***GLV***
3	33	Cai WILLIAMS	Strade	14.14	*6.0*	***DYF***
4	88	Riley-Jay BOWEN	Cwmbran High School	15.41	*5.0*	***SEW***
5	11	Levi WOODBRIDGE	Cwm Brombil	15.60	*4.0*	***ANT***
6	44	Steffan DAVIES	Ysgol Brynrefail	16.15	*3.0*	***ERY***
7	77	Huw DERWAS	Caereinion	17.03	*2.0*	***POW***
8	66	Sam MAKIN	Hawarden High School	19.48	*1.0*	***NEW***

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2: Garth Olwg = 57.0	*6: Welshpool = 44.0*
3: Ysgol Dyffryn Aman = 51.0	*7: Brynhyfryd = 41.0*
4: Ysgol Botwnnog = 50.0	*8: Croesyceiliog = 28.0*

1: Ysgol Glantaf = 79.0	*5: Ysgol Brynrefail = 45.0*
2: Strade = 70.0	*6: Cwm Brombil = 42.0*
3: YGCR- Gellihaf = 68.0	*7: Cwmbran High School = 29.0*
4: Hawarden High School = 56.0	*8: Caereinion = 18.0*

T26 U14 Boys - 4 x 100 Relay Cup

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

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Heat 1

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

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

T26 U14 Boys - 4 x 100 Relay Plate

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

Heat 2

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

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

F19 U14 Boys - High Jump Cup

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

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

F19 U14 Boys - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	22	Farley PRICHARD	Ysgol Glantaf	1.40	9.0	CVG
2	66	Patryk WYTRWAL	Hawarden High School	1.40	7.0	NEW
3	11	Mason JONES	Cwm Brombil	1.40	6.0	ANT
4	55	Lloyd JAMES	YGCR- Gellihaf	1.40	5.0	GLV
5	44	Alffi HARRIS	Ysgol Brynrefail	1.35	4.0	ERY
6	88	Riley-Jay BOWEN	Cwmbran High School	1.35	3.0	SEW
7	33	Emlyn TYLER	Strade	1.35	2.0	DYF
8	77	Stanley BATES	Caereinion	1.30	1.0	POW

F01 U14 Boys - Long Jump Cup

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

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

F01 U14 Boys - Long Jump Plate

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

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

F15 U14 Boys - Shot Put (3.00kg) Cup

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

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

F15 U14 Boys - Shot Put (3.00kg) Plate

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

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

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F21 U14 Boys - Discus (1.00kg) Cup

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

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

F21 U14 Boys - Discus (1.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	*Pts*	*Dist*
1	33	Ethan THOMAS	Strade	26.72	*9.0*	***DYF***
2	55	Max STEPHENS	YGCR- Gellihaf	26.29	*7.0*	***GLV***
3	22	Jacob SUTTON	Ysgol Glantaf	23.45	*6.0*	***CVG***
4	44	Owi LLOYD	Ysgol Brynrefail	20.83	*5.0*	***ERY***
5	88	Tyler BANKS	Cwmbran High School	19.38	*4.0*	***SEW***
6	77	Jacob GRIFFITHS	Caereinion	19.04	*3.0*	***POW***
7	11	Alfie GROVES	Cwm Brombil	18.19	*2.0*	***ANT***
8	66	Harrison WALKER	Hawarden High School	17.18	*1.0*	***NEW***

F11 U14 Boys - Javelin (500g) Cup

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

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

F11 U14 Boys - Javelin (500g) Plate

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

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

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CYMDEITHAS ATHLETAU YSGOLION CYMRU

1: Ysgol Gyfun Bro Edern = 66.0	*5: Welshpool = 51.0*
2: Ysgol Dyffryn Aman = 58.0	*6: Maelor Penley = 43.0*
3: Gwyr = 56.0	*7: Caerleon = 38.0*
4: YGCR- Y Gwyndy = 54.0	*8: Aberconwy = 37.0*

1: Ysgol Glantaf = 84.0	*5: Olchfa = 46.0*
2: Queen Elizabeth HS = 59.0	*6: Brynhyfryd = 46.0*
3: YGCR- Gellihaf = 49.5	*7: Bassaleg = 42.5*
4: Llanidloes = 48.0	*8: Ysgol Tryfan = 30.0*

T15 U14 Girls - 100m Cup

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

Heat 1 — *ws +1.8*

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

T15 U14 Girls - 100m Plate

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

Heat 2 — *ws +1.1*

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

T09 U14 Girls - 200m Cup

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

Heat 1 — *ws +1.5*

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

T09 U14 Girls - 200m Plate

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

Heat 2 — *ws +1.4*

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

T19 U14 Girls - 800m Cup

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

Heat 1

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

T19 U14 Girls - 800m Plate

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

Heat 2

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

T05 U14 Girls - 1500m Cup

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

Heat 1

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

T05 U14 Girls - 1500m Plate

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

Heat 2

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

T04 U14 Girls - 75m Hurdles Cup

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

Heat 1 — *ws +1.1*

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

T04 U14 Girls - 75m Hurdles Plate

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

Heat 2 — *ws +2.9*

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

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3: YGCR- Gellihaf = 49.5	*7: Bassaleg = 42.5*
4: Llanidloes = 48.0	*8: Ysgol Tryfan = 30.0*

T23 U14 Girls - 4 x 100 Relay Cup

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

Heat 1

Pos	Bib	School	Perf.	Pts	district
1	2	Ysgol Gyfun Bro Edern	54.07	9.0	CVG
2	3	Ysgol Dyffryn Aman	55.26	7.0	DYF
3	1	Gwyr	55.43	6.0	ANT
4	5	YGCR- Y Gwyndy	56.16	5.0	GLV
5	8	Caerleon	56.20	4.0	SEW
6	7	Welshpool	57.05	3.0	POW
7	6	Maelor Penley	57.08	2.0	NEW
8	4	Aberconwy	57.10	1.0	ERY

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

T23 U14 Girls - 4 x 100 Relay Plate

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

Heat 2

Pos	Bib	School	Perf.	Pts	district
1	22	Ysgol Glantaf	53.81	9.0	CVG
2	33	Queen Elizabeth HS	56.43	7.0	DYF
3	11	Olchfa	56.63	6.0	ANT
4	88	Bassaleg	57.23	5.0	SEW
5	55	YGCR- Gellihaf	57.61	4.0	GLV
6	77	Llanidloes	57.67	3.0	POW
7	44	Ysgol Tryfan	58.76	2.0	ERY
8	66	Brynhyfryd	58.97	1.0	NEW

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

F08 U14 Girls - High Jump Cup

CUP CBP - Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 20

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Edern	1.45	9.0	CVG
2=	7	Isla LANGFORD	Welshpool	1.30	6.5	POW
2=	8	Jada QUASHE	Caerleon	1.30	6.5	SEW
4	3	Molly TOUT	Ysgol Dyffryn Aman	1.30	5.0	DYF
5	1	Seren BURLEY	Gwyr	1.25	4.0	ANT
6=	5	Ella DAVIES	YGCR- Y Gwyndy	1.20	2.5	GLV
6=	6	Esther THEUNISSEN	Maelor Penley	1.20	2.5	NEW
8	4	Lydia MARSHALL-JONES	Aberconwy	1.20	1.0	ERY

F08 U14 Girls - High Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1=	77	Ella CALVIN-THOMAS	Llanidloes	1.40	8.0	POW
1=	33	Millie LEWIS	Queen Elizabeth HS	1.40	8.0	DYF
3	22	Annabelle MORRIS	Ysgol Glantaf	1.35	6.0	CVG
4=	55	Grace URQUART	YGCR- Gellihaf	1.35	4.5	GLV
4=	88	Bethany DAVIES	Bassaleg	1.35	4.5	SEW
6	11	Lily SHUBIN	Olchfa	1.35	3.0	ANT
7	66	Mollie DAVIESON	Brynhyfryd	1.25	2.0	NEW
8	44	Kate EVANS	Ysgol Tryfan	1.20	1.0	ERY

F12 U14 Girls - Long Jump Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	2	Olivia THOMAS	Ysgol Gyfun Bro Edern	4.61	9.0	CVG
2	4	Sienna HUGHES	Aberconwy	4.37	7.0	ERY
3	7	Megan PARR	Welshpool	4.32	6.0	POW
4	5	Cadi SAGE	YGCR- Y Gwyndy	4.30	5.0	GLV
5	1	Mari CHOWDHURY	Gwyr	4.10	4.0	ANT
6	3	Eluned JONES	Ysgol Dyffryn Aman	3.63	3.0	DYF
7	8	Ana GRANT-MAIOROV	Caerleon	3.56	2.0	SEW
8	6	Seren CHENOUK	Maelor Penley	3.20	1.0	NEW

F12 U14 Girls - Long Jump Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	66	Catrin WYNNE	Brynhyfryd	4.58	9.0	NEW
2	22	Celyn JONES	Ysgol Glantaf	4.39	7.0	CVG
3	11	Lottie SAUNDERS	Olchfa	4.38	6.0	ANT
4	33	Ayla JONES	Queen Elizabeth HS	4.32	5.0	DYF
5	88	Alice ILLES	Bassaleg	3.87	4.0	SEW
6	55	Brooke HARTSHORNE	YGCR- Gellihaf	3.82	3.0	GLV
7	77	Evie CARTWRIGHT	Llanidloes	3.82	2.0	POW
8	44	Lili PAGE	Ysgol Tryfan	3.55	1.0	ERY

F09 U14 Girls - Shot Put (2.72kg) Cup

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	7	Lilly COOPER	Welshpool	7.94	9.0	POW
2	8	Aaliyah OLAWALE	Caerleon	7.76	7.0	SEW
3	1	Molly EVANS	Gwyr	7.69	6.0	ANT
4	5	Caerwyn GABRIEL	YGCR- Y Gwyndy	7.21	5.0	GLV
5	6	Alys CHALONER	Maelor Penley	7.03	4.0	NEW
6	4	Esmee NEAR	Aberconwy	6.94	3.0	ERY
7	2	Ella DONALD	Ysgol Gyfun Bro Edern	6.70	2.0	CVG
8	3	Isla SLATER	Ysgol Dyffryn Aman	6.62	1.0	DYF

F09 U14 Girls - Shot Put (2.72kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	district
1	22	Seren PITT	Ysgol Glantaf	8.69	9.0	CVG
2	11	Edna UMWENI	Olchfa	7.96	7.0	ANT
3	33	Alice BOULDING	Queen Elizabeth HS	7.55	6.0	DYF
4	66	Elsa JONES	Brynhyfryd	7.25	5.0	NEW
5	55	Gwenno ANTHONY	YGCR- Gellihaf	6.69	4.0	GLV
6	77	Lina KYRYCHENKO	Llanidloes	6.56	3.0	POW
7	88	Poppy CLATWORTHY	Bassaleg	6.48	2.0	SEW
8	44	Mari HUGHES	Ysgol Tryfan	5.67	1.0	ERY

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4: Llanidloes = 48.0	*8: Ysgol Tryfan = 30.0*

F16 U14 Girls - Discus (0.75kg) Cup

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

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

F16 U14 Girls - Discus (0.75kg) Plate

PLATE CBP - Ella JACKSON, Radyr Comprhensive School , Cardiff & Vale, 26.41, 2017

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

F05 U14 Girls - Javelin (400g) Cup

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

Pos	Bib	Athlete	School	Perf.	*Pts*	*district*
1	6	Ava MAINWARING	Maelor Penley	27.70	*9.0*	*NEW*
2	2	Brooke HEALAN	Ysgol Gyfun Bro Edern	26.20	*7.0*	*CVG*
3	3	Isla MORGAN	Ysgol Dyffryn Aman	22.44	*6.0*	*DYF*
4	1	Mali CRONIN	Gwyr	21.08	*5.0*	*ANT*
5	5	Carys LEWIS	YGCR- Y Gwyndy	20.12	*4.0*	*GLV*
6	7	Cadi ROOKE	Welshpool	15.70	*3.0*	*POW*
7	4	Alesha NEW	Aberconwy	14.20	*2.0*	*ERY*

