

**NAS/UWT Cup Match – Brianne Schools @ Carmarthen Athletics  
Track, Johnstown**

**Thursday 19 May - Results / Dydd Iau 19 Mai – Canlyniadau**

**RESULTS NOTICE:** Due to Poor Weather Conditions in Carmarthen, some results are incomplete / not available (3 long jump age groups), we apologise for any problems caused with results missing.

**Junior Girls (School Years 7 & 8)**

**70 metres Hurdles / 70 metr dros y clwydi**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Flavia Jenkins	Dyffryn Taf	11.47
2	Sadie-May Mason	QE High	11.57
3	Sophie Jones	Dyffryn Aman	11.87
4	Hannah Lewis	Bro Myrddin	12.70
5	Alana Davies	Maes Y Gwendraeth	-
6	Meg Locke	Bro Dinefwr	-

**1500 metres / 1500 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Phoebe Davies	Bro Dinefwr	-
2	Deryn Cressy-Rodgers	Llandovery College	-
3	Maddie Morgan	Bro Myrddin	-
4	Clara James	Maes Y Gwendraeth	-
5	Kira Gallanders	Dyffryn Aman	-
6	Aneira Mably	QE High	-
7	Olivia Disney	Dyffryn Taf	-

**200 metres / 200 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Siwan Jones-Evans	Bro Dinefwr	29.05
2	Cathi	Dyffryn Aman	29.56
3	Ffion Pugh	Maes Y Gwendraeth	29.60
4	Cadi Williams	Dyffryn Taf	30.61
5	Ellie Loweth	QE High	
6	Megan Jones	Bro Myrddin	
7	Sally Vaughan	Llandovery College	

**100 metres / 100 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Dyffryn Aman	-
2		Bro Dinefwr	-
3		Dyffryn Taf	-
4		Bro Myrddin	-
5		QE High	-
6		Maes Y Gwendraeth	-
7		Llandovery College	-

**800 metres / 800 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Bro Dinefwr	-
2		Dyffryn Aman	-
3		Dyffryn Taf	-
4		Llandovery College	-
5		Maes Y Gwendraeth	-
6		Bro Myrddin	-
7		QE High	-

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Bro Dinefwr	58.62
2		Dyffryn Taf	59.06
3		Bro Myrddin	59.90
4		Dyffryn Aman	59.90
5		QE High	60.00
6		Maes Y Gwendraeth	60.30
7		Llandovery College	68.00

**Discus / Disgen**

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Ella Liguiz	Bro Dinefwr	21.35
2	Sophie Davies	QE High	20.76
3	Jess Holton	Dyffryn Aman	18.18
4	Sophie Hollins	Dyffryn Taf	17.47
5	Megan Jones	Bro Myrddin	14.25
6	Katy Davies	Llandovery College	13.20
7	Anwen Jones	Maes Y Gwendraeth	12.98

### Long Jump / Naid Hir

EVENT HELD – RESULTS NOT AVAILABLE DUE TO POOR WEATHER CONDITIONS			

### High Jump / Naid Uchel

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Hannah Lewis	Bro Myrddin	1.45
2	Elouise Jenkins	Dyffryn Taf	1.40
3	Phoebe Davis	Bro Dinefwr	1.25
4	Ella Davies	QE High	1.15
5	Clara James	Maes Y Gwendraeth	1.00

### Shot Put / Taflu'r Pwysau

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Cen Reynolds	Bro Myrddin	8.14
2	Jasmine Price	Maes Y Gwendraeth	7.32
3	Nia Williams	Bro Dinefwr	6.93
4	? Jones	QE High	6.62
5	? White	Llandovery College	6.41
6	Gwen Evans	Dyffryn Taf	6.23
7	Heledd Lewis	Dyffryn Aman	6.05

### Javelin / Gwaywffon

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Abbie Thomas	QE High	17.58
2	? James	Bro Dinefwr	14.11
3	Megan Boyle	Dyffryn Aman	12.92
4	Lana Davies	Maes Y Gwendraeth	12.80
5	Holly Owen	Dyffryn Taf	12.53
6	Rosalin Day	Bro Myrddin	11.30
7	Katy Fear	Llandovery College	10.55

## Junior Boys (School Years 7 & 8)

### 75 metres Hurdles / 75 metr dros y clwydi

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Elliot Lewis	Maes Y Gwendraeth	13.97
2	Tal Davies	Bro Myrddin	14.31
3	Oscar Jenkins	Dyffryn Aman	14.63
4	Zac Almond	Dyffryn Taf	15.50
5	Steffan May	Bro Dinefwr	

