

Welsh Schools' Athletic Association Joint Combined Events Championships

16th Combined Events Championships, held at the Swansea University Athletics Track on Saturday, June 27th, 2009: Hot, sunny, helpful wind for the long jump

Many thanks to all who attended the event:

1. To the athletes who competed – and to the parents and team managers who brought them
2. To the officials, technical and non technical, for all their hard work prior to and on the day
3. To the stadium staff and management, who, with very lengthy high jump competitions, had a much longer day than planned
4. To the first aid team

Special thanks to:

1. **The Meeting Technical Director, Stuart Hodson for making an 'impossible meeting' work, and ensuring that wind gauges are used!**
2. **Graham Webb, for his work on awards**
3. **John Griffiths, for his research prior to the fixture and for the excellence of his announcing on the day**
4. **Kath Elias, the Meeting Organiser, for her work before the event, and for her calmness and diplomacy over a long, demanding day.**
5. **James Thie, the new Competition Manager for Welsh Athletics, on his first 'solo' project.**

This was a first visit for these Combined Events championships to the Swansea University track. Perhaps the sun shone too much, and perhaps it was too hot, but, after last summer's dismal weather at the Nationals and the Cup, it did make a change. The senior boys and girls competitions attracted six entries in each section but, on the day, there were only three starters in both competitions. In the past, there has sometimes been a National Junior League on the day after. This year, the English Athletics u20 and u23 championships attracted our elite juniors and the staging of a Welsh Senior League, which now includes u17 & u20 sections, at the same venue on the following day probably did not help some districts in those two age group.

The Senior Boys competition featured the top two middles from last year. On that occasion, a very raw Curtis Mathews (Cardiff & the Vale) led after four events but was over six seconds slower than Antoine Woodman (Dyfed) over 800 and had to settle for second behind the West Walian. This year, there was no stopping the much improved Mathews, who now trains under the guidance of Mike Guest. Although his score was only just over 1000 points after the shot and javelin, he added a further 2000 over the last three events, which included a new personal best in the long jump and a really gritty 1500, breaking the 3000 points mark and claiming victory by nearly 500 points. Woodman was second with Sam Booker (Cardiff & the Vale) starting the 1500 metres to ensure the bronze.

In the Senior Girls contest, Jessica Huddleston was the early leader, producing the longest put in the shot and hanging on through the javelin, 100 metres and long jump. She had a 12 point advantage heading in to the final 800. Savannah Taylor (Cardiff & the Vale) had confessed before the fixture started that she did not want to do the 800 but the knowledge that she was only 12 down proved to be an amazing spur. She may not have been the quickest in that final event, but she did enough to break the 2000 points barrier and claim the title by over a hundred points, and it was a real joy to see her surprise and exhilaration after the event, and a bronze for school mate Leah Gridale made it a case of double celebrations.

At Carmarthen in 2008, the top three junior boys had been Rhys Williams (Glamorgan Valleys) and the Cardiff & Vale duo of Jamual Whyte and Adam Neville. All three are middles this year but only Jamual Whyte was in action here, with the experienced year 11 Glen Elsdon as his likely biggest rival. The year 10 from St Teilo's in Cardiff underlined how much he has improved in twelve months by hacking 0.9 of a second off his hurdles time in the opening event and then basically matching Elsdon in the high jump, long jump and shot to lead by just 29 points. He may not be the quickest 800 metres runner but he showed his patience by sitting all the way to the 700 metres mark, and then turning on his sprinting speed to come home clear by over three seconds, claiming his first combined events title with 2693 points. Elsdon was second (2616) while Oliver Trotman produced a new personal best of 1.83 metres in the high jump as he took the bronze medal.

With the 2008 champion, Megan Rogers (North East Wales), not entered, the middle girls competition was always likely to be between last year's leading juniors – Katie Lewis (Glamorgan Valleys) and Sara Otung (Cardiff & the Vale) – and so it proved. It was a close contest to four events with Lewis leading by 2296 to 2235 but, with Otung perhaps not back to her best following injury, the 800 proved decisive with Lewis opening a near twelve second advantage to claim the title by nearly two hundred points. Otung took silver with Rhiannon Plant gaining the bronze for Dyfed.