F05 U14 Girls - Javelin (400g) Plate

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

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

WELSH SCHOOLS ATHLETIC ASSOCIATION

2026 NASUWT Cup & Plate Final

Wednesday 8th July

Penlan Track Brecon

WSAA CAYC
WELSH SCHOOLS ATHLETICS ASSOCIATION
CYMDEITHAS ATHLETAU YSGOLION CYMRU

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

1: Ysgol Glantaf = 83.0	*5: Llanidloes = 52.0*
2: Haverfordwest High = 79.0	*6: Ysgol Botwnnog = 50.0*
3: YGCR- Gellihaf = 73.0	*7: Dwr Y Felin = 37.0*
4: Croesyceiliog = 71.0	*8: Connah's Quay = 35.0*

T18 U16 Boys - 100m Cup

CUP cbp - Jeremiah AZU, Llanishen HIgh, Cardiff & Vale, 11.08, 2016

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

T18 U16 Boys - 100m Plate

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

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

T12 U16 Boys - 200m Cup

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

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

T12 U16 Boys - 200m Plate

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

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

T14 U16 Boys - 300m Cup

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

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

T14 U16 Boys - 300m Plate

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

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

T22 U16 Boys - 800m Cup

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

				Heat 1		
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	7	Charlie LEWIS	Welshpool	2:17.39	*9.0*	*POW*
2	8	Ryan CAIN	Bassaleg	2:17.69	*7.0*	*SEW*
3	2	Kinan AL SHAMAA	Whitchurch High School	2:20.70	*6.0*	*CVG*
4	3	Oliver TENCH	Ysgol Dyffryn Aman	2:24.23	*5.0*	*DYF*
5	5	Seth GRIFFITHS	YGCR- Y Gwyndy	2:24.92	*4.0*	*GLV*
6	1	William PINCOTT-DAVIES	Gwyr	2:27.27	*3.0*	*ANT*
7	4	No Declared Athlete	Syr Thomas Jones	2:30.65	*2.0*	*ERY*
8	6	Harry ATHERTON	Hawarden High School	2:37.66	*1.0*	*NEW*

T22 U16 Boys - 800m Plate

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

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

T08 U16 Boys - 1500m Cup

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

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

T08 U16 Boys - 1500m Plate

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

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

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3: Ysgol Dyffryn Aman = 69.0	*7: Hawarden High School = 44.0*
4: Gwyr = 62.0	*8: Syr Thomas Jones = 43.0*

1: Ysgol Glantaf = 83.0	*5: Llanidloes = 52.0*
2: Haverfordwest High = 79.0	*6: Ysgol Botwnnog = 50.0*
3: YGCR- Gellihaf = 73.0	*7: Dwr Y Felin = 37.0*
4: Croesyceiliog = 71.0	*8: Connah's Quay = 35.0*

T01 U16 Boys - 100m Hurdles Cup

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

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

T01 U16 Boys - 100m Hurdles Plate

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

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

T25 U16 Boys - 4 x 100 Relay Cup

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

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

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

T25 U16 Boys - 4 x 100 Relay Plate

PLATE cbp - YG Gwyr, Afan Nedd Tawe, 45.38, 2014

				Heat 2		
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	33		Haverfordwest High	47.26	*9.0*	***DYF***
2	22		Ysgol Glantaf	47.37	*7.0*	***CVG***
3	88		Croesyceiliog	47.48	*6.0*	***SEW***
4	77		Llanidloes	48.08	*5.0*	***POW***
5	11		Dwr Y Felin	48.40	*4.0*	***ANT***
6	44		Ysgol Botwnnog	48.58	*3.0*	***ERY***
7	55		YGCR- Gellihaf	49.99	*2.0*	***GLV***
8	66		Connah's Quay	50.72	*1.0*	***NEW***

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

F02 U16 Boys - High Jump Cup

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

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

F02 U16 Boys - High Jump Plate

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

Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	55	Cobi JONES	YGCR- Gellihaf	1.65	*9.0*	***GLV***
2	33	Ethan COLE	Haverfordwest High	1.63	*7.0*	***DYF***
3	44	Ianto PATTINSON	Ysgol Botwnnog	1.60	*6.0*	***ERY***
4	22	Tristan MCDUFF	Ysgol Glantaf	1.50	*5.0*	***CVG***
5	88	Calwyn ROBINS	Croesyceiliog	1.45	*4.0*	***SEW***
6	66	Bailey ALLMAN	Connah's Quay	1.45	*3.0*	***NEW***
7	11	Goodness ADUN	Dwr Y Felin	1.45	*2.0*	***ANT***
8	77	Jake DONALDSON	Llanidloes	1.45	*1.0*	***POW***

F18 U16 Boys - Long Jump Cup

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

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

F18 U16 Boys - Long Jump Plate

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

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

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F07 U16 Boys - Triple Jump Cup

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

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

F07 U16 Boys - Triple Jump Plate

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

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

F20 U16 Boys - Shot Put (4.00kg) Cup

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

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

F20 U16 Boys - Shot Put (4.00kg) Plate

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

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Osian CARTER	YGCR- Gellihaf	11.91	9.0	GLV
2	33	Will CORBY	Haverfordwest High	10.89	7.0	DYF
3	88	Finley CLARK	Croesyceiliog	10.63	6.0	SEW
4	22	Osian CODD	Ysgol Glantaf	10.58	5.0	CVG
5	77	Logan AVERY	Llanidloes	10.06	4.0	POW
6	44	Felix BOYD	Ysgol Botwnnog	9.49	3.0	ERY
7	11	Josh DAVIES	Dwr Y Felin	8.99	2.0	ANT
8	66	Marcus SZUSZKIEWICZ	Connah's Quay	8.16	1.0	NEW

F04 U16 Boys - Discus (1.25kg) Cup

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

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

F04 U16 Boys - Discus (1.25kg) Plate

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

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

F17 U16 Boys - Javelin (600g) Cup

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

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

F17 U16 Boys - Javelin (600g) Plate

PLATE cbp - Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	James MILFORD	YGCR- Gellihaf	35.41	9.0	GLV
2	33	Carwyn LLEWHELLIN	Haverfordwest High	34.78	7.0	DYF
3	88	Logan MEACHAM	Croesyceiliog	32.62	6.0	SEW
4	22	Sidney LADELL	Ysgol Glantaf	31.42	5.0	CVG
5	66	Jacob CROSSLEY	Connah's Quay	28.77	4.0	NEW
6	77	Noah OLDFIELD	Llanidloes	27.36	3.0	POW
7	44	Giuseppe BACIGALUPO	Ysgol Botwnnog	20.40	2.0	ERY
8	11	Isaac JONES	Dwr Y Felin	14.46	1.0	ANT

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Penlan Track Brecon

WSAA CAYC
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CYMDEITHAS ATHLETAU YSGOLION CYMRU

1: Olchfa = 86.0	*5: Welshpool = 55.0*
2: Ysgol Glantaf = 81.0	*6: Brynhyfryd = 51.0*
3: Bro Myrddin = 61.0	*7: Ysgol Botwnnog = 43.0*
4: YGCR- Y Gwyndy = 61.0	*8: Gwent Is Coed = 42.0*

1: Llanishen High School = 84.5	*5: Gwyr = 62.0*
2: Bro Dinefawr = 77.0	*6: Ysgol John Bright = 57.0*
3: YGCR- Gellihaf = 72.0	*7: Bassaleg = 48.5*
4: Llanidloes = 67.0	

T17 U16 Girls - 100m Cup

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

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

T17 U16 Girls - 100m Plate

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

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

T11 U16 Girls - 200m Cup

CUP cbp - Caitlyn MAPPS, Islwyn High School, South East Wales, 24.95, 2 — CBP

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

T11 U16 Girls - 200m Plate

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

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

T13 U16 Girls - 300m Cup

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

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

T13 U16 Girls - 300m Plate

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

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

T21 U16 Girls - 800m Cup

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

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

T21 U16 Girls - 800m Plate

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

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

T07 U16 Girls - 1500m Cup

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

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

T07 U16 Girls - 1500m Plate

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

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

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3: YGCR- Gellihaf = 72.0	*7: Bassaleg = 48.5*
4: Llanidloes = 67.0	

T02 U16 Girls - 80m Hurdles Cup

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

				Heat 1	*ws +0.7*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	1	Grace CHESWEKA	Olchfa	12.51	*9.0*	***ANT***
2	5	Mali WINDSOR	YGCR- Y Gwyndy	12.61	*7.0*	***GLV***
3	2	Cerys ROWLANDS	Ysgol Glantaf	13.25	*6.0*	***CVG***
4	3	Seren BOWEN	Bro Myrddin	15.68	*5.0*	***DYF***
5	4	Cati JONES	Ysgol Botwnnog	16.23	*4.0*	***ERY***
6	6	Mabli WHITE	Brynhyfryd	16.37	*3.0*	***NEW***
7	7	Lacey EVANS	Welshpool	17.66	*2.0*	***POW***
8	8	Jaehlah-Jo SCAWTHORN	Gwent Is Coed	18.23	*1.0*	***SEW***

T02 U16 Girls - 80m Hurdles Plate

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

				Heat 2	*ws +1.0*	
Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	33	Menna FIELDER HOBBS	Bro Dinefawr	13.27	*9.0*	***DYF***
2	77	Caitlin TURNER	Llanidloes	14.21	*7.0*	***POW***
3	55	Willow JAMES	YGCR- Gellihaf	14.41	*6.0*	***GLV***
4	22	Issy EVANS	Llanishen High School	14.73	*5.0*	***CVG***
5	44	Maddison EDLINGTON	Ysgol John Bright	15.61	*4.0*	***ERY***
6	11	Summer RASTATTER	Gwyr	16.90	*3.0*	***ANT***
7	88	Matilda HOTSON	Bassaleg	17.79	*2.0*	***SEW***

T24 U16 Girls - 4 x 100 Relay Cup

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

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

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

T24 U16 Girls - 4 x 100 Relay Plate

PLATE cbp - Cardiff High, Cardiff & the Vale, 52.83, 2022 **CBP**

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

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

F14 U16 Girls - High Jump Cup

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

Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	**1**	**Katriel UDOH**	**Olchfa**	**1.70**	**9.0**	**ANT**
2	5	Betsan BRADBURY	YGCR- Y Gwyndy	1.45	*7.0*	***GLV***
3	2	Elin GRIFFITHS	Ysgol Glantaf	1.40	*6.0*	***CVG***
4	7	Evie LANGFORD	Welshpool	1.40	*5.0*	***POW***
5	8	Macie GABBIDON	Gwent Is Coed	1.30	*4.0*	***SEW***
6	3	Lois REES	Bro Myrddin	1.25	*3.0*	***DYF***
7	6	Alaina JONES	Brynhyfryd	1.15	*2.0*	***NEW***

F14 U16 Girls - High Jump Plate

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

Pos	**Bib**	**Athlete**	**School**	**Perf.**	***Pts***	***Dist***
1	77	Freya LAMP	Llanidloes	1.50	*9.0*	***POW***
2	33	Menna FIELDER HOBBS	Bro Dinefawr	1.45	*7.0*	***DYF***
3	44	Maddison EDLINGTON	Ysgol John Bright	1.35	*6.0*	***ERY***
4	11	Summer RASTATTER	Gwyr	1.35	*5.0*	***ANT***
5=	88	Matilda HOTSON	Bassaleg	1.30	*3.5*	***SEW***
5=	22	Lilly COTTERRALL	Llanishen High School	1.30	*3.5*	***CVG***
7	55	Willoe JAMES	YGCR- Gellihaf	1.25	*2.0*	***GLV***

F06 U16 Girls - Long Jump Cup

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

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

F06 U16 Girls - Long Jump Plate

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

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

WELSH SCHOOLS ATHLETIC ASSOCIATION

2026 NASUWT Cup & Plate Final

Wednesday 8th July

Penlan Track Brecon

WSAA CAYC
WELSH SCHOOLS ATHLETICS ASSOCIATION
CYMDEITHAS ATHLETAU YSGOLION CYMRU

1: Olchfa = 86.0	*5: Welshpool = 55.0*
2: Ysgol Glantaf = 81.0	*6: Brynhyfryd = 51.0*
3: Bro Myrddin = 61.0	*7: Ysgol Botwnnog = 43.0*
4: YGCR- Y Gwyndy = 61.0	*8: Gwent Is Coed = 42.0*

1: Llanishen High School = 84.5	*5: Gwyr = 62.0*
2: Bro Dinefawr = 77.0	*6: Ysgol John Bright = 57.0*
3: YGCR- Gellihaf = 72.0	*7: Bassaleg = 48.5*
4: Llanidloes = 67.0	

