



U13 / U15 Welsh Track Field Championships



<u>U15G</u>	<u>100m</u>	<u>heat 1/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>100m</u>	<u>heat 2/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
70	Samantha	Cogan	Cardiff	13.6		Q	95	Hannah	Thomas	Wrexham	13.30	-1.3	Q
74	Sarah	Evans	Swansea	13.2*		Q	88	Danielle	Midwinter	Swansea	13.50		Q
79	Katie	Hewitt	Aberdare	13.7*			91	Rachel	Rees	Swansea	13.70		
90	Laura	Penhallurick	Carmarthen	13.8*			75	Hayley	Ferrier	Pembroke	13.70		
89	Lorna	Pengelly	Cardiff	14.4*			87	Lauren	McCarthy	Cardiff	13.90		
77	Leah	Grint	Swansea	14.6*			86	Kirsty	Marshall	Aberdare	14.50		
71	Alice	Cooksey	Radyr Comp	15.4*									

<u>U15G</u>	<u>100m</u>	<u>heat 3/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>100m</u>	<u>heat 4/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
73	Alex	Elliott	Deeside	13.33	-2.0	Q	98	Claire	Williams	Cwmbran	13.18	-1.3	Q
80	Jessica	Hinwood	Cwmbran	13.63		Q	94	Bryony	Slade	Neath	13.53		Q
93	Holly	Roderick-Evans	Carmarthen	13.99			96	Jessica	Vaughan	Deeside	13.69		
85	Natalie	Jones	Walton	14.11			76	Shaleena	Graham	Newport	14.09		
78	Leah	Grisdale	Barry & Vale	14.47			83	Rhian	Israel	Bridgend	14.51		
97	Catherine	Williams	Swansea	14.56			84	Amy	Jones	Newport	16.60		
68	Kayleigh	Bloomfield	Cardiff	DNF									

<u>U15G</u>	<u>100m</u>	<u>Final</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
98	Claire	Williams	Cwmbran	13.05	-2.8	
74	Sarah	Evans	Swansea	13.24		
73	Alex	Elliott	Deeside	13.35		
95	Hannah	Thomas	Wrexham	13.39		
80	Jessica	Hinwood	Cwmbran	13.40		
94	Bryony	Slade	Neath	13.64		
88	Danielle	Midwinter	Swansea	14.24		
70	Samantha	Cogan	Cardiff	DNS		

<u>U15G</u>	<u>200m</u>	<u>heat 1/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>200m</u>	<u>heat 2/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
73	Alex	Elliott	Deeside	27.2		Q	96	Jessica	Vaughan	Deeside	28.2		Q
159	Christie	Williams	Aberdare	28.0		q	123	Megan	Rogers	Wrexham	28.8		
70	Samantha	Cogan	Cardiff	28.0			77	Leah	Grint	Swansea	30.5		
91	Rachel	Rees	Swansea	28.4			84	Amy	Jones	Newport	35.2		
76	Shaleena	Graham	Newport	28.9			82	Emily	Howell	Leamington C & AC	DNF		

\*Manually entered times

<u>U15G</u>	<u>200m</u>	<u>heat 3/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>200m</u>	<u>heat 4/4</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
93	Holly	Roderick-Evans	Carmarthen	28.1	-2.9	Q	79	Katie	Hewitt	Aberdare	27.4	-2.2	Q
80	Jessica	Hinwood	Cwmbran	28.5		q	88	Danielle	Midwinter	Swansea	27.9		q
119	Leah	Parry	Pembroke	28.7			97	Catherine	Williams	Swansea	29.2		
83	Rhian	Israel	Bridgend	29.9			89	Lorna	Pengelly	Cardiff	29.7		
68	Kayleigh	Bloomfield	Cardiff	30.3			155	Jessica	John	Bridgend	31.1		

\*Manually entered times

<u>U15G</u>	<u>200m</u>	<u>Final</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>300m</u>	<u>Final</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
73	Alex	Elliott	Deeside	26.77			154	Brigid	Eades	Newport	41.23		
79	Katie	Hewitt	Aberdare	27.60			157	Stacey	Vincent	Bridgend	42.40		
93	Holly	Roderick-Evans	Carmarthen	27.80			69	Hannah	Clarke	Cwmbran	42.89		
88	Danielle	Midwinter	Swansea	28.05			90	Laura	Penhallurick	Carmarthen	43.30		
96	Jessica	Vaughan	Deeside	28.46			85	Natalie	Jones	Walton	44.24		
159	Christie	Williams	Aberdare	28.53									

<u>U15G</u>	<u>75m hdl</u>	<u>heat 1/2</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>	<u>U15G</u>	<u>75m hdl</u>	<u>heat 2/2</u>		<u>perf</u>	<u>w/s</u>	<u>Q/q</u>
117	Christina	Hughes	Deeside	11.70		Q	72	Rachel	Davies	Bridgend	11.88	-1.2	Q
123	Megan	Rogers	Wrexham	12.72		Q	115	Sophie	Grant	Cardiff	12.52		Q
119	Leah	Parry	Pembroke	13.38			96	Jessica	Vaughan	Deeside	13.01		q
122	Ffion	Rees	Carmarthen	13.43			118	Harriet	Leek	Cwmbran	13.06		q
77	Leah	Grint	Swansea	14.70			120	Sophie	Pick	Carmarthen	13.08		q
116	Leah	Hargreaves	Ceredigion	14.81			125	Hayley-Louise	Webber	Wrexham	13.09		q
124	Kara	Stedman	Llanelli	16.14									