Afan Nedd Tawe athletes claimed two individual medals in the junior girls competition. Alyce Phillips (Dyfed) held a fifty points lead after the long jump and hurdles but then Emily Dacey took control. The Cefn Hengoed pupil was only eleventh last year (2249) but here improved to 2806 to finish 150 points ahead of Phillips while her ANT team-mate Emily Morris held off the challenge from Eleanor Badhams (NE Wales) to claim bronze by nine points. In a very lengthy fourth event, the high jump, there was a 1.65 metres clearance by Ffion Bodilly (Cardiff & the Vale). There were two big improvements in the junior boys competition. Matthew Davies (Dyfed) and Tom Bevan (Cardiff & the Vale) were only 20th (1931) and 24th (1793) respectively last year but here they racked up 2445 and 2316 points for gold and bronze, split by an encouraging 2328 total from newcomer Mathew Roan (Cardiff & the Vale), while Tyron Blake (South East Wales), who produced the top hurdles and high jump performances, was denied an individual medal by a single point.

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Senior Boys (SP, JT, 100, LJ, 1500)

Pos	Name	School	District	Total		SP		JT		Pts		100		ws		Pts		LJ		ws		Pts		1500	
				Pts	(m)	Pts	(m)	Pts	After 2	(00.00)		Pts	After 3	(m)	Pts	After 4	(0:00.00)	Pts							
1	Curtis Mathews	Barry Comp	Cardiff & the Vale	3065	11.62	583	39.34	433	1016	11.88	0.1	675	1691	6.63	2.1	727	2418	4:45.28	647						
2	Antoine Woodman	Emlyn	Dyfed	2583	9.12	433	36.42	390	823	12.13	0.1	626	1449	5.42	0.9	465	1914	4:41.82	669						
3	Sam Booker	Llantwit	Cardiff & the Vale	1697	9.31	444	27.58	265	709	12.42	0.1	571	1280	5.18	1.9	417	1697	dnf	0						

Teams

1 Cardiff & the Vale 3065 + 1697 = 4762

Middle Boys (100H, HJ, LJ, SP, 1500)