F13 U16 Girls - Triple Jump Cup

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

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

F13 U16 Girls - Triple Jump Plate

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

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

F03 U16 Girls - Shot Put (3.00kg) Cup

CUP cbp - Violet SNELGROVE, YG Gwyr, Afan Nedd Tawe, 9.95, 2024

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

F03 U16 Girls - Shot Put (3.00kg) Plate

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

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

F10 U16 Girls - Discus (1.00kg) Cup

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

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

F10 U16 Girls - Discus (1.00kg) Plate

PLATE cbp - Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012

Pos	Bib	Athlete	School	Perf.	Pts	Dist
1	55	Olivia TUCKER	YGCR- Gellihaf	18.63	9.0	GLV
2	11	Chloe DOWRICK	Gwyr	17.83	7.0	ANT
3	22	Maja MACH	Llanishen High School	17.72	6.0	CVG
4	88	Chloe HARDING	Bassaleg	16.27	5.0	SEW
5	77	Caitlin TURNER	Llanidloes	14.57	4.0	POW
6	44	Nel JONES	Ysgol John Bright	12.77	3.0	ERY
7	33	Honor DWYER	Bro Dinefawr	10.75	2.0	DYF

F22 U16 Girls - Javelin (500g) Cup

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

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

F22 U16 Girls - Javelin (500g) Plate

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

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

Match Score

WELSH SCHOOLS ATHLETIC ASSOCIATION

2026 NASUWT Cup & Plate Final

Wednesday 8th July

Penlan Track Brecon

NASUWT CUP FINAL

NASUWT PLATE FINAL

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

Pos	School	Pts	Pos	School	Pts
1	**Cardiff High School**	**85.0**	**1**	**Ysgol Glantaf**	**79.0**
2	Garth Olwg	57.0	2	Strade	70.0
3	Ysgol Dyffryn Aman	51.0	3	YGCR- Gellihaf	68.0
4	Ysgol Botwnnog	50.0	4	Hawarden High School	56.0
5	Gwyr	49.0	5	Ysgol Brynrefail	45.0
6	Welshpool	44.0	6	Cwm Brombil	42.0
7	Brynhyfryd	41.0	7	Cwmbran High School	29.0
8	Croesyceiliog	28.0	8	Caereinion	18.0

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

Pos	School	Pts	Pos	School	Pts
1	**Ysgol Gyfun Bro Edern**	**66.0**	**1**	**Ysgol Glantaf**	**84.0**
2	Ysgol Dyffryn Aman	58.0	2	Queen Elizabeth HS	59.0
3	Gwyr	56.0	3	YGCR- Gellihaf	49.5
4	YGCR- Y Gwyndy	54.0	4	Llanidloes	48.0
5	Welshpool	51.0	5	Olchfa	46.0
6	Maelor Penley	43.0	6	Brynhyfryd	46.0
7	Caerleon	38.0	7	Bassaleg	42.5
8	Aberconwy	37.0	8	Ysgol Tryfan	30.0

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

Pos	School	Pts	Pos	School	Pts
1	**YGCR- Y Gwyndy**	**76.0**	**1**	**Ysgol Glantaf**	**83.0**
2	Whitchurch High School	76.0	2	Haverfordwest High	79.0
3	Ysgol Dyffryn Aman	69.0	3	YGCR- Gellihaf	73.0
4	Gwyr	62.0	4	Croesyceiliog	71.0
5	Welshpool	60.0	5	Llanidloes	52.0
6	Bassaleg	51.0	6	Ysgol Botwnnog	50.0
7	Hawarden High School	44.0	7	Dwr Y Felin	37.0
8	Syr Thomas Jones	43.0	8	Connah's Quay	35.0

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

Pos	School	Pts	Pos	School	Pts
1	**Olchfa**	**86.0**	**1**	**Llanishen High School**	**84.5**
2	Ysgol Glantaf	81.0	2	Bro Dinefawr	77.0
3	Bro Myrddin	61.0	3	YGCR- Gellihaf	72.0
4	YGCR- Y Gwyndy	61.0	4	Llanidloes	67.0
5	Welshpool	55.0	5	Gwyr	62.0
6	Brynhyfryd	51.0	6	Ysgol John Bright	57.0
7	Ysgol Botwnnog	43.0	7	Bassaleg	48.5
8	Gwent Is Coed	42.0	8		

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	1:00 PM	Date	Wednesday-08-Jul-2026
Event	F01 U14 Boys Long Jump	CUP CBP - Jamie JONES, Barry, Cardiff & the Vale, 5.91, 2003				START TIME	1:00 PM
		PLATE CBP - Ben VINCENT, Whitchurch High , Cardiff & Vale, 5.44, 2017				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	6	Oscar BRANT	Brynhyfryd	3.51	3.97	3.95	3.97	4	5
2	7	Seb LOXAM	Welshpool	3.20	3.73	2.69	3.73	8	1
3	8	Khush SHERMA-LIMBU	Croesyceiliog	4.60	4.77	4.52	4.77	2	7
4	1	Ioan JONES	Gwyr	4.59	x	4.38	4.59	3	6
5	2	Monty GRZONKA	Cardiff High School	4.73	4.93	4.88	4.93	1	9
6	3	Harvey SWEENEY	Ysgol Dyffryn Aman	2.00	3.79	3.74	3.79	7	2
7	4	Jack STOREY	Ysgol Botwnnog	3.70	3.79	3.74	3.79	6	3
8	5	Morgan NUTHALL	Garth Olwg	3.95	3.47	3.53	3.95	5	4
9	66	Harry DAN	Hawarden High School	4.06	3.90	3.98	4.06	5	4
10	77	Charlie WILLIAMS	Caereinion	3.77	3.17	3.42	3.77	7	2
11	88	Teddy THACKER	Cwmbran High School	x	x	3.53	3.53	8	1
12	11	Tyler LEVER	Cwm Brombil	4.74	3.44	4.35	4.74	2	7
13	22	Will WHITE	Ysgol Glantaf	4.39	4.70	4.60	4.70	3	6
14	33	Rhydian JONES	Strade	x	4.36	4.86	4.86	1	9
15	44	Oliver MARTIN	Ysgol Brynrefail	2.83	3.53	3.90	3.90	6	3
16	55	George RIDGWAY	YGCR- Gellihaf	4.47	4.50	4.00	4.50	4	5

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	Monty GRZONKA	Cardiff High School	4.93
2	8	Khush SHERMA-LIMBU	Croesyceiliog	4.77
3	1	Ioan JONES	Gwyr	4.59
4	6	Oscar BRANT	Brynhyfryd	3.97
5	5	Morgan NUTHALL	Garth Olwg	3.95
6	4	Jack STOREY	Ysgol Botwnnog	3.79
7	3	Harvey SWEENEY	Ysgol Dyffryn Aman	3.79
8	7	Seb LOXAM	Welshpool	3.73

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	33	Rhydian JONES	Strade	4.86
2	11	Tyler LEVER	Cwm Brombil	4.74
3	22	Will WHITE	Ysgol Glantaf	4.70
4	55	George RIDGWAY	YGCR- Gellihaf	4.50
5	66	Harry DAN	Hawarden High School	4.06
6	44	Oliver MARTIN	Ysgol Brynrefail	3.90
7	77	Charlie WILLIAMS	Caereinion	3.77
8	88	Teddy THACKER	Cwmbran High School	3.53

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics - Height Card

MEETING	NASUWT - CUP & PLATE FINAL	VENUE	BRECON	TIME	1:00 PM	DATE	Wednesday-08-July-2026
EVENT	F02 U16 Boys High Jump	CUP CBP - James ANTHONY, Dwr-y-Felin, Afan Nedd Tawe, 1.92, 1997				START TIME	1:00 PM
		PLATE CBP - Regan WILTON, Afon Taf, Glamorgan Valleys, 1.79, 2014				END TIME	

Order	BIB	NAME	CLUB	START	1.35	1.40	1.45	1.50	1.55	1.60	1.63	1.65				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	Dom SHABANOV	Welshpool	1.40		O	O	O	XO	XXX						1.55			4	5.0
2	8	Ryan CAIN	Bassaleg	1.35	O	O	O	XXX								1.45			7	2.0
3	1	Rhydian RICE	Gwyr	1.35	O	O	O	O	XXO							1.55			5	4.0
4	2	Fin TODD	Whitchurch High School	1.40		O	O	O	XXX							1.50			6	3.0
5	3	Lucas CARPENTER	Ysgol Dyffryn Aman	1.40		O		O	O	XXX						1.55			3	6.0
6	4	Harley WILKINSON	Syr Thomas Jones	1.40		O	XXX									1.40			8	1.0
7	5	Morgan HANIGAN	YGCR- Y Gwyndy	1.40			O	O	O	XO	XXX					1.60			1	9.0
8	6	Daniel LEPSA	Hawarden High School	1.45			O	XO	XXO	XO						1.60			2	7.0
9	77	Jake DONALDSON	Llanidloes	1.35	XO	XO	XXO	X								1.45			8	1.0
10	88	Calwyn ROBINS	Croesyceiliog	1.40		O	O	XXX								1.45			5	4.0
11	11	Goodness ADUN	Dwr Y Felin	1.30	XO	XO	XXO									1.45			7	2.0
12	22	Tristan MCDUFF	Ysgol Glantaf	1.35	O	O	XO	XO	XX							1.50			4	5.0
13	33	Ethan COLE	Haverfordwest High	1.50				O	O	XX	O	XXX				1.63			2	7.0
14	44	Ianto PATTINSON	Ysgol Botwnnog	1.40		O	O	O	XO	O	X					1.60			3	6.0
15	55	Cobi JONES	YGCR- Gellihaf	1.50				O	O	XO	XO	XO				1.65			1	9.0
16	66	Bailey ALLMAN	Connah's Quay	1.35	O	O	XXO	XXX								1.45			6	3.0

PLEASE ENTER o for clearance and x for fail - 8 jumps maximum per athlete

Cup Final Results

POS	BIB	NAME	CLUB	PERF
1	5	Morgan HANIGAN	Croesyceiliog	1.60
2	6	Daniel LEPSA	Dwr Y Felin	1.60
3	3	Lucas CARPENTER	Hawarden High School	1.55
4	7	Dom SHABANOV	Whitchurch High School	1.55
5	1	Rhydian RICE	Syr Thomas Jones	1.55
6	2	Fin TODD	YGCR- Y Gwyndy	1.50
7	8	Ryan CAIN	Ysgol Dyffryn Aman	1.45
8	4	Harley WILKINSON	Llanidloes	1.40

Plate Final Results

POS	BIB	NAME	CLUB	PERF
1	55	Cobi JONES	YGCR- Gellihaf	1.65
2	33	Ethan COLE	Haverfordwest High	1.63
3	44	Ianto PATTINSON	Ysgol Botwnnog	1.60
4	22	Tristan MCDUFF	Ysgol Glantaf	1.50
5	88	Calwyn ROBINS	Croesyceiliog	1.45
6	66	Bailey ALLMAN	Connah's Quay	1.45
7	11	Goodness ADUN	Dwr Y Felin	1.45
8	77	Jake DONALDSON	Llanidloes	1.45

JUDGES' SIGNATURES

REFEREE'S SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	1:00 PM	Date	Wednesday-08-Jul-2026
Event	F03 U16 Girls Shot Put (3.00kg)	CUP CBP - Violet SNELGROVE, YG Gwyr, Afan Nedd Tawe, 9.95, 2024				START TIME	1:00 PM
		PLATE CBP - Molly GREENMAN, Radyr Comprehensive, Cardiff & Vale, 10.62, 201				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	8	Amara NWAIWU	Gwent Is Coed	7.74	8.07	8.82	8.82	4	5
2	1	Constance MAKARI	Olchfa	8.38	8.20	8.89	8.89	3	6
3	2	Tyrion MORRISON	Ysgol Glantaf		7.40	7.94	7.94	5	4
4	3	Seren BOWEN	Bro Myrddin	9.24	9.36	9.74	9.74	1	9
5	4	Nan JONES	Ysgol Botwnnog	7.17	6.44	6.95	7.17	7	2
6	5	Ettie LEWIS	YGCR- Y Gwyndy	6.76	6.80	6.67	6.80	8	1
7	6	Lois GARRATT-SMITH	Brynhyfryd	7.20	7.36	5.85	7.36	6	3
8	7	Ella-Rose JONES	Welshpool	8.96	9.09	8.99	9.09	2	7
9	88	Faith EVANS	Bassaleg	7.14	6.60	6.49	7.14	6	3
10	11	Bethan MALPAS	Gwyr	6.85	7.23	6.87	7.23	4	5
11	22	Amelie LANGMAN	Llanishen High School	7.93	7.42	7.91	7.93	2	7
12	33	Fflur JONES	Bro Dinefawr	6.95	7.14	6.78	7.14	5	4
13	44	Isla WYNNE	Ysgol John Bright	7.07	6.78	7.12	7.12	7	2
14	55	Mali DUMMETT	YGCR- Gellihaf	8.67	8.60	8.32	8.67	1	9
15	66		Castle Alun						
16	77	Renee RAWSTHORNE	Llanidloes	7.36	6.67	6.35	7.36	3	6