### 1500 metres / 1500 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Iwan Glynn	Bro Myrddin	-
2	Reuben Williams	Bro Dinefwr	-
3	Morgan Batten	Dyffryn Taf	-
4	Rhys Cassell	Maes Y Gwendraeth	-
5	Sion Evans	Dyffryn Aman	-
6	Max Martin	QE High	-
7	Ioan Hughes	Llandovery College	-

### 200 metres / 200 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Nicholas Evans	Bro Myrddin	27.66
2	Ceinon Steerfield	Dyffryn Aman	28.45
3	Ellis Nicholas	Maes Y Gwendraeth	28.75
4	Ethan Gamble	QE High	
5	Harry Davies	Dyffryn Taf	
6	Josh	Bro Dinefwr	
7	Jack Davies	Llandovery College	

### 300 metres / 300 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Ryan King	QE High	44.62
2	Tom Hankin	Dyffryn Taf	45.20
3	Bedwyr Thomas	Bro Myrddin	45.43
4	Eton Richson	Dyffryn Taf	46.60
5	Steffan Douch	Llandovery College	
6	Ifan Davies	Maes Y Gwendraeth	
7	Nick Williams	Bro Dinefwr	

**100 metres / 100 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Dyffryn Aman	-
2		Bro Myrddin	-
3		Maes Y Gwendraeth	-
4		Bro Dinefwr	-
5		QE High	-
6		Dyffryn Taf	-
7		Llandovery College	-

**800 metres / 800 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Maes Y Gwendraeth	-
2		Bro Myrddin	-
3		Dyffryn Aman	-
4		Bro Dinefwr	-
5		QE High	-
6		Llandovery College	-

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Maes Y Gwendraeth	54.03
2		Bro Myrddin	54.36
3		Dyffryn Aman	55.42
4		Dyffryn Taf	57.01
5		Bro Dinefwr	57.38
6		QE High	59.15
7		Llandovery College	61.00

**High Jump / Naid Uchel**

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Ryan Thomas	Bro Myrddin	1.33
2	Rhys Ibbiston	Dyffryn Aman	1.30
3	Iestyn Gwilliam	Maes Y Gwendraeth	1.30
3	Ethan Gamble	QE High	1.30
5	Gary Simpson	Bro Dinefwr	1.25
6	Connor Handford	Llandovery College	1.20
7	Morgan Chell	Dyffryn Taf	1.00

### Javelin / Gwaywffon

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Morgan Batten	Dyffryn Taf	28.77
2	Ryan King	QE High	22.26
3	Oscar Jenkins	Dyffryn Aman	21.53
4	Jack Davies	Llandovery College	14.04
5	Trystan Jones	Maes Y Gwendraeth	13.65

### Shot Put / Taflu'r Pwysau

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Jack Gordon	Maes Y Gwendraeth	11.26
2	Luke Jones	Llandovery College	10.80
3	Josh Butler	Dyffryn Aman	10.35
4	Griff Charles	Bro Myrddin	9.63
5	Ben Evans	QE High	8.38
6	Meru Hughes	Dyffryn Taf	8.26
7	Thomas Pritchard	Bro Dinefwr	7.81

### Long Jump / Naid Hir

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Rhydian Davies	Maes Y Gwendraeth	4.19
2	Iolo Rees	Dyffryn Taf	4.10
3	Rhys Smith	Bro Myrddin	4.08
4	Sam Griffiths	QE High	3.91
5	Jac Doel	Bro Dinefwr	3.39
6	Jack Hughes	Dyffryn Aman	3.36
7	Josh Thomas	Llandovery College	3.26

### Discus / Disgen

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Lewis Morgan	Dyffryn Taf	19.81
2	Ryan Powell	Dyffryn Aman	16.40
3	Simon Clark	QE High	19.60
4	Seb Witt	Llandovery College	17.05
5	Arwel Lewis	Bro Dinefwr	16.40
6	Ethan McPhelon	Maes Y Gwendraeth	15.73

## Middle Girls (School Years 9 & 10)

### 75 metres Hurdles / 75 metr dros y clwydi

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Elin Lewis	Bro Dinefwr	13.05
2	Katie Jones	Dyffryn Aman	13.12
3	Lauren Watts	Dyffryn Taf	14.06
4	Cadi Evans	Bro Myrddin	16.60
5	Rachael Abdulham Varnham	QE High	