Name	School	District	Total		100H		HJ		Pts		LJ		Pts		SP		Pts		800	
			Pts	(00.00)	ws	Pts	(m)	Pts	After 2	(m)	ws	Pts	After 3	(m)	Pts	After 4	(0:00.00)	Pts		
1	Jamaul Whyte	St Teilo's	Cardiff & the Vale	2693	14.3	1.8	741	1.71	552	1293	5.53	2.1	487	1780	9.53	457	2237	2:19.66	456	
2	Glen Elsdon	Bro Myrddin	Dyfed	2616	14.8	1.8	687	1.71	552	1239	5.44	1.5	469	1708	10.26	501	2209	2:23.27	407	
3	Oliver Trotman	Cowbridge	Cardiff & the Vale	2498	16.8	-0.6	491	1.83	653	1144	5.05	2.5	392	1536	10.90	540	2076	2:22.15	422	
4	Tom Phillips	Stanwell	Cardiff & the Vale	2325	16.0	0.0	566	1.68	528	1094	4.98	2.2	378	1472	9.59	461	1933	2:24.39	392	
5	Rhys Allin	Cowbridge	Cardiff & the Vale	2165	17.2	-1.0	455	1.38	303	758	5.42	2.8	465	1223	7.76	352	1575	2:10.66	590	
6	Joseph Gatt	Llanhari	Glam Valleys	2145	16.3	0.0	537	1.50	389	926	5.27	2.3	435	1361	8.97	424	1785	2:26.88	360	
7	Oliver Jefferies	Cardiff High	Cardiff & the Vale	2091	15.1	1.8	656	1.50	389	1045	5.01	1.8	384	1429	7.65	346	1775	2:30.54	316	
8	James Glaves	Bro Morgannwg	Cardiff & the Vale	2087	16.8	0.0	491	1.68	528	1019	4.99	1.4	380	1399	9.13	434	1833	2:36.01	254	
9	Adam Jones	Brecon High	Powys	2086	18.8	0.0	325	1.38	303	628	5.06	1.3	394	1022	10.59	521	1543	2:13.73	543	
10	Ben Jenkins	Olchfa	Afan Nedd Tawe	2001	18.8	0.0	325	1.71	552	877	4.90	1.4	363	1240	8.18	377	1617	2:25.00	384	
11	Charlie Halpin	St John's	Cardiff & the Vale	1856	19.0	-1.0	310	1.35	283	593	4.74	1.4	333	926	7.69	348	1274	2:11.20	582	
12	Nathan Lawrence	St Teilo's	Cardiff & the Vale	1691	16.0	1.8	566	1.53	411	977	3.94	1.9	196	1173	8.52	397	1570	2:50.47	121	
13	Jake Connelly	Bro Morgannwg	Cardiff & the Vale	1635	19.6	-1.0	268	1.50	389	657	4.82	3.1	348	1005	9.48	454	1459	2:43.92	176	
14	Alex Thomas	Pontardulais	Afan Nedd Tawe	1542	19.7	-1.0	261	1.41	324	585	3.85	2.4	182	767	10.35	507	1274	2:34.72	268	
15	Michael Davis	Bishop Gore	Afan Nedd Tawe	1539	17.4	-1.0	438	1.44	345	783	4.91	1.7	365	1148	8.10	372	1520	3:09.15	19	
16	Richard Pilcher	Bro Morgannwg	Cardiff & the Vale	1507	19.7	-0.6	261	1.47	367	628	4.40	2.1	273	901	8.66	406	1307	2:41.31	200	
17	Toby Williams	Olchfa	Afan Nedd Tawe	1456	19.6	1.8	268	1.44	345	613	5.08	2.6	398	1011	6.83	297	1308	2:47.08	148	
	Kieran Joseph	St Teilo's	Cardiff & the Vale		17.2	-0.6	455	1.62	480	935	5.23	1.7	427	1362	8.78	413	1775	dnf		
	Samuel Morgan	Cowbridge	Cardiff & the Vale		17.1	-0.6	464	dnf												

Teams

1 Cardiff & the Vale A 2693 + 2498 = 5191
 2 Cardiff & the Vale B 2325 + 2165 = 4490
 3 Cardiff & the Vale C 2091 + 2087 = 4178
 4 Cardiff & the Vale D 1856 + 1691 = 3547
 5 Afan Nedd Tawe 2001 + 1542 = 3543
 6 Cardiff & the Vale E 1635 + 1507 = 3142
 7 Afan Nedd Tawe B 1539 + 1456 = 2995

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Junior Boys (80H, SP, HJ, LJ, 800)