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	3	Seren BOWEN	Bro Myrddin	9.74
2	7	Ella-Rose JONES	Welshpool	9.09
3	1	Constance MAKARI	Olchfa	8.89
4	8	Amara NWAIWU	Gwent Is Coed	8.82
5	2	Tyrion MORRISON	Ysgol Glantaf	7.94
6	6	Lois GARRATT-SMITH	Brynhyfryd	7.36
7	4	Nan JONES	Ysgol Botwnnog	7.17
8	5	Ettie LEWIS	YGCR- Y Gwyndy	6.80

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	55	Mali DUMMETT	YGCR- Gellihaf	8.67
2	22	Amelie LANGMAN	Llanishen High School	7.93
3	77	Renee RAWSTHORNE	Llanidloes	7.36
4	11	Bethan MALPAS	Gwyr	7.23
5	33	Fflur JONES	Bro Dinefawr	7.14
6	88	Faith EVANS	Bassaleg	7.14
7	44	Isla WYNNE	Ysgol John Bright	7.12
8				

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	1:00 PM	Date	Wednesday-08-Jul-2026
Event	F04 U16 Boys Discus (1.25kg)	CUP CBP - Justin JONES, Bro Myrddin, Dyfed, 43.56, 1991				START TIME	1:00 PM
		PLATE CBP - Jay MORSE, Stanwell, Cardiff & the Vale, 45.27, 2015				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Dylan DAVIES	Gwyr	31.91	30.15	29.42	31.91	3	6
2	2	Enoch AKINLADE	Whitchurch High School	32.08	28.68		32.08	2	7
3	3	Milo WILSON	Ysgol Dyffryn Aman	38.70	39.22	37.36	39.22	1	9
4	4	Edwyn HUGHES	Syr Thomas Jones	23.43		26.03	26.03	6	3
5	5	Olly NEWBOLD	YGCR- Y Gwyndy	23.51	20.79	27.27	27.27	4	5
6	6	Niall COLLINSON	Hawarden High School		25.95	26.65	26.65	5	4
7	7	Theo HODGKISS	Welshpool	19.58		17.43	19.58	7	2
8	8	Sam JONES	Bassaleg			17.64	17.64	8	1
9	11	Onkhar JOHAL	Dwr Y Felin	15.89	20.32		20.32	8	1
10	22	Daniel STOKES	Ysgol Glantaf	21.46	24.67	25.42	25.42	1	9
11	33	Neo HAYWARD	Haverfordwest High	21.79		21.90	21.90	7	2
12	44	Elis JONES	Ysgol Botwnnog	21.35	22.23	21.45	22.23	6	3
13	55	Harley VIVIAN PRICE	YGCR- Gellihaf	24.56		24.93	24.93	2	7
14	66	Kai FIELDING	Connah's Quay	23.44	24.81		24.81	3	6
15	77	Ben EVANS	Llanidloes	23.46	21.35	20.72	23.46	4	5
16	88	Zak LEWIS	Croesyceiliog	20.08		23.35	23.35	5	4

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	3	Milo WILSON	Ysgol Dyffryn Aman	39.22
2	2	Enoch AKINLADE	Whitchurch High School	32.08
3	1	Dylan DAVIES	Gwyr	31.91
4	5	Olly NEWBOLD	YGCR- Y Gwyndy	27.27
5	6	Niall COLLINSON	Hawarden High School	26.65
6	4	Edwyn HUGHES	Syr Thomas Jones	26.03
7	7	Theo HODGKISS	Welshpool	19.58
8	8	Sam JONES	Bassaleg	17.64

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	22	Daniel STOKES	Ysgol Glantaf	25.42
2	55	Harley VIVIAN PRICE	YGCR- Gellihaf	24.93
3	66	Kai FIELDING	Connah's Quay	24.81
4	77	Ben EVANS	Llanidloes	23.46
5	88	Zak LEWIS	Croesyceiliog	23.35
6	44	Elis JONES	Ysgol Botwnnog	22.23
7	33	Neo HAYWARD	Haverfordwest High	21.90
8	11	Onkhar JOHAL	Dwr Y Felin	20.32

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	1:00 PM	Date	Wednesday-08-Jul-2026
Event	F05 U14 Girls Javelin (400g)	CUP CBP - Stephanie RICHARDS, Cefn Hengoed, Afan Nedd Tawe, 35.09, 2005				START TIME	1:00 PM
		PLATE CBP - Bethany MOULE, Dwr-yr-Felin, Afan Nedd Tawe, 40.69, 2015				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	2	Brooke HEALAN	Ysgol Gyfun Bro Edern	26.20	x	21.19	26.20	2	7
2	3	Isla MORGAN	Ysgol Dyffryn Aman	22.14	22.44	18.40	22.44	3	6
3	4	Alesha NEW	Aberconwy	X	13.92	14.20	14.20	7	2
4	5	Carys LEWIS	YGCR- Y Gwyndy	20.12	18.77	20.09	20.12	5	4
5	6	Ava MAINWARING	Maelor Penley	X	20.41	27.70	27.70	1	9
6	7	Cadi ROOKE	Welshpool	14.19	X	15.70	15.70	6	3
7	8	Oreofe FINNIH	Caerleon	X	X	X			
8	1	Mali CRONIN	Gwyr	21.08	20.30	16.87	21.08	4	5
9	22	Cadi EMMERSON	Ysgol Glantaf	19.92	19.83	21.56	21.56	2	7
10	33	Eleri GARRETT JONES	Queen Elizabeth HS	16.10	14.56	12.54	16.10	6	3
11	44	Megan FRETWELL	Ysgol Tryfan	16.11	X	13.84	16.11	5	4
12	55	Mali DAY	YGCR- Gellihaf	17.48	17.73	X	17.73	3	6
13	66	Mia KELL	Brynhyfryd	16.57	17.60	X	17.60	4	5
14	77	Scarlet DUKES	Llanidloes	10.54	12.11	14.95	14.95	7	2
15	88	Darcey BUTLER	Bassaleg	X	21.86	22.75	22.75	1	9
16	11	Mila EVANS	Olchfa	11.74	10.15	11.62	11.74	8	1

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	6	Ava MAINWARING	Maelor Penley	27.70
2	2	Brooke HEALAN	Ysgol Gyfun Bro Edern	26.20
3	3	Isla MORGAN	Ysgol Dyffryn Aman	22.44
4	1	Mali CRONIN	Gwyr	21.08
5	5	Carys LEWIS	YGCR- Y Gwyndy	20.12
6	7	Cadi ROOKE	Welshpool	15.70
7	4	Alesha NEW	Aberconwy	14.20
8				

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	88	Darcey BUTLER	Bassaleg	22.75
2	22	Cadi EMMERSON	Ysgol Glantaf	21.56
3	55	Mali DAY	YGCR- Gellihaf	17.73
4	66	Mia KELL	Brynhyfryd	17.60
5	44	Megan FRETWELL	Ysgol Tryfan	16.11
6	33	Eleri GARRETT JONES	Queen Elizabeth HS	16.10
7	77	Scarlet DUKES	Llanidloes	14.95
8	11	Mila EVANS	Olchfa	11.74

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	2:05 PM	Date	Wednesday-08-Jul-2026
Event	F06 U16 Girls Long Jump	CUP CBP - Nest OWEN, Tryfan, Eryri, 5.64, 2024				START TIME	2:05 PM
		PLATE CBP - Megan TAYLOR, Cardiff Hs, Cardiff & the Vale, 5.49, 2023				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	3	Cristyn BENDLE	Bro Myrddin	4.55	X	4.44	4.55	3	6
2	4	Cati JONES	Ysgol Botwnnog	3.89	3.51	4.20	4.20	5	4
3	5	Lila GEORGE	YGCR- Y Gwyndy	3.94	3.89	3.81	3.94	8	1
4	6	Mia JOHNSON	Brynhyfryd	4.39	4.37	4.39	4.39	4	5
5	7	Ivy KUIPERS	Welshpool	4.13	3.80	3.21	4.13	6	3
6	8	Lyila TIMMINS	Gwent Is Coed	3.99	4.02	3.76	4.02	7	2
7	1	Grace CHESWEKA	Olchfa	4.81	X	4.61	4.81	1	9
8	2	Gwen WILLIAMS	Ysgol Glantaf	4.35	4.51	4.59	4.59	2	7
9	33	Ffion JONES	Bro Dinefawr	3.75	4.39	4.25	4.39	2	7
10	44	Sophie VENZIA	Ysgol John Bright	X	X	3.45	3.45	7	2
11	55	Freya PIZEY	YGCR- Gellihaf	3.86	3.97	3.90	3.97	3	6
12	66		Castle Alun						
13	77	Bethan EVANS	Llanidloes	3.79	3.70	3.88	3.88	5	4
14	88	Ava MILES	Bassaleg	X	3.37	3.45	3.45	6	3
15	11	Michele DAVIES	Gwyr	3.55	3.89	3.88	3.89	4	5
16	22	Abbi BEADLE	Llanishen High School	4.80	5.12	X	5.12	1	9

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	1	Grace CHESWEKA	Olchfa	4.81
2	2	Gwen WILLIAMS	Ysgol Glantaf	4.59
3	3	Cristyn BENDLE	Bro Myrddin	4.55
4	6	Mia JOHNSON	Brynhyfryd	4.39
5	4	Cati JONES	Ysgol Botwnnog	4.20
6	7	Ivy KUIPERS	Welshpool	4.13
7	8	Lyila TIMMINS	Gwent Is Coed	4.02
8	5	Lila GEORGE	YGCR- Y Gwyndy	3.94

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	22	Abbi BEADLE	Llanishen High School	5.12
2	33	Ffion JONES	Bro Dinefawr	4.39
3	55	Freya PIZEY	YGCR- Gellihaf	3.97
4	11	Michele DAVIES	Gwyr	3.89
5	77	Bethan EVANS	Llanidloes	3.88
6	88	Ava MILES	Bassaleg	3.45
7	44	Sophie VENZIA	Ysgol John Bright	3.45
8				

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	2:05 PM	Date	Wednesday-08-Jul-2026
Event	F07 U16 Boys Triple Jump	CUP CBP - Owen JONES, Amman Valley, Dyfed, 13.25, 2003				START TIME	2:05 PM
		PLATE CBP - Josh BALL, Afon Taf, Glamorgan Valleys, 12.45, 2013				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	4	Tim DAVIES	Syr Thomas Jones	10.18	10.74	10.75	10.75	5	4
2	5	Isaac WATKINS	YGCR- Y Gwyndy	10.48	10.28	10.12	10.48	7	2
3	6	Leon CROWN	Hawarden High School	10.17	10.65	X	10.65	6	3
4	7	Eli PRYCE	Welshpool	11.25	X	11.09	11.25	1	9
5	8	Oliver SPURR	Bassaleg	9.94	X	10.00	10.00	8	1
6	1	Matthew BALL	Gwyr	10.35	10.53	10.84	10.84	3	6
7	2	Munya MSIPA	Whitchurch High School	10.28	10.40	11.01	11.01	2	7
8	3	Keelan LEWIS	Ysgol Dyffryn Aman	X	10.79	X	10.79	4	5
9	44	Nico JONES	Ysgol Botwnnog	10.57	10.36	X	10.57	4	5
10	55	Rhys JONES	YGCR- Gellihaf	9.67	10.05	9.90	10.05	6	3
11	66	Dylan REID-GARRETT	Connah's Quay	9.85	9.76	9.95	9.95	7	2
12	77	Lewis JONES	Llanidloes	9.60	9.44	9.49	9.60	8	1
13	88	Leo TOMASULO	Croesyceiliog	11.51	11.76	X	11.76	1	9
14	11	Leon REES	Dwr Y Felin	10.07	9.55	X	10.07	5	4
15	22	Osian JONES	Ysgol Glantaf	10.74	10.61	10.46	10.74	3	6
16	33	Evan HEWETT	Haverfordwest High	10.74	10.86	10.87	10.87	2	7