### 1500 metres / 1500 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Non Morgan	Bro Dinefwr	-
2	Cerys Davies	Bro Myrddin	-
3	Lani Hogben	Dyffryn Taf	-
4	Alana Jones	Dyffryn Aman	-
5	Isabel Gammon	QE High	-

### 200 metres / 200 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Rosie Davies	Bro Dinefwr	29.61
2	Ebony Morgans	Dyffryn Aman	30.63
3	Nieve Jenkins	Dyffryn Taf	30.78
4	Ellen Morris	Bro Myrddin	31.28
5	Emi Lewis	QE High	
6	Sankia Williams	Maes Y Gwendraeth	

### 300 metres / 300 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Celyn Williams	Bro Dinefwr	45.70
2	Mared Thomas	Bro Myrddin	47.58
3	Martha Rees	Dyffryn Aman	50.70
4	Catrin Evans	QE High	52.22
5	Ceulyn Davies	Dyffryn Taf	
6	Jessica Ennis	Maes Y Gwendraeth	

**100 metres / 100 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Dyffryn Aman	-
2		Bro Dinefwr	-
3		Bro Myrddin	-
4		Maes Y Gwendraeth	-
5		QE High	-
6		Dyffryn Taf	-

**800 metres / 800 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Bro Dinefwr	-
2		Maes Y Gwendraeth	-
3		Bro Myrddin	-
4		Dyffryn Taf	-
5		Dyffryn Aman	-
6		QE High	-

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

Position / Safle		School / Ysgol	Time / Amser
1		Bro Dinefwr	
2		Dyffryn Aman	
3		Bro Myrddin	
4		QE High	
5		Dyffryn Taf	
6		Maes Y Gwendraeth	

**Long Jump / Naid Hir**

EVENT HELD – RESULTS NOT AVAILABLE DUE TO POOR WEATHER CONDITIONS			

**Shot Put / Taflu'r Pwysau**

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Ebony Morgans	Dyffryn Aman	7.76
2	Emily Watson	QE High	7.73
3	Ashleigh Owen	Bro Dinefwr	7.52
4	Macey John	Maes Y Gwendraeth	5.02
5	Cenlyn Davies	Dyffryn Taf	5.02



### Discus / Disgen

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Danielle Jones	QE High	24.78
2	Molly James	Bro Myrddin	19.99
3	Caitlyn Laye	Dyffryn Aman	19.09
4	Bronwen Williams	Maes Y Gwendraeth	14.34
5	Alysha Gibbons	Bro Dinefwr	12.75
6	Molly Curtis	Dyffryn Taf	9.78

### Javelin / Gwaywffon

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Nieve Jenkins	Dyffryn Taf	24.03
2	Sioned May	Bro Dinefwr	19.90
3	Emma Evans	Maes Y Gwendraeth	16.23
4	Saffron Williams	QE High	16.16
5	Tian Thomas	Dyffryn Aman	13.29
6	Efa Jones	Bro Myrddin	10.95

### High Jump / Naid Uchel

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Thea Jenkins	Dyffryn Taf	1.45
2	Mia Owens	Bro Dinefwr	1.40
3	Allana Jones	Dyffryn Aman	1.20

## Middle Boys (School Years 9 & 10)

### 80 metres Hurdles / 80 metr dros y clwydi

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Haydn Davies	Bro Dinefwr	12.29
2	John Pam Calingh	QE High	13.13
3	Brandon Williams	Dyffryn Taf	13.50
4	Zed Scordino	Llandovery College	14.06
5	Lewis Daniels	Bro Myrddin	
6	Osian Griffiths	Maes Y Gwendraeth	
7	Sion Millins	Dyffryn Aman	

### 1500 metres / 1500 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Tomos Rees	Dyffryn Aman	-
2	Jack Beech	Bro Dinefwr	-
3	William Thompson	Bro Myrddin	-
4	Kieron Davies	QE High	-
5	Jordan James	Dyffryn Taf	-
6	Callaghan Smith	Llandovery College	-
7	Jay Willingham	Maes Y Gwendraeth	-

### 200 metres / 200 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Dominic Davies	Dyffryn Taf	24.50
2	Liam Gregory	Bro Dinefwr	24.64
3	Elli Onyiwa	Dyffryn Aman	25.21
4	Kyle Parry	QE High	26.08
5	Aled Beynon	Bro Myrddin	
6	No Name	Llandovery College	