Name	School	District	Total Pts	80H (secs.)	ws Pts	SP (m)	Pts after 2	HJ (m)	Pts	LJ after 3 (m)	ws Pts	Pts after 4	800 (0:00.00)	Pts					
1	Mathew Davies	Tre-gib	Dyfed	2445	13.20	0.4	582	10.30	504	1086	1.60	464	1550	5.53	1.9	487	2037	2:23.21	408
2	Mathew Roan	St Cyres	Cardiff & the Vale	2328	13.26	-0.1	576	9.21	438	1014	1.63	488	1502	4.93	2.3	369	1871	2:19.61	457
3	Tom Bevan	Cardiff High	Cardiff & the Vale	2316	12.64	-0.1	639	7.64	345	984	1.39	310	1294	4.99	1.8	380	1674	2:07.46	642
4	Tyron Blake	West Mon	SE Wales	2315	11.99	-1.3	708	8.75	411	1119	1.72	560	1679	5.05	2.3	392	2071	2:36.91	244
5	Aled Price	Maes yr Yrfa	Dyfed	2257	13.08	-1.3	594	9.59	461	1055	1.57	441	1496	5.14	1.1	409	1905	2:27.55	352
6	James Parry	Cwm Rhymni	Glamorgan Valleys	2171	12.50	-1.3	653	7.96	364	1017	1.51	396	1413	4.96	2.4	375	1788	2:25.06	383
7	Mike Ward	Llanishen	Cardiff & the Vale	2166	13.57	-0.5	546	8.51	397	943	1.30	250	1193	4.64	1.0	315	1508	2:06.44	658
8	Oliver Willy	St John's	Cardiff & the Vale	2140	14.65	0.2	447	9.36	447	894	1.51	396	1290	4.95	1.7	373	1663	2:18.17	477
9	Rhodri Boggust	Crickhowell	Powys	2082	13.58	0.2	545	8.17	376	921	1.39	310	1231	4.86	1.3	356	1587	2:16.95	495
10	Charlie Randall	Amman Valley	Dyfed	2057	13.88	-0.5	517	11.42	571	1088	1.48	374	1462	4.72	2.4	330	1792	2:35.03	265
11	Luke Jenkins	Gowerton	Afan Nedd Tawe	2055	12.13	-1.3	693	8.46	394	1087	1.57	441	1528	4.53	1.4	295	1823	2:38.09	232
12	Daniel Blain	Dyffryn Taf	Dyfed	2026	12.52	-1.3	651	8.98	425	1076	1.36	290	1366	4.28	0.6	252	1618	2:23.16	408
13	Jonathan Bailey	St Teilo's	Cardiff & the Vale	2016	12.57	-1.3	646	8.21	379	1025	1.57	441	1466	4.8	1.3	345	1811	2:40.78	205
14	Robbie Brotherton	Cardiff High	Cardiff & the Vale	1978	14.26	-0.5	482	10.12	493	975	1.42	331	1306	4.67	1.9	321	1627	2:27.64	351
15	David Omoregie	Sir Thomas Picton	Dyfed	1977	14.15	-0.1	492	8.67	406	898	1.45	352	1250	4.90	2.0	363	1613	2:26.56	364
16	Connor Johns	Cwm Rhymni	Glamorgan Valleys	1974	13.62	-0.1	541	8.34	386	927	1.42	331	1258	5.01	1.5	384	1642	2:29.19	332
17	Daniel Cutajar	Morrison	Afan Nedd Tawe	1770	13.88	-0.5	517	7.26	323	840	1.30	250	1090	4.62	1.9	312	1402	2:26.28	368
18	Sam Prince	Welshpool	Powys	1738	15.44	-0.5	380	8.68	407	787	1.39	310	1097	4.44	2.0	280	1377	2:26.84	361
19	Stephen Scarfi	Llantarnam	SE Wales	1622	15.96	-0.5	339	8.03	368	707	1.27	231	938	4.26	2.7	249	1187	2:21.19	435
20	Ben Watkins	Builth	Powys	1506	13.79	0.4	525	7.06	311	836	1.30	250	1086	3.96	1.7	199	1285	2:39.20	221
21	Dylan Quinn	Caereinion	Powys	1455	14.36	0.4	473	7.65	346	819	1.45	352	1171	3.98	2.4	203	1374	2:56.18	81
22	Tom Morris	St John's	Cardiff & the Vale	1447	15.71	0.2	358	7.96	364	722	1.42	331	1053	4.33	1.3	261	1314	2:48.96	133
23	Kurtis Hughes	Brynmaur	SE Wales	1313	15.87	0.2	346	7.99	366	712	1.15	159	871	4.07	0.7	217	1088	2:38.79	225
24	Lewis Barker	Brynmaur	SE Wales	1208	16.06	0.4	331	7.80	354	685	1.24	212	897	3.58	1.8	142	1039	2:44.69	169
25	William Spencer	YG Gwyr	Afan Nedd Tawe	1087	17.93	0.2	202	5.72	233	435	1.36	290	725	3.72	1.7	162	887	2:41.33	200
26	Callum Hodgson	Olechfa	Afan Nedd Tawe	717	18.30	0.4	180	6.08	253	433	1.06	111	544	3.45	1.9	123	667	3:01.59	50
	Ashley Pedrini	Welshpool	Powys		16.75	0.2	280	6.82	297	577	1.42	331	908	5.15	1.5	411	1319	dnc	
	Jack Thurgood-Smith	Caereinion	Powys		16.32	0.4	312	8.61	403	715	1.51	396	1111	3.63	2.0	149	1260	dnc	
	Liam Higgins	Glantaf	Cardiff & the Vale		13.45	-0.1	558	8.53	398	956	1.54	419	1375	dnc					