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	7	Eli PRYCE	Welshpool	11.25
2	2	Munya MSIPA	Whitchurch High School	11.01
3	1	Matthew BALL	Gwyr	10.84
4	3	Keelan LEWIS	Ysgol Dyffryn Aman	10.79
5	4	Tim DAVIES	Syr Thomas Jones	10.75
6	6	Leon CROWN	Hawarden High School	10.65
7	5	Isaac WATKINS	YGCR- Y Gwyndy	10.48
8	8	Oliver SPURR	Bassaleg	10.00

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	88	Leo TOMASULO	Croesyceiliog	11.76
2	33	Evan HEWETT	Haverfordwest High	10.87
3	22	Osian JONES	Ysgol Glantaf	10.74
4	44	Nico JONES	Ysgol Botwnnog	10.57
5	11	Leon REES	Dwr Y Felin	10.07
6	55	Rhys JONES	YGCR- Gellihaf	10.05
7	66	Dylan REID-GARRETT	Connah's Quay	9.95
8	77	Lewis JONES	Llanidloes	9.60

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics - Height Card

MEETING	NASUWT - CUP & PLATE FINAL	VENUE	BRECON	TIME	2:05 PM	DATE	Wednesday-08-July-2026
EVENT	F08 U14 Girls High Jump	CUP CBP - Rosie DOMICAN, Ysgol Glantaf, Cardiff & Vale, 1.55 2017				START TIME	2:05 PM
		PLATE CBP - Macey MORRIS, Caldicot School, South East Wales/Marnie MUSGRAVE, Olchfa, Afar				END TIME	

Order	BIB	NAME	CLUB	START	1.15	1.20	1.25	1.30	1.35	1.40	1.45					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	5	Ella DAVIES	YGCR- Y Gwyndy			O	XXX									1.20			6	3.0
2	6	Esther THEUNISSEN	Maelor Penley			O	XXX									1.20			6	3.0
3	7	Isla LANGFORD	Welshpool			O	O	O	XXX							1.30			2	7.0
4	8	Jada QUASHE	Caerleon		O	O	O	O	XXX							1.30			2	7.0
5	1	Seren BURLEY	Gwyr		O	O	XO	XXX								1.25			5	4.0
6	2	Seren VAUGHAN-EVANS	Ysgol Gyfun Bro Edern				XO	O		XO	O					1.45			1	9.0
7	3	Molly TOUT	Ysgol Dyffryn Aman			O	O	XO	XXX							1.30			4	5.0
8	4	Lydia MARSHALL-JONES	Aberconwy		O	XXO	XXX									1.20			8	1.0
9	55	Grace URQUART	YGCR- Gellihaf		O	XXO	O	XO	O	X						1.35			4	5.0
10	66	Mollie DAVIESON	Brynhyfryd		O	XXO	O	XXX								1.25			7	2.0
11	77	Ella CALVIN-THOMAS	Llanidloes			O	O	O	XXO	XO						1.40			1	9.0
12	88	Bethany DAVIES	Bassaleg		O	O	XO	XXO	O							1.35			4	5.0
13	11	Lily SHUBIN	Olchfa			O	O	O	XXO	XX						1.35			5	4.0
14	22	Annabelle MORRIS	Ysgol Glantaf				O	O	O	XXX						1.35			3	6.0
15	33	Millie LEWIS	Queen Elizabeth HS			O	O	O	O	XXO						1.40			1	9.0
16	44	Kate EVANS	Ysgol Tryfan		O	XO	XXX									1.20			8	1.0

PLEASE ENTER o for clearance and x for fail - 8 jumps maximum per athlete

Cup Final Results

POS	BIB	NAME	CLUB	PERF
1	2	Seren VAUGHAN-EVANS	YGCR- Gellihaf	1.45
2=	7	Isla LANGFORD	Ysgol Gyfun Bro Edern	1.30
2=	8	Jada QUASHE	Ysgol Dyffryn Aman	1.30
4	3	Molly TOUT	Brynhyfryd	1.30
5	1	Seren BURLEY	Aberconwy	1.25
6=	5	Ella DAVIES	Caerleon	1.20
6=	6	Esther THEUNISSEN	Gwyr	1.20
8	4	Lydia MARSHALL-JONES	Llanidloes	1.20

Plate Final Results

POS	BIB	NAME	CLUB	PERF
1=	77	Ella CALVIN-THOMAS	Llanidloes	1.40
1=	33	Millie LEWIS	Queen Elizabeth HS	1.40
3	22	Annabelle MORRIS	Ysgol Glantaf	1.35
4=	55	Grace URQUART	YGCR- Gellihaf	1.35
4=	88	Bethany DAVIES	Bassaleg	1.35
6	11	Lily SHUBIN	Olchfa	1.35
7	66	Mollie DAVIESON	Brynhyfryd	1.25
8	44	Kate EVANS	Ysgol Tryfan	1.20

JUDGES' SIGNATURES

REFEREE'S SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	2:05 PM	Date	Wednesday-08-Jul-2026
Event	F09 U14 Girls Shot Put (2.72kg)	CUP CBP - Adele NICOLL, Welshpool, Powys, 11.12, 2009				START TIME	2:05 PM
		PLATE CBP - Nia WILLIAMS, Bro Dinefwr, Dyfed, 10.19, 2017				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	6	Alys CHALONER	Maelor Penley	7.03	X	6.74	7.03	5	4
2	7	Lilly COOPER	Welshpool	7.94	X	6.72	7.94	1	9
3	8	Aaliyah OLAWALE	Caerleon	7.46	7.76	6.76	7.76	2	7
4	1	Molly EVANS	Gwyr	7.69	7.55	7.25	7.69	3	6
5	2	Ella DONALD	Ysgol Gyfun Bro Edern	6.32	6.66	6.70	6.70	7	2
6	3	Isla SLATER	Ysgol Dyffryn Aman	6.62	6.56	6.13	6.62	8	1
7	4	Esmee NEAR	Aberconwy	X	5.63	6.94	6.94	6	3
8	5	Caerwyn GABRIEL	YGCR- Y Gwyndy	6.88	7.21	6.53	7.21	4	5
9	66	Elsa JONES	Brynhyfryd	X	7.25	X	7.25	4	5
10	77	Lina KYRYCHENKO	Llanidloes	6.56	6.49	6.20	6.56	6	3
11	88	Poppy CLATWORTHY	Bassaleg	6.48	X	6.27	6.48	7	2
12	11	Edna UMWENI	Olchfa	7.96	7.35	7.62	7.96	2	7
13	22	Seren PITT	Ysgol Glantaf	8.69	8.35	X	8.69	1	9
14	33	Alice BOULDING	Queen Elizabeth HS	6.13	6.85	7.55	7.55	3	6
15	44	Mari HUGHES	Ysgol Tryfan	X	5.18	5.67	5.67	8	1
16	55	Gwenno ANTHONY	YGCR- Gellihaf	5.93	6.69	6.33	6.69	5	4

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	7	Lilly COOPER	Welshpool	7.94
2	8	Aaliyah OLAWALE	Caerleon	7.76
3	1	Molly EVANS	Gwyr	7.69
4	5	Caerwyn GABRIEL	YGCR- Y Gwyndy	7.21
5	6	Alys CHALONER	Maelor Penley	7.03
6	4	Esmee NEAR	Aberconwy	6.94
7	2	Ella DONALD	Ysgol Gyfun Bro Edern	6.70
8	3	Isla SLATER	Ysgol Dyffryn Aman	6.62

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	22	Seren PITT	Ysgol Glantaf	8.69
2	11	Edna UMWENI	Olchfa	7.96
3	33	Alice BOULDING	Queen Elizabeth HS	7.55
4	66	Elsa JONES	Brynhyfryd	7.25
5	55	Gwenno ANTHONY	YGCR- Gellihaf	6.69
6	77	Lina KYRYCHENKO	Llanidloes	6.56
7	88	Poppy CLATWORTHY	Bassaleg	6.48
8	44	Mari HUGHES	Ysgol Tryfan	5.67

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	2:05 PM	Date	Wednesday-08-Jul-2026
Event	F10 U16 Girls Discus (1.00kg)	CUP CBP - Adele NICOLL, Welshpool, Powys, 43.87, 2012				START TIME	2:05 PM
		PLATE CBP - Stephanie NICHOLAS, YG Gwyr, Afan Nedd Tawe, 33.65, 2012				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	7	Molly JONES	Welshpool		17.78	18.52	18.52	3	6
2	8	Elin WILLIAMS	Gwent Is Coed	21.45	19.91	23.75	23.75	1	9
3	1	Alice CALDWELL	Olchfa	17.79	17.76	16.95	17.79	4	5
4	2	Elin WILLIAMS	Ysgol Glantaf	18.45		19.53	19.53	2	7
5	3	Caitlyn DAVIES	Bro Myrddin	16.77		16.23	16.77	6	3
6	4	Mali JONES	Ysgol Botwnnog	15.72	17.01	16.85	17.01	5	4
7	5	Molly MAE DAVIES	YGCR- Y Gwyndy	14.02	14.38	13.12	14.38	8	1
8	6	Malan EDWARDS	Brynhyfryd	15.87	15.63		15.87	7	2
9	77	Caitlin TURNER	Llanidloes	14.57	13.69	14.54	14.57	5	4
10	88	Chloe HARDING	Bassaleg	15.03	16.27	15.13	16.27	4	5
11	11	Chloe DOWRICK	Gwyr	17.83	16.16	17.47	17.83	2	7
12	22	Maja MACH	Llanishen High School	17.72			17.72	3	6
13	33	Honor DWYER	Bro Dinefawr	10.36	10.75		10.75	7	2
14	44	Nel JONES	Ysgol John Bright	12.77			12.77	6	3
15	55	Olivia TUCKER	YGCR- Gellihaf	13.61	18.63	17.47	18.63	1	9
16	66		Castle Alun						

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	8	Elin WILLIAMS	Gwent Is Coed	23.75
2	2	Elin WILLIAMS	Ysgol Glantaf	19.53
3	7	Molly JONES	Welshpool	18.52
4	1	Alice CALDWELL	Olchfa	17.79
5	4	Mali JONES	Ysgol Botwnnog	17.01
6	3	Caitlyn DAVIES	Bro Myrddin	16.77
7	6	Malan EDWARDS	Brynhyfryd	15.87
8	5	Molly MAE DAVIES	YGCR- Y Gwyndy	14.38

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	55	Olivia TUCKER	YGCR- Gellihaf	18.63
2	11	Chloe DOWRICK	Gwyr	17.83
3	22	Maja MACH	Llanishen High School	17.72
4	88	Chloe HARDING	Bassaleg	16.27
5	77	Caitlin TURNER	Llanidloes	14.57
6	44	Nel JONES	Ysgol John Bright	12.77
7	33	Honor DWYER	Bro Dinefawr	10.75
8				

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	2:05 PM	Date	Wednesday-08-Jul-2026
Event	F11 U14 Boys Javelin (500g)	CUP CBP - James EVANS, Whitchurch, Cardiff & the Vale, 48.41, 2000				START TIME	2:05 PM
		PLATE CBP - Ben METCALF, YG Cwm Rhymni, Glamorgan Valleys, 40.17, 2012				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	8	Marvelous ADEOYE	Croesyceiliog	24.50	19.20	27.24	27.24	3	6
2	1	Luke REES	Gwyr	22.15	24.46	21.90	24.46	6	3
3	2	Jude LANE	Cardiff High School	33.49	28.69	35.51	35.51	1	9
4	3	Leo DANTER	Ysgol Dyffryn Aman	25.68	22.77	21.38	25.68	4	5
5	4	Gwion WILLIAMS	Ysgol Botwnnog	25.05	23.41	23.99	25.05	5	4
6	5	Eli ALAN	Garth Olwg	21.53	27.27	33.45	33.45	2	7
7	6	Gethin BRADY	Brynhyfryd	X	X	X			
8	7	Ben BELLAMY	Welshpool	15.42	17.03	X	17.03	7	2
9	88	Jayden HODGES	Cwmbran High School	18.55	12.15	16.24	18.55	8	1
10	11	Reuben CARTER EDWARDS	Cwm Brombil	23.89	22.71	20.13	23.89	5	4
11	22	Caian WALKER	Ysgol Glantaf	27.45	27.78	27.80	27.80	3	6
12	33	Dafi IFANS	Strade	36.29	X	X	36.29	1	9
13	44	Ifan GRIFFITHS	Ysgol Brynrefail	23.19	25.45	20.37	25.45	4	5
14	55	Ronnie GARDNER	YGCR- Gellihaf	X	34.59	33.57	34.59	2	7
15	66	Oscar PHILLIPS	Hawarden High School	19.89	X	X	19.89	6	3
16	77	Owain DAVIES	Caereinion	18.45	19.31	19.37	19.37	7	2

