



2016 Dyfed Secondary Schools Relays & 800 metres races

*Wednesday 20 April at Carmarthen
Athletics Track*

Boys Results



Cystadleuaeth Rasmus Gyfnewid a 800 metr
Ysgolion Uwchradd Dyfed 2016

*Dydd Mercher 20 Ebrill ar Drac Athletau
Caerfyrddin*

Canlyniadau'r Bechgyn



Organized by Carmarthen Harriers /
Drefnwyd gan Harriers Caerfyrddin

4 x 100 metres / metr

Year 7 / Blwyddyn 7

Position / Safle	School / Ysgol	Time / Amser
1	Maes Y Gwendraeth A	55.5
2	Dyffryn Aman A	58.3
3	Llandovery College A	59.1
4	Strade A	59.5
5	Greenhill A	59.7
6	QE High A	59.9
7	Greenhill B	60.3
8	Dyffryn Aman B	60.8
9	Bro Dinefwr A	60.9
10	Dyffryn Taf A	62.2

Year 8/9 / Blwyddyn 8/9

Position / Safle	School / Ysgol	Time / Amser
1	QE High A	51.1
2	Dyffryn Aman A	51.9
3	Greenhill A	52.5
4	Bro Dinefwr A	52.9
5	Bro Myrddin A	54.1
6	Strade A	55.2
7	Dyffryn Aman B	55.9
8	Llandovery College A	56.2
9	Greenhill B	57.0
10	Dyffryn Taf A	59.1

Year 10/11 / Blwyddyn 10/11

Position / Safle	School / Ysgol	Time / Amser
1	Dyffryn Aman A	49.5
2	Dyffryn Taf A	52.3
3	QE High A	56.2

Year 12 /13 / Blwyddyn 12/13

Position / Safle	School / Ysgol	Time / Amser
1	Llandovery College A	47.6
2	QE High A	48.2
3	Dyffryn Aman A	49.5
4	Greenhill A	51.7



4 x 200 metres / metr

Year 7 / Blwyddyn 7

Position / Safle	School / Ysgol	Time / Amser
1	Maes Y Gwendraeth A	2.00.6
2	Greenhill A	2.11.7
3	Dyffryn Taf A	2.15.0
4	Strade A	2.15.6
5	Dyffryn Aman A	2.15.9
6	Dyffryn Aman B	2.17.0
7	Bro Dinefwr	2.17.6
8	QE High	2.19.0

Year 8/9 / Blwyddyn 8/9

Position / Safle	School / Ysgol	Time / Amser
1	QE High A	1.48.3
2	Dyffryn Aman A	1.49.2
3	Greenhill A	1.50.0
4	Bro Dinefwr A	1.50.7
5	Bro Myrddin A	1.55.7
6	Dyffryn Aman B	1.59.4
7	Strade A	1.59.6
8	Greenhill B	2.05.5

Year 10/11 / Blwyddyn 10/11

Position / Safle	School / Ysgol	Time / Amser
1	Dyffryn Aman A	1.45.2
2	Dyffryn Taf A	1.55.2
3	QE High A	2.00.2

Year 12/13 / Blwyddyn 12/13

Position / Safle	School / Ysgol	Time / Amser
1	Dyffryn Aman A	1.42.3
2	Greenhill A	1.50.3

800 metres individual / Rasmus 800 metr

Year 7 / Blwyddyn 7

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Liam Edwards	Bro Myrddin	2.31.9
2	Morgan Batten	Dyffryn Taf	2.37.8
3	Dafydd Jones	Bro Myrddin	2.38.1
4	Cian Williams	Dyffryn Aman	2.39.0
5	Dylan Morgan	Greenhill	2.43.0
6	Morgan-Cai Thomas	Dyffryn Aman	2.44.2
7	Sion Lloyd Evans	Dyffryn Aman	2.46.9
8	Joshua Thomas	Llandoverly College	2.49.3
9	Cian Rogers	Greenhill	2.52.9
10	Evan Williams	Strade	2.56.4
11	Josh Lewis	Greenhill	2.57.0
12	Josh Hunter Dodds	QE High	2.57.5
	Steffan Thomas	Bro Dinefwr	
	Gruffudd Daniel	Maes Y Gwendraeth	
	Ben Billingham	Dyffryn Taf	
	Dafydd John	Strade	
	Tian Evans	Maes Y Gwendraeth	
	Regan Williams	QE High	
	Tio Wilde	Bro Dinefwr	

Year 8/9 / Blwyddyn 8/9

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Tomos Rees	Dyffryn Aman	2.15.3
2	Iwan Glynn	Bro Myrddin	2.17.3
3	Sam Hughes	Llandoverly College	2.23.1
4	Lucas Steadman	QE High	2.23.4
5	Archi Morgan	Bro Myrddin	2.31.1
6=	Leo Sarrionani	Greenhill	2.36.0
6=	Macsen Llewelyn	Dyffryn Aman	2.36.0
8	Ioan Phillips	Strade	2.37.4
9	Haydn Roberts	Dyffryn Taf	2.38.1
10	Rueben Williams	Bro Dinefwr	2.40.8
11	Callum Beaken	Dyffryn Taf	2.43.2
12	Cian Thomas	Strade	2.47.7
	Steffan Roberts	Strade	
	Harry Pace	Dyffryn Taf	
	Shaun John	QE High	
	Joshua Rockey	Dyffryn Aman	
	Nick Williams	Bro Dinefwr	

Year 10/11 / Blwyddyn 10/11

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Thomas Jones	Bro Myrddin	2.09.2
2	Iestyn Williams	Bro Dinefwr	2.12.3
3	Rhys Smith	Strade	2.16.8
4	Rhys Davies	Preseli	2.20.5
5	Trystan Leech	Dyffryn Aman	2.21.5
6	Nathaniel Harries	Dyffryn Aman	2.21.9
	Callum Lovatt	Dyffryn Aman	
	Oli Wheeler	Greenhill	
	William Thompson	Bro Myrddin	
	Kieran Jones	QE High	
	Josh Davies	Dyffryn Taf	
	Luke Evans	Dyffryn Taf	
	Josh Jones	QE High	

Year 12/13 / Blwyddyn 12/13

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Aled Phillips	Dyffryn Aman	2.20.0

www.carmarthenharriers.co.uk

@CarmsHarriers

Event Results Co-ordinator: Nathan Jones

Nathanjones1995@live.co.uk