Teams

1	Dyfed	2445	+	2257	=	4702	5	Dyfed B	2057	+	2026	=	4083	9	Powys	2082	+	1738	=	3820
2	Cardiff & the Vale	2328	+	2316	=	4644	6	Cardiff & the Vale C	2016	+	1978	=	3994	10	Powys B	1506	+	1455	=	2961
3	Cardiff & the Vale B	2166	+	2140	=	4306	7	South East Wales	2315	+	1622	=	3937	11	South East Wales B	1313	+	1208	=	2521
4	Glamorgan Valleys	2171	+	1974	=	4145	8	Afan Nedd Tawe	2055	+	1770	=	3825	12	Afan Nedd Tawe B	1087	+	717	=	1804

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Senior Girls (SP, JT, 100, LJ, 800)

Name	School	District	Total	SP	JT	Pts	100	ws	Pts	LJ	ws	Pts	800						
			Pts	(m)	Pts	(m)	Pts	After 2	(00.00)	Pts	After 3	(m)	Pts	After 4	(0:00.00)	Pts			
1	Savannah Taylor	Bro Morgannwg	Cardiff & the Vale	2065	7.12	343	20.68	302	645	13.75	0.1	644	1289	4.35	2.2	391	1680	2:57.87	385
2	Jessica Huddleston	Dewi Sant	Dyfed	1920	9.57	501	18.89	268	769	14.61	0.1	512	1281	4.43	1.6	411	1692	3:16.40	228
3	Leah Grisdale	Bro Morgannwg	Cardiff & the Vale	1723	5.11	215	10.67	118	333	14.30	0.1	558	891	4.52	2.8	433	1324	2:56.41	399

Teams

1	Cardiff & the Vale		2065	+	1723	=	3788
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Middle Girls (HJ, LJ, 80H, SP, 800)

Pos	Name	School	District	Total	HJ	LJ	Pts	80H	Pts	SP	Pts	800							
				Pts	(m)	Pts	(m)	ws	Pts	After 2	(00.00)	ws	Pts	After 3	(m)	Pts	After 4	(0:00.00)	Points
1	Katie Lewis	Bryntirion	Glamorgan Valleys	2919	1.56	689	4.64	1.8	464	1153	12.23	-0.4	769	1922	7.60	374	2296	2:35.69	623
2	Sara Otung	Kings Monkton	Cardiff & the Vale	2724	1.50	621	4.84	2.8	516	1137	12.78	-0.4	700	1837	7.98	398	2235	2:47.54	489
3	Rhiannon Plant	Bro Myrddin	Dyfed	2644	1.53	655	4.56	3.4	443	1098	13.45	-0.4	625	1723	7.41	361	2084	2:41.14	560
4	Lucy Freeman	Welshpool	Powys	2392	1.50	621	4.23	2.1	362	983	13.88	1.2	580	1563	6.10	278	1841	2:41.88	551
5	Aimee Hendrickson	Llandaff	Cardiff & the Vale	2203	1.38	491	4.54	2.7	438	929	15.58	-0.2	430	1359	5.13	216	1575	2:35.30	628
6	Ellen Gowans	Christ College	Powys	2184	1.41	523	4.45	3.3	416	939	15.82	1.2	406	1345	8.54	434	1779	2:55.79	405
7	Sophie Lane	Amman Valley	Dyfed	2093	1.29	399	4.51	1.3	431	830	13.50	-0.4	620	1450	5.81	259	1709	2:57.99	384
8	Ellie Carter	Bryn Hafren	Cardiff & the Vale	2008	1.29	399	4.27	2.1	371	770	14.25	1.2	544	1314	6.48	302	1616	2:57.18	392
9	Megan Thomas	Cardiff High	Cardiff & the Vale	1996	1.29	399	3.97	1.7	301	700	13.35	-0.4	636	1336	6.48	302	1638	3:00.82	358
10	Hannah Morris	St John's	Cardiff & the Vale	1978	1.41	523	4.05	2.1	319	842	14.36	-0.2	534	1376	5.15	218	1594	2:58.02	384
11	Ffion Price	Llandrindod	Powys	1969	1.29	399	4.06	3.3	322	721	17.02	1.2	320	1041	5.27	225	1266	2:29.23	703
12	Sophie McLain	Llandaff	Cardiff & the Vale	1869	1.26	369	4.23	3.5	362	731	14.72	1.2	501	1232	5.64	249	1481	2:57.59	388
13	Megan Jones	Amman Valley	Dyfed	1788	1.23	340	3.87	2.6	279	619	14.09	-0.2	559	1178	5.99	271	1449	3:02.87	339
14	Rhianwedd Price	Llandrindod	Powys	1786	1.23	340	3.95	3.4	296	636	16.47	-0.2	362	998	4.97	206	1204	2:39.23	582
15	Natalie Parsons	Llantwit	Cardiff & the Vale	1751	1.32	429	3.24	3.6	150	579	13.90	-0.2	578	1157	5.37	231	1388	3:00.20	363
16	Siony Rudd	Caereinion	Powys	1553	1.20	312	3.51	3.0	202	514	15.25	-0.2	454	968	6.46	301	1269	3:09.24	284
17	Gabbi Martin	St John's	Cardiff & the Vale	1525	1.17	284	3.65	2.7	231	515	15.42	1.2	438	953	5.33	229	1182	3:02.39	343
	Leah Bitchell	Penweddig	Dyfed		1.41	523	4.23	2.6	362	885	dnc								