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	Jude LANE	Cardiff High School	35.51
2	5	Eli ALAN	Garth Olwg	33.45
3	8	Marvelous ADEOYE	Croesyceiliog	27.24
4	3	Leo DANTER	Ysgol Dyffryn Aman	25.68
5	4	Gwion WILLIAMS	Ysgol Botwnnog	25.05
6	1	Luke REES	Gwyr	24.46
7	7	Ben BELLAMY	Welshpool	17.03
8				

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	33	Dafi IFANS	Strade	36.29
2	55	Ronnie GARDNER	YGCR- Gellihaf	34.59
3	22	Caian WALKER	Ysgol Glantaf	27.80
4	44	Ifan GRIFFITHS	Ysgol Brynrefail	25.45
5	11	Reuben CARTER EDWARDS	Cwm Brombil	23.89
6	66	Oscar PHILLIPS	Hawarden High School	19.89
7	77	Owain DAVIES	Caereinion	19.37
8	88	Jayden HODGES	Cwmbran High School	18.55

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	3:10 PM	Date	Wednesday-08-Jul-2026
Event	F12 U14 Girls Long Jump	CUP CBP - Sophie NEWINGTON, Olchfa, Afan Nedd Tawe, 5.13, 1999				START TIME	3:10 PM
		PLATE CBP - Lily PARSONS, Cardiff High, Cardiff & Vale, 4.88, 2024				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Mari CHOWDHURY	Gwyr	4.09	4.10	4.07	4.10	5	4
2	2	Olivia THOMAS	Ysgol Gyfun Bro Edern	X	4.52	4.61	4.61	1	9
3	3	Eluned JONES	Ysgol Dyffryn Aman	3.58	3.58	3.63	3.63	6	3
4	4	Sienna HUGHES	Aberconwy	4.07	4.13	4.37	4.37	2	7
5	5	Cadi SAGE	YGCR- Y Gwyndy	4.19	4.30	4.00	4.30	4	5
6	6	Seren CHENOUK	Maelor Penley	3.20	3.10	3.04	3.20	8	1
7	7	Megan PARR	Welshpool	4.04	4.32	X	4.32	3	6
8	8	Ana GRANT-MAIOROV	Caerleon	3.56	3.39	3.41	3.56	7	2
9	11	Lottie SAUNDERS	Olchfa	4.33	4.18	4.38	4.38	3	6
10	22	Celyn JONES	Ysgol Glantaf	4.39	X	4.33	4.39	2	7
11	33	Ayla JONES	Queen Elizabeth HS	3.99	3.98	4.32	4.32	4	5
12	44	Lili PAGE	Ysgol Tryfan	3.55	3.13	3.48	3.55	8	1
13	55	Brooke HARTSHORNE	YGCR- Gellihaf	X	3.72	3.82	3.82	6	3
14	66	Catrin WYNNE	Brynhyfryd	4.41	X	4.58	4.58	1	9
15	77	Evie CARTWRIGHT	Llanidloes	3.42	3.82	X	3.82	7	2
16	88	Alice ILLES	Bassaleg	3.69	3.87	X	3.87	5	4

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	Olivia THOMAS	Ysgol Gyfun Bro Edern	4.61
2	4	Sienna HUGHES	Aberconwy	4.37
3	7	Megan PARR	Welshpool	4.32
4	5	Cadi SAGE	YGCR- Y Gwyndy	4.30
5	1	Mari CHOWDHURY	Gwyr	4.10
6	3	Eluned JONES	Ysgol Dyffryn Aman	3.63
7	8	Ana GRANT-MAIOROV	Caerleon	3.56
8	6	Seren CHENOUK	Maelor Penley	3.20

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	66	Catrin WYNNE	Brynhyfryd	4.58
2	22	Celyn JONES	Ysgol Glantaf	4.39
3	11	Lottie SAUNDERS	Olchfa	4.38
4	33	Ayla JONES	Queen Elizabeth HS	4.32
5	88	Alice ILLES	Bassaleg	3.87
6	55	Brooke HARTSHORNE	YGCR- Gellihaf	3.82
7	77	Evie CARTWRIGHT	Llanidloes	3.82
8	44	Lili PAGE	Ysgol Tryfan	3.55

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	3:10 PM	Date	Wednesday-08-Jul-2026
Event	F13 U16 Girls Triple Jump	CUP CBP - Amara-Chukwu HERBERT, Glantaf, Cardiff & Vale, 10.47, 2025				START TIME	3:10 PM
		PLATE CBP - Olivia STEWART, Bishopston, Afan Nedd Tawe, 10.00, 2023				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	2	Amara-Chukwu HERBERT	Ysgol Glantaf	9.66	9.79	9.85	9.85	1	9
2	3	Alys LEWIS	Bro Myrddin	8.15	7.58	7.72	8.15	8	1
3	4	Mia NEL JONES	Ysgol Botwnnog	8.52	8.22		8.52	7	2
4	5	Mali WINDSOR	YGCR- Y Gwyndy	9.29	9.48	9.61	9.61	3	6
5	6	Mabli WHITE	Brynhyfryd	9.20	9.41	9.33	9.41	4	5
6	7	Imogen MORRIS	Welshpool	8.92	X	8.77	8.92	5	4
7	8	Isla PHILLIPS	Gwent Is Coed	8.29	8.80	8.44	8.80	6	3
8	1	Freya BIRT	Olchfa	X	9.58	9.81	9.81	2	7
9	22	Amelie EDWARDS	Llanishen High School	8.35	8.97	9.12	9.12	2	7
10	33	Hannah LEVERATT	Bro Dinefawr	X	9.29	9.24	9.29	1	9
11	44	Julia LAMENT	Ysgol John Bright	8.33	7.91	X	8.33	5	4
12	55	Lilly EALES	YGCR- Gellihaf	8.15	8.00	7.93	8.15	6	3
13	66		Castle Alun						
14	77	Poppy JONES	Llanidloes	8.55	8.45	9.08	9.08	3	6
15	88	Ella MANNING	Bassaleg	7.87	7.99	8.13	8.13	7	2
16	11	Gwennan GRUFFYDD	Gwyr	8.49	8.67	8.96	8.96	4	5

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	Amara-Chukwu HERBERT	Ysgol Glantaf	9.85
2	1	Freya BIRT	Olchfa	9.81
3	5	Mali WINDSOR	YGCR- Y Gwyndy	9.61
4	6	Mabli WHITE	Brynhyfryd	9.41
5	7	Imogen MORRIS	Welshpool	8.92
6	8	Isla PHILLIPS	Gwent Is Coed	8.80
7	4	Mia NEL JONES	Ysgol Botwnnog	8.52
8	3	Alys LEWIS	Bro Myrddin	8.15

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	33	Hannah LEVERATT	Bro Dinefawr	9.29
2	22	Amelie EDWARDS	Llanishen High School	9.12
3	77	Poppy JONES	Llanidloes	9.08
4	11	Gwennan GRUFFYDD	Gwyr	8.96
5	44	Julia LAMENT	Ysgol John Bright	8.33
6	55	Lilly EALES	YGCR- Gellihaf	8.15
7	88	Ella MANNING	Bassaleg	8.13
8				

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics - Height Card

Cup cbp

MEETING	NASUWT - CUP & PLATE FINAL	VENUE	BRECON	TIME	3:10 PM	DATE	Wednesday-08-July-2026
EVENT	F14 U16 Girls High Jump	CUP CBP - Lisa THOMPSON, John Bright, Gwynedd, 1.66, 1995				START TIME	3:10 PM
		PLATE CBP - Erin WALTERS, Bro Myrddin, Dyfed, 1.60, 2011				END TIME	

Order	BIB	NAME	CLUB	START	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.60	1.65	1.70	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	3	Lois REES	Bro Myrddin		O	O	O		XXX							1.25			6	3.0
2	4	Carmela ZARATE	Ysgol Botwnnog		X															
3	5	Betsan BRADBURY	YGCR- Y Gwyndy					XO	O	XO	XO	X				1.45			2	7.0
4	6	Alaina JONES	Brynhyfryd		XO		XXX									1.15			7	2.0
5	7	Evie LANGFORD	Welshpool		O		O	O	XO	XXX						1.40			4	5.0
6	8	Macie GABBIDON	Gwent Is Coed				O	XO	XXX							1.30			5	4.0
7	1	Katriel UDOH	Olchfa								O	O	O	O	O	1.70			1	9.0
8	2	Elin GRIFFITHS	Ysgol Glantaf					O	O	O	XXX					1.40			3	6.0
9	33	Menna FIELDER HOBBS	Bro Dinefawr					O	O	O	O	XXX				1.45			2	7.0
10	44	Maddison EDLINGTON	Ysgol John Bright		O	O	O	O	O	XXX						1.35			3	6.0
11	55	Willoe JAMES	YGCR- Gellihaf			O	XO	XXX								1.25			7	2.0
12	66		Castle Alun																	
13	77	Freya LAMP	Llanidloes					O	XXO	O	XO	O				1.50			1	9.0
14	88	Matilda HOTSON	Bassaleg		O	XO	O	O	XXX							1.30			5	4.0
15	11	Summer RASTATTER	Gwyr				XO	XO	XXO							1.35			4	5.0
16	22	Lilly COTTERRALL	Llanishen High School		O	O	O	O	XXX							1.30			5	4.0

PLEASE ENTER o for clearance and x for fail - 8 jumps maximum per athlete

Cup Final Results

POS	BIB	NAME	CLUB	PERF
2	1	Katriel UDOH	Ysgol John Bright	1.70
3	5	Betsan BRADBURY	Gwent Is Coed	1.45
4	2	Elin GRIFFITHS	YGCR- Gellihaf	1.40
5	7	Evie LANGFORD	Ysgol Glantaf	1.40
6	8	Macie GABBIDON	Bro Dinefawr	1.30
7	3	Lois REES	Brynhyfryd	1.25
8	6	Alaina JONES	Olchfa	1.15

Plate Final Results

POS	BIB	NAME	CLUB	PERF
2	77	Freya LAMP	Llanidloes	1.50
3	33	Menna FIELDER HOBBS	Bro Dinefawr	1.45
4	44	Maddison EDLINGTON	Ysgol John Bright	1.35
5	11	Summer RASTATTER	Gwyr	1.35
6=	88	Matilda HOTSON	Bassaleg	1.30
6=	22	Lilly COTTERRALL	Llanishen High School	1.30
8	55	Willoe JAMES	YGCR- Gellihaf	1.25

JUDGES' SIGNATURES

REFEREE'S SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	3:10 PM	Date	Wednesday-08-Jul-2026
Event	F15 U14 Boys Shot Put (3.00kg)	CUP CBP - Kristian PHILLIPS, Ystalyfera, Afan Nedd Tawe, 13.29, 2004				START TIME	3:10 PM
		PLATE CBP - Ethan WITCHELL, Ysgol Glantaf, Cardiff & the Vale, 13.65, 2019				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	4	Seb FOLEY	Ysgol Botwnnog	9.08	9.98	9.53	9.98	6	3
2	5	Olly-J BARTLETT	Garth Olwg	10.66	10.96	X	10.96	3	6
3	6	Liam PURVIS	Brynhyfryd	10.40	9.49	11.06	11.06	2	7
4	7	Jax JONES	Welshpool	9.04	10.50	10.77	10.77	4	5
5	8	Wonderful ADEOYE	Croesyceiliog	X	7.41	8.18	8.18	8	1
6	1	Osian SMITH	Gwyr	10.05	10.23	9.61	10.23	5	4
7	2	Tito YUSUF	Cardiff High School	11.46	11.81	11.88	11.88	1	9
8	3	William ELLIOTT	Ysgol Dyffryn Aman	9.35	9.74	9.58	9.74	7	2
9	44	Iolo JONES	Ysgol Brynrefail	8.46	9.22	8.57	9.22	4	5
10	55	Zane REILLY	YGCR- Gellihaf	9.59	8.98	9.79	9.79	2	7
11	66	Eric LEPSA	Hawarden High School	11.14	10.75	10.63	11.14	1	9
12	77	Evan JONES	Caereinion	8.11	7.76	7.40	8.11	8	1
13	88	Tommy BODMAN	Cwmbran High School	8.99	8.91	9.15	9.15	5	4
14	11	Beau HERBERT	Cwm Brombil	9.09	X	9.01	9.09	6	3
15	22	Deiniol GUNNINGHAM	Ysgol Glantaf	7.77	8.12	8.48	8.48	7	2
16	33	Cai WILLIAMS	Strade	9.24	8.83	9.24	9.24	3	6

