

Schools International athletics match at Newport on Saturday 21 July 2007

Ten Dyfed School athletes competed for the Welsh schools team in the 2007 schools international match at Newport. The start of the match was delayed two hours in order for the Irish, Scottish and English teams to rest after their long and difficult journeys to get to the competition

The eight Carmarthen Harriers athletes performed exceptionally well against very strong competition from England, Ireland and Scotland

Wales won three gold medals at Newport (the first since 2002) and one of these was won by Carmarthen Harrier Josh Madden (Queen Elizabeth Carmarthen) in the mens javelin with a personal best throw of 57.75 metres. His winning throw was over two metres more than that of Ben Gibbs of England. Kueni Igbagiri (St Michaels) won a silver medal in the long jump, again with a personal best performance of 6.59 metres. This year Kueni has improved his long jumping by 50 cms. Danielle Hamer (Llandovery College) also won a silver medal in the ladies javelin. Her throw of 39.81 was only a metre behind the winner Sarah-Anne De Kramer of England

Dafydd Walters (Queen Elizabeth Carmarthen) competed for the Welsh schools in both the 100 metres and 400 metres hurdles events. Dafydd equaled his personal best in finishing fifth in the 100 metres hurdles (13.66) and recorded his best ever time of 59.08 in finishing sixth in the 400 metres hurdles. Year 10 pupil Tomos Edwards (Maes yr Yrfa) had excellent results in finishing fourth in the shot putt (13.78) and sixth in the discus (40.12). There were eight competitors in each event with two representatives from each country . Tomos will have another year in this age group

Adam Bitchell (Penweddig) came fourth in the 3000 metres (8.59.63); this time was only four seconds down on his personal best. Catherine Goldsmith (Queen Elizabeth Carmarthen) threw 10.04 metres in finishing sixth in the shot putt event. This performance was only a few cms down on her personal best. Aneura Phillips (Preseli) recorded a personal best time of 10.51.39 in finishing sixth in the ladies 3000 metres. Aneura has another year in this age group

Amy Rowland (Milford and Pembrokeshire Harriers) came fourth in the 300 metres hurdles in a personal best time of 46.62

Jade Williams (St Michaels and Amman Valley Harriers) recorded a personal best time of 2.14.34 in finishing fifth in the 800 metres. Jade is a junior girl and will have two more years of competition in the schools international