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<u>U15G</u>	<u>75m hdl</u>	<u>Final</u>		<u>perf</u>	<u>w/s</u>	<u>Q/a</u>
117	Christina	Hughes	Deeside	11.62	-1.0	
72	Rachel	Davies	Bridgend	11.65		
115	Sophie	Grant	Cardiff	12.28		
123	Megan	Rogers	Wrexham	12.50		
96	Jessica	Vaughan	Deeside	12.97		
118	Harriet	Leek	Cwmbran	12.97		
120	Sophie	Pick	Carmarthen	13.19		
125	Hayley-Louise	Webber	Wrexham	13.70		

<u>U15G</u>	<u>800m</u>	<u>Heat 1/3</u>		<u>perf</u>	<u>Q/a</u>	<u>U15G</u>	<u>800m</u>	<u>Heat 2/3</u>		<u>perf</u>	<u>Q/a</u>
234	Cerys	Morgan	Swansea	2:22.18	Q	240	Jade	Williams	Amman Valley	2:33.22	Q
222	Angharad	Davies	Carmarthen	2:28.87	q	238	Zoe	Rozier	Deeside	2:33.61	q
237	lauren	Regan	Cardiff	2:34.44	q	230	Alice	Johnston	Cardiff	2:34.39	
221	Natasha	Cockram	Cwmbran	2:24.12	q	220	Demi	Bartlett	Bridgend	2:35.06	
239	Zoe	Thomas	Bridgend	2:33.09		233	Katryna	Ley	Swansea	2:41.64	
223	Cerian	Davies	Ceredigion	2:36.16		226	Eluned	Hyde	Cardiff	3:00.9	ht

<u>U15G</u>	<u>800m</u>	<u>Heat 3/3</u>		<u>perf</u>	<u>Q/a</u>	<u>U15G</u>	<u>800m</u>	<u>Final</u>		<u>perf</u>
224	Benytta	Doman	Cwmbran	2:26.56	Q	240	Jade	Williams	Amman Valley	2:18.48
219	Billie	Attard	Cardiff	2:27.35	q	224	Benytta	Doman	Cwmbran	2:19.86
232	Nia	Lewis	Swansea	2:32.54		219	Billie	Attard	Cardiff	2:21.16
227	Lora	James	Cwmbran	2:36.54		234	Cerys	Morgan	Swansea	2:22.04
228	Naomi	James	Swansea	2:37.18		222	Angharad	Davies	Carmarthen	2:23.49
229	Ffion	Jones	Aberdare	2:39.52		221	Natasha	Cockram	Cwmbran	2:26.47
						237	lauren	Regan	Cardiff	2:28.06
						238	Zoe	Rozier	Deeside	2:29.91

<u>U15G</u>	<u>Discus</u>	<u>heat 1</u>		<u>perf</u>	<u>U15G</u>	<u>Javelin</u>	<u>heat 1</u>		<u>perf</u>
261	Toni	Wells	Swansea	29.43	281	Mary	Wilson	Carmarthen	35.81
274	Tesni	Ward	Worksop	28.05	274	Tesni	Ward	Worksop	25.90
271	Nicole	Evans	Neath	25.1	279	Amanda	Price	Newport	25.43
272	Jessica	Huddleston	Pembroke	23.88	159	Christie	Williams	Aberdare	23.65
260	Sian	Jordan	Newport	17.81	280	Megan	Williams	Pembroke	20.70
273	Alex	Thompson	Aberdare	12.98	273	Alex	Thompson	Aberdare	NDR

<u>U15G</u>	<u>Hammer</u>			<u>perf</u>	<u>U15G</u>	<u>Pole Vault</u>	<u>heat 1</u>		<u>perf</u>
261	Toni	Wells	Swansea	31.39	288	Elinor	lewis	Cardiff	2.90
260	Sian	Jordan	Newport	21.50	117	Christina	Hughes	Deeside	2.80
					155	Jessica	John	Bridgend	2.00

<u>U15G</u>	<u>High Jump</u>			<u>perf</u>	<u>U15G</u>	<u>Shot</u>	<u>heat 1</u>		<u>perf</u>
78	Leah	Grisdale	Barry & Vale	1.53	261	Toni	Wells	Swansea	10.42
95	Hannah	Thomas	Wrexham	1.50	274	Tesni	Ward	Worksop	9.63
236	Aneura	Phillips	Carmarthen	1.45	272	Jessica	Huddleston	Pembroke	9.01
83	Rhian	Israel	Bridgend	1.35	159	Christie	Williams	Aberdare	8.49
87	Lauren	McCarthy	Cardiff	1.30	125	Hayley-Louise	Webber	Wrexham	8.28
123	Megan	Rogers	Wrexham	1.20	271	Nicole	Evans	Neath	7.31
155	Jessica	John	Bridgend	1.20	75	Hayley	Ferrier	Pembroke	6.98
					273	Alex	Thompson	Aberdare	5.41

<u>U15G</u>	<u>Long Jump</u>	<u>heat 1</u>		<u>perf</u>	<u>w/s</u>	<u>Q/a</u>
73	Alex	Elliott	Deeside	4.99	+0.5	
95	Hannah	Thomas	Wrexham	4.89	+2.4	
72	Rachel	Davies	Bridgend	4.74	+2.2	
91	Rachel	Rees	Swansea	4.74	+2.6	
120	Sophie	Pick	Carmarthen	4.50	+3.3	
122	Ffion	Rees	Carmarthen	4.46	+3.1	
97	Catherine	Williams	Swansea	4.40	-0.2	
88	Danielle	Midwinter	Swansea	4.26	+2.1	
258	Jordan	Reynolds	Pembroke	4.15	+1.9	
74	Sarah	Evans	Swansea	4.13	+1.5	
124	Kara	Stedman	Llanelli	3.97	+0.9	