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	Tito YUSUF	Cardiff High School	11.88
2	6	Liam PURVIS	Brynhyfryd	11.06
3	5	Olly-J BARTLETT	Garth Olwg	10.96
4	7	Jax JONES	Welshpool	10.77
5	1	Osian SMITH	Gwyr	10.23
6	4	Seb FOLEY	Ysgol Botwnnog	9.98
7	3	William ELLIOTT	Ysgol Dyffryn Aman	9.74
8	8	Wonderful ADEOYE	Croesyceiliog	8.18

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	66	Eric LEPSA	Hawarden High School	11.14
2	55	Zane REILLY	YGCR- Gellihaf	9.79
3	33	Cai WILLIAMS	Strade	9.24
4	44	Iolo JONES	Ysgol Brynrefail	9.22
5	88	Tommy BODMAN	Cwmbran High School	9.15
6	11	Beau HERBERT	Cwm Brombil	9.09
7	22	Deiniol GUNNINGHAM	Ysgol Glantaf	8.48
8	77	Evan JONES	Caereinion	8.11

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	3:10 PM	Date	Wednesday-08-Jul-2026
Event	F16 U14 Girls Discus (0.75kg)	CUP CBP - Adele NICOLL, Welshpool, Powys, 35.92, 2010				START TIME	3:10 PM
		PLATE CBP - Ella JACKSON, Radyr Comprhensive School , Cardiff & Vale, 26.41, 201				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	5	Poppy AMESBURY-UNDERY	YGCR- Y Gwyndy	19.50	16.30	16.36	19.50	2	7
2	6	Mair EVANS	Maelor Penley	12.13	13.60	11.91	13.60	5	4
3	7	Emily TORRY	Welshpool	13.35		12.81	13.35	6	3
4	8	Amelie GRIFFITHS	Caerleon			9.40	9.40	8	1
5	1	Adah BEUSE EVANS	Gwyr	17.43	16.46	15.13	17.43	4	5
6	2	Glesni POMEROY	Ysgol Gyfun Bro Edern			17.51	17.51	3	6
7	3	Cerys DAVIES	Ysgol Dyffryn Aman	18.85	19.47	21.15	21.15	1	9
8	4	Megan LEWIS	Aberconwy	11.92		11.34	11.92	7	2
9	55	Gwennan WILLIAMS	YGCR- Gellihaf	22.45	18.06	17.46	22.45	2	7
10	66	Mali EVANS	Brynhyfryd	14.14	13.78	14.95	14.95	5	4
11	77	Monique BRANDON-HIGGS	Llanidloes	11.69	10.56	10.22	11.69	6	3
12	88	Thea HARDING	Bassaleg		8.43	9.17	9.17	7	2
13	11	Maddie THOMAS	Olchfa						
14	22	Sophia FISHER	Ysgol Glantaf		23.42	21.41	23.42	1	9
15	33	Krystal MAKIN	Queen Elizabeth HS	17.18	19.66	14.80	19.66	3	6
16	44	Macey HUGHES	Ysgol Tryfan	12.96	15.63		15.63	4	5

Cup Final Results					Plate Final Results					JUDGES' SIGNATURES
POS	BIB	ATHLETE	CLUB	PERF	POS	BIB	ATHLETE	CLUB	PERF	
1	3	Cerys DAVIES	Ysgol Dyffryn Aman	21.15	1	22	Sophia FISHER	Ysgol Glantaf	23.42	
2	5	Poppy AMESBURY-UNDERY	YGCR- Y Gwyndy	19.50	2	55	Gwennan WILLIAMS	YGCR- Gellihaf	22.45	
3	2	Glesni POMEROY	Ysgol Gyfun Bro Edern	17.51	3	33	Krystal MAKIN	Queen Elizabeth HS	19.66	
4	1	Adah BEUSE EVANS	Gwyr	17.43	4	44	Macey HUGHES	Ysgol Tryfan	15.63	
5	6	Mair EVANS	Maelor Penley	13.60	5	66	Mali EVANS	Brynhyfryd	14.95	
6	7	Emily TORRY	Welshpool	13.35	6	77	Monique BRANDON-HIGGS	Llanidloes	11.69	REFEREE SIGNATURE
7	4	Megan LEWIS	Aberconwy	11.92	7	88	Thea HARDING	Bassaleg	9.17	
8	8	Amelie GRIFFITHS	Caerleon	9.40	8					

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	3:10 PM	Date	Wednesday-08-Jul-2026
Event	F17 U16 Boys Javelin (600g)	CUP CBP - Chris THOMAS, West Mon, Gwent, 56.58, 1995				START TIME	3:10 PM
		PLATE CBP - Lewie JONES, Olchfa, Afan Nedd Tawe, 48.30, 2022				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	6	Zack ECCLES	Hawarden High School	29.54	27.46	26.41	29.54	7	2
2	7	Logan WOODSFORD	Welshpool	18.04	11.56	15.34	18.04	8	1
3	8	Joshua VONG	Bassaleg	X	28.59	29.74	29.74	6	3
4	1	Cynan KING	Gwyr	37.30	35.44	41.06	41.06	1	9
5	2	Carrig VENABLES	Whitchurch High School	28.84	30.32	26.50	30.32	5	4
6	3	Iori HUMPHRIES	Ysgol Dyffryn Aman	35.77	31.84	37.36	37.36	2	7
7	4	Mckenzie MARSDEN	Syr Thomas Jones	26.34	32.49	31.05	32.49	4	5
8	5	Oli MILES	YGCR- Y Gwyndy	27.61	X	32.58	32.58	3	6
9	66	Jacob CROSSLEY	Connah's Quay	28.77	X	27.19	28.77	5	4
10	77	Noah OLDFIELD	Llanidloes	X	X	27.36	27.36	6	3
11	88	Logan MEACHAM	Croesyceiliog	32.62	31.65	26.46	32.62	3	6
12	11	Isaac JONES	Dwr Y Felin	14.46	12.20	11.60	14.46	8	1
13	22	Sidney LADELL	Ysgol Glantaf	28.09	31.42	23.48	31.42	4	5
14	33	Carwyn LLEWHELLIN	Haverfordwest High	33.50	34.78	34.62	34.78	2	7
15	44	Giuseppe BACIGALUPO	Ysgol Botwnnog	20.40	18.40	X	20.40	7	2
16	55	James MILFORD	YGCR- Gellihaf	33.96	32.66	35.41	35.41	1	9

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	1	Cynan KING	Gwyr	41.06
2	3	Iori HUMPHRIES	Ysgol Dyffryn Aman	37.36
3	5	Oli MILES	YGCR- Y Gwyndy	32.58
4	4	Mckenzie MARSDEN	Syr Thomas Jones	32.49
5	2	Carrig VENABLES	Whitchurch High School	30.32
6	8	Joshua VONG	Bassaleg	29.74
7	6	Zack ECCLES	Hawarden High School	29.54
8	7	Logan WOODSFORD	Welshpool	18.04

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	55	James MILFORD	YGCR- Gellihaf	35.41
2	33	Carwyn LLEWHELLIN	Haverfordwest High	34.78
3	88	Logan MEACHAM	Croesyceiliog	32.62
4	22	Sidney LADELL	Ysgol Glantaf	31.42
5	66	Jacob CROSSLEY	Connah's Quay	28.77
6	77	Noah OLDFIELD	Llanidloes	27.36
7	44	Giuseppe BACIGALUPO	Ysgol Botwnnog	20.40
8	11	Isaac JONES	Dwr Y Felin	14.46

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	4:15 PM	Date	Wednesday-08-Jul-2026
Event	F18 U16 Boys Long Jump	CUP CBP - Rhys WILLIAMS, YG Cwm Rhymni, Glamorgan Valleys, 6.22, 2009				START TIME	4:15 PM
		PLATE CBP - Ben VINCENT, Whitchurch High School, Cardiff & the Vale, 5.99, 2019				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	7	Charlie LEWIS	Welshpool	4.66			4.66	6	3
2	8	Freddie LLOYD	Bassaleg	4.92	5.23	4.99	5.23	5	4
3	1	Zac WILLIAMS	Gwyr	4.97	5.11	5.24	5.24	4	5
4	2	George WELSH	Whitchurch High School	5.41	5.41	5.52	5.52	1	9
5	3	Jensen CHENNARD	Ysgol Dyffryn Aman	5.01	5.44	5.38	5.44	2	7
6	4	Zane WILLIAMS	Syr Thomas Jones	X	4.50	4.56	4.56	7	2
7	5	Cameron GEORGE	YGCR- Y Gwyndy	5.17	5.32	5.39	5.39	3	6
8	6	Jacob WORTHINGTON	Hawarden High School	4.50	4.45	X	4.50	8	1
9	77	Caden DAVIES	Llanidloes	5.00	4.96	4.83	5.00	6	3
10	88	Finley REES	Croesyceiliog	4.64	4.86	5.09	5.09	5	4
11	11	Arthur HEADLY	Dwr Y Felin	4.02	3.84	3.82	4.02	8	1
12	22	Charlie PARSONS	Ysgol Glantaf	5.22	4.99	5.19	5.22	4	5
13	33	James SANDERS	Haverfordwest High	5.15	5.11	5.33	5.33	3	6
14	44	Noah THORNICROFT	Ysgol Botwnnog	4.81	X	5.51	5.51	1	9
15	55	Frankie MOSES	YGCR- Gellihaf	5.26	5.37	X	5.37	2	7
16	66	Ranuja SILVA	Connah's Quay	4.95	4.76	4.70	4.95	7	2

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	2	George WELSH	Whitchurch High School	5.52
2	3	Jensen CHENNARD	Ysgol Dyffryn Aman	5.44
3	5	Cameron GEORGE	YGCR- Y Gwyndy	5.39
4	1	Zac WILLIAMS	Gwyr	5.24
5	8	Freddie LLOYD	Bassaleg	5.23
6	7	Charlie LEWIS	Welshpool	4.66
7	4	Zane WILLIAMS	Syr Thomas Jones	4.56
8	6	Jacob WORTHINGTON	Hawarden High School	4.50

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	44	Noah THORNICROFT	Ysgol Botwnnog	5.51
2	55	Frankie MOSES	YGCR- Gellihaf	5.37
3	33	James SANDERS	Haverfordwest High	5.33
4	22	Charlie PARSONS	Ysgol Glantaf	5.22
5	88	Finley REES	Croesyceiliog	5.09
6	77	Caden DAVIES	Llanidloes	5.00
7	66	Ranuja SILVA	Connah's Quay	4.95
8	11	Arthur HEADLY	Dwr Y Felin	4.02

JUDGES' SIGNATURES

REFEREE SIGNATURE

Welsh Athletics - Height Card

MEETING	NASUWT - CUP & PLATE FINAL	VENUE	BRECON	TIME	4:15 PM	DATE	Wednesday-08-July-2026
EVENT	F19 U14 Boys High Jump	CUP CBP - Tom TROTMAN, Cowbridge, Cardiff & the Vale, 1.70, 2011				START TIME	4:15 PM
		PLATE CBP - Iolo GRANT, Ysgol Glantaf, Cardiff & the Vale, 1.60, 2019				END TIME	

