

**Carmarthen Open Throws Competition 4 at Carmarthen Athletics Track,****Johnstown - Thursday July 28<sup>th</sup> 2016 - Results**

Carmarthen Open Throws held last Thursday of every month in the summer 6pm

**Javelin**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U11G	1	266	Cordeila Walker	Carmarthen Harriers	20.25m
U13G	1	318	Chloe Jones	Swansea Harriers	17.41m
U17W	1	332	Amy Evans	Carmarthen Harriers	29.28m
	2	281	Josie Sivak	Swansea Harriers	23.37m
SW	1	285	Nicole Davernport	Swansea Harriers	39.43m
	2	248	Sophie Pick	Carmarthen Harriers	22.45m
U11B	1	287	Nathan Jones	Swansea Harriers	14.97m
U13B	1	337	Morgan Batten	Carmarthen Harriers	33.39m
	2	258	Jamie Zygadlo	Pembrokeshire Harriers	30.03m
	3	384	Aron Williams	Swansea Harriers	22.77m
U15B	1	263	Henry Gandlest	Cardiff AAC	43.91m
	2	309	James Williams	Brecon AC	21.42m
U20M	1	233	Richard Dangerfield	Cardiff AAC	52.25m
	2	177	Nathan James	Swansea Harriers	51.21m
	3	324	Jacob Williams	Brecon AC	26.06m
SM	1	281	Aaron Morgan	Carmarthen Harriers	59.61m

**Shot Put**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	318	Chloe Jones	Swansea Harriers	6.84m
U15G	1	53	Karolinka Bacakova	Neath Harriers	8.67m
U17W	1	212	Tamsin Miller	Yeovil	11.97m
	2	281	Josie Sivak	Swansea Harriers	11.50m
SW (U23)	1	99	Awen Rosser	Swansea Harriers	12.22m
SW	2	248	Sophie Pick	Carmarthen Harriers	8.51m
U11B	1	287	Nathan Jones	Swansea Harriers	4.94m
U13B	1	384	Aron Williams	Swansea Harriers	10.63m
	2	255	Cai Ifans	Carmarthen Harriers	8.16m
	3	258	Jamie Zygadlo	Pembrokeshire Harriers	6.55m
U15B	1	309	James Williams	Brecon AC	9.15m
	2	245	Bertie Miller	Yeovil	8.35m
U20M	1	324	Jacob Williams	Brecon AC	8.79m
SM (U23)	1	270	Aled Price	Carmarthen Harriers	12.71m

**Hammer**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U15G	1	51	Cassey Grimwade	Cardiff AAC	37.75m
U17W	1	44	Ffion Palmer	Cardiff AAC	50.38m
	2	302	Bethan Gammon	Cardiff AAC	41.30m
U18W (3kg)	1	13	Emily Pearce	Rhondda AC	52.10m
U20W	1	117	Carys Smith	Swansea Harriers	40.24m
U15B	1	270	Harry Davies	Neath Harriers	36.32m
	2	309	James Williams	Brecon AC	22.60m
U17M	1	298	Kieran Grimwade	Cardiff AAC	55.70m
	2	261	Rhys Thomas	Carmarthen Harriers	23.45m
U20M	1	324	Jacob Williams	Brecon AC	40.44m
SM (M65) (5kg)	1	227	Dai Jones	Swansea Harriers	17.20m