Teams

1	Cardiff & the Vale	2724	+	2203	=	4927
2	Dyfed	2644	+	2093	=	4737
3	Powys	2392	+	2184	=	4576
4	Cardiff & the Vale B	2008	+	1996	=	4004
5	Cardiff & the Vale C	1978	+	1869	=	3847
6	Powys B	1969	+	1786	=	3755
7	Cardiff & the Vale D	1751	+	1525	=	3276

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Junior Girls (LJ, 75H, SP, HJ, 800)

Pos	Name	School	Club	Total	LJ		75H			Pts		SP	Pts		HJ	Pts		800	
				Pts	(m)	Pts	0.00	Pts	after 2	(m)	Pts	after 3	(m)	Pts	after 4	(0:00.00)	Pts		
1	Emily Dacey	Cefn Hengoed	Afan Nedd Tawe	2806	4.82	1.7	511	12.43	-1.0	627	1138	7.51	368	1506	1.56	689	2195	2:36.76	611
2	Alyce Phillips	Queen Elizabeth	Dyfed	2652	4.66	1.3	469	11.97	-1.0	678	1147	6.03	273	1420	1.50	621	2041	2:36.69	611
3	Emily Morris	Olchfa	Afan Nedd Tawe	2545	4.46	1.5	418	13.29	0.4	540	958	8.17	410	1368	1.53	655	2023	2:44.49	522
4	Eleanor Badhams	Hawarden	NE Wales	2534	4.46	1.0	418	12.03	-1.0	671	1089	7.30	354	1443	1.56	689	2132	2:56.17	402
5	Nia Palla	Bishop Vaughan	Afan Nedd Tawe	2529	4.92	3.1	538	12.98	-1.1	570	1108	7.70	380	1488	1.47	588	2076	2:51.00	453
6	Georgia Bates	Prestatyn	NE Wales	2426	4.15	2.2	343	12.22	-1.0	650	993	7.65	377	1370	1.41	523	1893	2:43.54	533
7	Catrin Rees	Maes yr Yrfa	Dyfed	2398	4.30	1.5	379	12.58	0.4	611	990	6.75	319	1309	1.35	460	1769	2:35.25	629
8	Ffion Bodilly	Glantaf	Cardiff & the Vale	2347	4.79	2.4	503	13.55	2.3	516	1019	6.40	297	1316	1.65	795	2111	3:15.30	236
9	Bryony Harper	Whitchurch	Cardiff & the Vale	2206	4.58	2.0	448	13.25	-1.1	544	992	6.39	296	1288	1.38	491	1779	2:53.60	427
10	Grace Harwood	Bishopston	Afan Nedd Tawe	2167	3.90	1.0	285	12.91	0.4	577	862	8.29	418	1280	1.32	429	1709	2:50.55	458
11	Megan Clarke	Llanishen	Cardiff & the Vale	2150	4.08	1.0	326	12.94	0.4	574	900	5.95	268	1168	1.44	555	1723	2:53.61	427
12	Katherine Morris	Bishop Vaughan	Afan Nedd Tawe	2124	4.34	1.7	388	13.62	-1.0	510	898	6.10	278	1176	1.32	429	1605	2:44.85	519