Order	BIB	NAME	CLUB	START	1.15	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	m.cm				
1	8	Olly GRIFFIN	Croesyceiliog		xxo	xxo	xx									1.20			8	1.0
2	1	Milo JACKSON	Gwyr				o	o		o	xo	o	o	o		1.60			1	9.0
3	2	Dylan COX	Cardiff High School						o	o	o	o	o	xxx		1.55			2	7.0
4	3	Scott EDWARDS	Ysgol Dyffryn Aman				o	o	o	o	xo	o	x			1.50			3	6.0
5	4	George COWLEY	Ysgol Botwnnog			o	o	o	o	xo	xx					1.40			5	4.0
6	5	Harvey MARTIN	Garth Olwg				xo		o	o	o	xxx				1.45			4	5.0
7	6	Freddie WILLIAMS	Brynhyfryd			o	o	o	o	xxx						1.35			6	3.0
8	7	Mason KAYE	Welshpool			o	o	o	xo	xxx						1.35			7	2.0
9	88	Riley-Jay BOWEN	Cwmbran High School			o	o		xo		xxx					1.35			6	3.0
10	11	Mason JONES	Cwm Brombil				o	o	o	xo	xxx					1.40			3	6.0
11	22	Farley PRICHARD	Ysgol Glantaf					o	o	o	xxx					1.40			1	9.0
12	33	Emlyn TYLER	Strade			o	o	xxo	xo	x						1.35			7	2.0
13	44	Alffi HARRIS	Ysgol Brynrefail			o	o	o	o	xxx						1.35			5	4.0
14	55	Lloyd JAMES	YGCR- Gellihaf			x		o	o	xxo	xx					1.40			4	5.0
15	66	Patryk WYTRWAL	Hawarden High School		o	o	o	o	o	o		xxx				1.40			1	9.0
16	77	Stanley BATES	Caereinion			o	xo	xo	xxx							1.30			8	1.0

PLEASE ENTER o for clearance and x for fail - 8 jumps maximum per athlete

Cup Final Results

POS	BIB	NAME	CLUB	PERF
1	1	Milo JACKSON	Ysgol Botwnnog	1.60
2	2	Dylan COX	Garth Olwg	1.55
3	3	Scott EDWARDS	Brynhyfryd	1.50
4	5	Harvey MARTIN	Cwmbran High School	1.45
5	4	George COWLEY	Welshpool	1.40
6	6	Freddie WILLIAMS	Cwm Brombil	1.35
7	7	Mason KAYE	Ysgol Glantaf	1.35
8	8	Olly GRIFFIN	Ysgol Dyffryn Aman	1.20

Plate Final Results

POS	BIB	NAME	CLUB	PERF
1=	22	Farley PRICHARD	Ysgol Glantaf	1.40
1=	66	Patryk WYTRWAL	Hawarden High School	1.40
3	11	Mason JONES	Cwm Brombil	1.40
4	55	Lloyd JAMES	YGCR- Gellihaf	1.40
5	44	Alffi HARRIS	Ysgol Brynrefail	1.35
6	88	Riley-Jay BOWEN	Cwmbran High School	1.35
7	33	Emlyn TYLER	Strade	1.35
8	77	Stanley BATES	Caereinion	1.30

JUDGES' SIGNATURES

REFEREE'S SIGNATURE

Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	4:15 PM	Date	Wednesday-08-Jul-2026
Event	F20 U16 Boys Shot Put (4.00kg)	CUP CBP - Josh LEWIS, YG Cwm Rhymni, Glamorgan Valleys, 14.17, 2014				START TIME	4:15 PM
		PLATE CBP - Matthew WILLIAMS, Maelor, North East Wales, 13.54, 2011				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	1	Dominic THOMAS	Gwyr	12.60	12.60	12.90	12.90	1	9
2	2	James MCCORMACK	Whitchurch High School	9.19	9.85	9.72	9.85	7	2
3	3	Tyler MORGAN	Ysgol Dyffryn Aman	9.99	9.28	9.98	9.99	6	3
4	4	Deion FARRAR	Syr Thomas Jones	10.36	10.66	10.10	10.66	3	6
5	5	Cadel PARRY	YGCR- Y Gwyndy	10.92	10.83	10.39	10.92	2	7
6	6	Sam WILLIAMS	Hawarden High School	9.80	9.64	10.19	10.19	5	4
7	7	Borys JEDRZEJEWSKI	Welshpool	10.22	10.51	10.55	10.55	4	5
8	8	Ollie BOND	Bassaleg	9.25	X	8.49	9.25	8	1
9	11	Josh DAVIES	Dwr Y Felin	8.30	8.99	8.47	8.99	7	2
10	22	Osian CODD	Ysgol Glantaf	10.28	10.58	9.51	10.58	4	5
11	33	Will CORBY	Haverfordwest High	10.86	10.89	10.50	10.89	2	7
12	44	Felix BOYD	Ysgol Botwnnog	9.48	9.49	X	9.49	6	3
13	55	Osian CARTER	YGCR- Gellihaf	11.91	X	11.27	11.91	1	9
14	66	Marcus SZUSZKIEWICZ	Connah's Quay	X	8.16	8.13	8.16	8	1
15	77	Logan AVERY	Llanidloes	9.66	10.06	10.03	10.06	5	4
16	88	Finley CLARK	Croesyceiliog	10.29	10.63	9.52	10.63	3	6

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	1	Dominic THOMAS	Gwyr	12.90
2	5	Cadel PARRY	YGCR- Y Gwyndy	10.92
3	4	Deion FARRAR	Syr Thomas Jones	10.66
4	7	Borys JEDRZEJEWSKI	Welshpool	10.55
5	6	Sam WILLIAMS	Hawarden High School	10.19
6	3	Tyler MORGAN	Ysgol Dyffryn Aman	9.99
7	2	James MCCORMACK	Whitchurch High School	9.85
8	8	Ollie BOND	Bassaleg	9.25

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	55	Osian CARTER	YGCR- Gellihaf	11.91
2	33	Will CORBY	Haverfordwest High	10.89
3	88	Finley CLARK	Croesyceiliog	10.63
4	22	Osian CODD	Ysgol Glantaf	10.58
5	77	Logan AVERY	Llanidloes	10.06
6	44	Felix BOYD	Ysgol Botwnnog	9.49
7	11	Josh DAVIES	Dwr Y Felin	8.99
8	66	Marcus SZUSZKIEWICZ	Connah's Quay	8.16

JUDGES' SIGNATURES

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Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	4:15 PM	Date	Wednesday-08-Jul-2026
Event	F21 U14 Boys Discus (1.00kg)	CUP CBP - Issac LECKI, Castell Alun High School , North East Wales, 35.25, 2016				START TIME	4:15 PM
		PLATE CBP - Brynmor CLEMENTS, YG Gwyr, Afan Nedd Tawe, 37.25, 2014				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	2	Osian DAVIES	Cardiff High School	22.09		18.72	22.09	2	7
2	3	Cai CANTON	Ysgol Dyffryn Aman	19.79	20.69	21.65	21.65	6	3
3	4	Dafydd THOMAS	Ysgol Botwnnog	17.65	21.20	25.25	25.25	1	9
4	5	Riley DOWNES	Garth Olwg	16.16	15.65	15.96	16.16	7	2
5	6	Macsen EDWARDS	Brynhyfryd	20.16	20.00	21.87	21.87	5	4
6	7	Sean JOSEPH	Welshpool	21.99	19.88	20.80	21.99	3	6
7	8	Troy MALAJ	Croesyceiliog		14.63	16.08	16.08	8	1
8	1	Thomas MORGAN	Gwyr		21.94	21.70	21.94	4	5
9	22	Jacob SUTTON	Ysgol Glantaf	23.45			23.45	3	6
10	33	Ethan THOMAS	Strade	26.12	20.34	26.72	26.72	1	9
11	44	Owi LLOYD	Ysgol Brynrefail	20.83	18.08	19.02	20.83	4	5
12	55	Max STEPHENS	YGCR- Gellihaf	22.07	20.52	26.29	26.29	2	7
13	66	Harrison WALKER	Hawarden High School	14.54	15.15	17.18	17.18	8	1
14	77	Jacob GRIFFITHS	Caereinion	19.04	15.42	16.69	19.04	6	3
15	88	Tyler BANKS	Cwmbran High School	18.10	19.38		19.38	5	4
16	11	Alfie GROVES	Cwm Brombil	16.80	18.19	16.86	18.19	7	2

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	4	Dafydd THOMAS	Ysgol Botwnnog	25.25
2	2	Osian DAVIES	Cardiff High School	22.09
3	7	Sean JOSEPH	Welshpool	21.99
4	1	Thomas MORGAN	Gwyr	21.94
5	6	Macsen EDWARDS	Brynhyfryd	21.87
6	3	Cai CANTON	Ysgol Dyffryn Aman	21.65
7	5	Riley DOWNES	Garth Olwg	16.16
8	8	Troy MALAJ	Croesyceiliog	16.08

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	33	Ethan THOMAS	Strade	26.72
2	55	Max STEPHENS	YGCR- Gellihaf	26.29
3	22	Jacob SUTTON	Ysgol Glantaf	23.45
4	44	Owi LLOYD	Ysgol Brynrefail	20.83
5	88	Tyler BANKS	Cwmbran High School	19.38
6	77	Jacob GRIFFITHS	Caereinion	19.04
7	11	Alfie GROVES	Cwm Brombil	18.19
8	66	Harrison WALKER	Hawarden High School	17.18

JUDGES' SIGNATURES

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Welsh Athletics : Distance Card

Meeting	NASUWT - CUP & PLATE FINAL	Venue	BRECON	Time	4:15 PM	Date	Wednesday-08-Jul-2026
Event	F22 U16 Girls Javelin (500g)	CUP CBP - Rhian EVANS, YG Gweyr, Afan Nedd Tawe, 36.62, 2015				START TIME	4:15 PM
		PLATE CBP - Daisy LLOYD EVANS, Llanfyllin, Powys, 38.16, 2017/Holly PEMBERTON				END TIME	

Order	Bib	Name	Club	1st Trial	2nd Trial	3rd Trial	Best	Rank	pts
				m.cm	m.cm	m.cm	m.cm		
1	3	Lotti PEMBERTON	Bro Myrddin	14.75	16.90	17.14	17.14	6	3
2	4	Non WILLIAMS	Ysgol Botwnnog	20.65	20.88	22.29	22.29	2	7
3	5	Hefina LEWIS	YGCR- Y Gwyndy	28.10	29.09	28.98	29.09	1	9
4	6	Anesu MABWE	Brynhyfryd	16.33	16.24	16.45	16.45	7	2
5	7	Bella ROBERTS	Welshpool	X	18.86	16.34	18.86	4	5
6	8	Alayah-Marie STOCK	Gwent Is Coed	18.00	X	X	18.00	5	4
7	1	Tochi EMENOGU	Olchfa	X	X	12.20	12.20	8	1
8	2	Ella BROWN	Ysgol Glantaf	19.61	17.35	22.00	22.00	3	6
9	33	Sara HARRIES	Bro Dinefawr	26.43	X	21.46	26.43	1	9
10	44	Sienna PRITCHARD	Ysgol John Bright	17.31	12.98	13.26	17.31	4	5
11	55	Tori DAVIES	YGCR- Gellihaf	18.19	X	15.11	18.19	3	6
12	66		Castle Alun						
13	77	Sydney PUGH	Llanidloes	13.21	11.63	14.26	14.26	7	2
14	88	Ela PASCOE	Bassaleg	18.63	19.89	17.41	19.89	2	7
15	11	Betsi WILLIAMS	Gwyr	17.01	X	X	17.01	5	4
16	22	Amy REDDY	Llanishen High School	15.22	X	X	15.22	6	3

Cup Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	5	Hefina LEWIS	YGCR- Y Gwyndy	29.09
2	4	Non WILLIAMS	Ysgol Botwnnog	22.29
3	2	Ella BROWN	Ysgol Glantaf	22.00
4	7	Bella ROBERTS	Welshpool	18.86
5	8	Alayah-Marie STOCK	Gwent Is Coed	18.00
6	3	Lotti PEMBERTON	Bro Myrddin	17.14
7	6	Anesu MABWE	Brynhyfryd	16.45
8	1	Tochi EMENOGU	Olchfa	12.20

Plate Final Results

POS	BIB	ATHLETE	CLUB	PERF
1	33	Sara HARRIES	Bro Dinefawr	26.43
2	88	Ela PASCOE	Bassaleg	19.89
3	55	Tori DAVIES	YGCR- Gellihaf	18.19
4	44	Sienna PRITCHARD	Ysgol John Bright	17.31
5	11	Betsi WILLIAMS	Gwyr	17.01
6	22	Amy REDDY	Llanishen High School	15.22
7	77	Sydney PUGH	Llanidloes	14.26
8				

JUDGES' SIGNATURES

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