### 300 metres / 300 metr

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1	Zak Daly	Bro Dinefwr	39.69
2	Sam Hughes	Llandovery College	42.51
3	Josh Davies	Dyffryn Taf	42.70
4	Harri Jones	Bro Myrddin	47.93
5	Kyle Washbourne	QE High	
6	Carwyn Morris	Dyffryn Aman	
7	Steffan Price	Maes Y Gwendraeth	

**100 metres / 100 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Dyffryn Aman	-
2		Bro Dinefwr	-
3		QE High	-
4		Dyffryn Taf	-
5		Bro Myrddin	-
6		Llandoverly College	-
7		Maes Y Gwendraeth	-

**800 metres / 800 metr**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Bro Dinefwr	-
2		Dyffryn Aman	-
3		Bro Myrddin	-
4		QE High	-
5		Maes Y Gwendraeth	-
6		Llandoverly College	-
7		Dyffryn Taf	-

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

Position / Safle	Name / Enw	School / Ysgol	Time / Amser
1		Dyffryn Aman	48.56
2		Bro Dinefwr	49.60
3		QE High	50.36
4		Dyffryn Taf	51.16
5		Bro Myrddin	51.83
6		Llandoverly College	52.47
7		Maes Y Gwendraeth	54.50

**High Jump / Naid Uchel**

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Steffan Jones	Dyffryn Aman	1.50
2	Lewis Rhys	Bro Dinefwr	1.40
3	Lucas Steadman	QE High	1.40
4	Dion James	Maes Y Gwendraeth	1.35
5	Lewis Daniels	Bro Myrddin	1.25

### Triple Jump / Naid Drifflwg

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Mathew W	Dyffryn Aman	11.39
2	Callan	Bro Dinefwr	10.79
3		QE High	10.60
4	Will	Bro Myrddin	10.14
5	Zed	Llandovery College	9.96
6	Leigh	Dyffryn Taf	8.51

### Shot Put / Taflu'r Pwysau

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Nicholas Jones	Bro Dinefwr	11.85
2	Oliver John	QE High	10.91
3	Taylor Rees	Dyffryn Taf	10.49
4	Dan Slattery	Dyffryn Aman	9.05
5	Sam Hughes	Llandovery College	8.01

### Javelin / Gwaywffon

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Carwyn Morris	Dyffryn Aman	44.37
2	Josh Thomas	QE High	40.79
3	Joe Phelps	Dyffryn Taf	37.31
4	Iwan Staines	Llandovery College	35.18
5	Stephen Rees	Bro Myrddin	25.80
6	Charlie Bell	Bro Dinefwr	24.25
7	Levi John	Maes Y Gwendraeth	23.84

### Long Jump / Naid Hir

EVENT HELD – RESULTS NOT AVAILABLE DUE TO POOR WEATHER CONDITIONS			

### Discus / Disgen

Position / Safle	Name / Enw	School / Ysgol	Best / Gorau
1	Dylan Jones	Llandovery College	30.39
2	Connor Evans	Dyffryn Aman	28.90
3	Stephen Pilot	Dyffryn Taf	25.97
4	Rhodri King	QE High	25.62
5	Osian Jones	Maes Y Gwendraeth	24.30
6	Zak Daly	Bro Dinefwr	22.63
7	Rhys Thomas	Bro Myrddin	19.39

### Age Group / Grwpiau Oedran

	Junior Girls	Junior Boys	Middle Girls	Middle Boys
Bro Dinefwr	63	41	80	78
Bro Myrddin	50.5	69	51	38
Dyffryn Aman	83.5	67	67	80
Dyffryn Taf	42	49	50	52
Llandovery College	18	29		43
Maes Y Gwendraeth	48	69.5	30	17
QE High	45	45.5	46	60

**Qualifiers** – through to NAS/UWT Dyfed Cup Final at Sir Thomas Picton School, Haverfordwest on Wednesday 15<sup>th</sup> June 2016 (start at 11.00am)

<b>Junior Girls</b>	BRO DINEFWR	DYFFRYN AMAN
<b>Junior Boys</b>	MAES Y GWENDRAETH	BRO MYRDDIN
<b>Middle Girls</b>	BRO DINEFWR	DYFFRYN AMAN
<b>Middle Boys</b>	DYFFRYN AMAN	BRO DINEFWR

@CarmsHarriers

Any queries – nathanjones1995@live.co.uk

**RESULTS NOTICE:** Due to Poor Weather Conditions in Carmarthen on the day, some results are incomplete / not available (3 long jump age groups), we apologise for any problems caused with some results and names / times missing. Schools know athletes in each event on the day.