

Welsh Senior/Commonwealth Games Trials + YDL League

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Round up from the Welsh Senior Athletics Championships and Commonwealth Games Trials at Cardiff and the YDL League (West Wales) team in Swindon

Welsh senior athletics championships and Commonwealth Games Trials at Cardiff on 31 May and 1 June 2014

Carmarthen Harriers athletes won four medals at the championships

Sophie Pick won the high jump with a leap of 1.60m. This follows on from the silver she won in the combined events in Bedford last weekend. Two silver medals were won by Glen Elsdon in the 110m hurdles (14.56) and Aled Price in the long jump with a excellent jump of 7.17. Carys Jones won a bronze medal in the pole vault with a clearance of 3.05m

Kyran Roberts set a new Carmarthen Harriers record of 1.52.12 in finishing third in his heat with a time of 1.52.12

Shaun Pearce narrowly failed to make the final of the 100m when he finished fourth in his heat of the 100m in a time of 11.03

Former Carmarthen Harrier Josh Griffiths won the 5000m in 14-54.10

Next Saturday Dewi Griffiths competes for Great Britain in Skopje Macedonia in the European Team 10000 metres championship

Young Development League U17/U20 - West Wales Team at Swindon on Sunday June 1st 2014

The West Wales U17/20 team had another successful day at Swindon winning the second match by a huge margin (over 300 points from second place) This follows on well from the win at the first match in Gloucester. Well done all and keep up the good work.

Results to follow