13	Rebecca Foley	Whitchurch	Cardiff & the Vale	2042	4.06	2.7	322	12.61	-1.0	608	930	6.09	277	1207	1.26	369	1576	2:49.73	466
14	Osa Eghosa	Cardiff High	Cardiff & the Vale	1982	4.49	2.0	426	13.76	-1.1	497	923	6.00	271	1194	1.32	429	1623	3:00.70	359
15	Anna Morris	Llanishen	Cardiff & the Vale	1976	3.82	2.2	267	15.00	-1.1	399	666	6.50	303	969	1.38	491	1460	2:45.11	516
16	Bethan Phillips	Bro Myrddin	Dyfed	1906	3.81	0.7	265	13.11	-1.0	557	822	6.88	327	1149	1.26	369	1518	2:57.61	388
17	Manon Edwards	Morgan Llwyd	NE Wales	1851	3.98	1.1	303	13.27	0.4	542	845	7.82	388	1233	1.17	284	1517	3:03.44	334
18	Shannon Richards	Bishop Gore	Afan Nedd Tawe	1818	3.88	3.0	281	14.49	2.3	438	719	5.03	210	929	1.41	523	1452	2:59.87	366
19	Amelia Roberts	Bro Myrddin	Dyfed	1752	4.28	2.0	374	16.33	-1.1	301	675	6.35	294	969	1.20	312	1281	2:49.29	471
20	Rachel Davies	Tre-gib	Dyfed	1634	3.69	1.9	239	13.58	2.3	513	752	7.19	347	1099	1.23	340	1439	3:20.91	195
21	Sara Rudd	Caereinion	Powys	1610	3.60	2.5	220	17.71	-1.1	217	437	5.97	269	706	1.20	312	1018	2:38.35	592
22	Isobel Hughes	Brynteg	Glamorgan Valleys	1529	3.73	2.4	248	14.71	2.3	414	662	5.22	222	884	0.00	0	884	2:33.92	645
23	Catrin Jones	Pontardulais	Afan Nedd Tawe	1509	3.85	2.7	274	16.00	-1.1	327	601	6.63	311	912	1.35	460	1372	3:30.01	137
24	Elin Davies	Bishopston	Afan Nedd Tawe	1489	4.10	0.9	331	19.29	2.3	141	472	5.51	240	712	1.20	312	1024	2:49.85	465
	Claudia Fedeli	Corpus Christi	Cardiff & the Vale		3.73	1.3	248	14.36	2.3	446	694	6.51	304	998	1.41	523	1521	dnc	
	Chloe Phillips	Llantwit	Cardiff & the Vale		3.41	2.9	182	13.81	0.4	489	671	5.71	253	924	dnc				
	Victoria Young	Abertillery	SE Wales		3.41	1.3	182	dnc											

Teams

1	Afan Nedd Tawe	2806	+	2545	=	5351	6	Cardiff & the Vale C	1982	+	1976	=	3958
2	Dyfed	2652	+	2398	=	5050	7	Afan Nedd Tawe C	2124	+	1818	=	3942
3	Afan Nedd Tawe B	2529	+	2167	=	4696	8	Dyfed B	1906	+	1752	=	3658
4	Cardiff & the Vale	2347	+	2206	=	4553	9	Afan Nedd Tawe D	1509	+	1489	=	2998
5	Cardiff & the Vale B	2150	+	2042	=	4192							