

Welsh indoor championships performances by Carmarthen Harriers members

U13 Girls

Event	Year	Medal	Name	Performance
50m	1990	Gold	Emma Thomas	8.6
60m	2002	Gold	Emily Mitchell	8.63
60m	2003	Gold	Emily Mitchell	8.64
50m	1989	Silver	Emma Jones	8.8
50m	1997	Silver	Hayley Price	7.7
60m	2020	Silver	Casi Gregson	8.31
60m	2002	Bronze	Rebecca Gatehouse	9.21

Event	Year	Medal	Name	Performance
150m	1989	Silver	Emma Jones	22.0
150m	1990	Gold	Emma Thomas	21.9
200m	2002	Gold	Emily Mitchell	29.60
200m	2003	Gold	Emily Mitchell	29.57
200m	2004	Gold	Laura Penhallurick	30.98
200m	2020	Silver	Casi Gregson	28.01

Event	Year	Medal	Name	Performance
800m	2002	Bronze	Catrin Vaughan	2.42.72
800m	2004	Silver	Laura Penhallurick	2.44.11
800m	2006	Bronze	Rhiannon Plant	2.45.17
800m	2009	Bronze	Sioned Jones	2.44.39
2010	2010	Bronze	Gwenno Evans	2.44.29

Event	Year	Medal	Name	Performance
1000m	1986	Silver	Caroline Burford	3.38.0
1000m	1987	Bronze	Marie Humphreys	3.26.2
1000m	1990	Gold	Yvonne Evans	3.19.1
1000m	1991	Gold	Heledd Gruffudd	3.20.0
1000m	1991	Silver	Louise Arthur	3.24.2
			Not held 1992-2000	
1500m	2002	Silver	Rachel Marfleet	5.52.39
1500m	2004	Silver	Catrin Lewis	5.34.90
1500m	2005	Gold	Catrin Lewis	5.13.10
1500m	2006	Bronze	Rhiannon Plant	5.41.32
1500m	2019	Gold	Frances Mackie	5.19.77

Event	Year	Medal	Name	Performance
55mH	1989	Gold	Emma Jones	9.6
55mH	1989	Silver	Louise Davies	9.8
55mH	1991	Bronze	Louise Arthur	10.7
55mH	1993	Bronze	Stacey Matthews	10.8
60mH	2002	Gold	Rebecca Gatehouse	11.06
60mH	2002	Silver	Caryl Granville	11.36

60mH	2002	Bronze	Catrin Vaughan	11.38
60mH	2003	Silver	Nesta Thomas	10.58
60mH	2003	Bronze	Sophie Pick	13.87
60mH	2004	Silver	Sophie Pick	13.18
60mH	2005	Bronze	Ffion Rees	10.90

Event	Year	Medal	Name	Performance
LJ	1997	Bronze	Jenna Davies	3.66
LJ	2002	Bronze	Rebecca Gatehouse	3.80
LJ	2005	Bronze	Ffion Rees	3.86
LJ	2009	Gold	Erin Walters	4.10

Event	Year	Medal	Name	Performance
HJ	1989	Silver	Louise Davies	1.25
HJ	2002	Gold	Caryl Granville	1.27
HJ	2004	Silver	Sophie Pick	1.16

Event	Year	Medal	Name	Performance
SP	1987	Bronze	Donna James	6.48
SP	1988	Gold	Donna James	6.70
SP	1988	Silver	Louise Davies	6.27
SP	1989	Silver	Louise Davies	6.56
SP	1991	Gold	Catherine James	7.44
			1992-96 not held	
SP	1997	Gold	Mair Jones	7.98
SP	2001	Silver	Caryl Lloyd	6.39
SP	2002	Gold	Catrin Vaughan	7.52
SP	2002	Silver	Caryl Lloyd	7.43
SP	2004	Silver	Sophie Pick	4.38
SP	2006	Gold	Elliw James	7.67
SP	2007	Gold	Elliw James	8.68
SP	2009	Bronze	Bronwen Lewis	7.37
SP	2010	Silver	Bethan Lewis	6.54
SP	2011	Silver	Bethan Lewis	8.76

Event	Year	Medal	Name	Performance
Pentathlon	2002	Gold	Catrin Vaughan	1909
Pentathlon	2002	Silver	Rebecca Gatehouse	1599
Pentathlon	2002	Bronze	Caryl Granville	1574
Pentathlon	2003	Gold	Nesta Thomas	1434
Pentathlon	2003	Silver	Sophie Pick	1050
Pentathlon	2003	Bronze	Catherine Goldsmith	933
Pentathlon	2004	Silver	Sophie Pick	1212

U15 Girls

Event	Year	Medal	Name	Performance
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60m	1981	Silver	Kathryn Evans	8.3
60m	1991	Gold	Jodi Lester	8.4
50m	1994	Silver	Amy Bergiers	7.2
50m	1994	Bronze	Sally Wells	7.4
50m	1999	Silver	Jenna Davies	7.3
60m	2004	Silver	Emily Mitchell	8.36
60m	2005	Gold	Emily Mitchell	8.11
60m	2020	Gold	Jessica Lee	7.96

Event	Year	Medal	Name	Performance
150m	1981	Silver	Kathryn Evans	20.7
150m	1984	Bronze	Carol Whiteway	20.9
150m	1989	Silver	Sian Bradshaw	21.2
150m	1989	Bronze	Mallt Roderick	21.7
150m	1990	Bronze	Jodi Lester	21.2
150m	1991	Silver	Jodi Lester	21.2
150m	1991	Bronze	Emma Williams	21.6
			Not held 1992-1999	
200m	2001	Gold	Heather Jones	26.12
200m	2004	Silver	Hannah Jones	27.17
200m	2004	Bronze	Emily Mitchell	27.54
200m	2005	Gold	Emily Mitchell	26.43
200m	2009	Gold	Bethan Phillips	27.86
200m	2020	Gold	Jessica Lee	26.00

Event	Year	Medal	Name	Performance
300m	2005	Bronze	Sophie Pick	47.84
300m	2006	Bronze	Sophie Pick	45.59

Event	Year	Medal	Name	Performance
600m	1981	Bronze	Alyson Evans	1.50.6
600m	1985	Silver	Catrin Evans	1.47.7
600m	1987	Silver	Catrin Jones	1.45.7
600m	1988	Gold	Mari Prys Jones	1.42.7
600m	1988	Silver	Marie Humphreys	1.47.9
600m	1989	Silver	Marie Humphreys	1.49.2
600m	1990	Silver	Hilary Johnson	1.48.6
600m	1991	Silver	Hilary Johnson	1.53.2
			1991-99 not held	
800m	2004	Bronze	Caryl Granville	2.32.61
800m	2018	Gold	Daisy Thompson	2.19.05

Event	Year	Medal	Name	Performance
1000m	1980	Gold	Jackie Thomas	3.12.1
1000m	1987	Gold	Mari Prys Jones	3.11.2
1000m	1989	Silver	Anwen Evans	3.22.0
1000m	1991	Bronze	Angharad Morgan	3.23.0

			Not held 1992-1999	
1500m	2003	Silver	Kayleigh Brown	5.00.18
1500	2004	Gold	Kayleigh Brown	4.58.47
1500	2004	Bronze	Rachel Marfleet	5.15.97
1500	2005	Silver	Angharad Davies	5.05.85
1500	2018	Gold	Daisy Thompson	4.53.61

Event	Year	Medal	Name	Performance
3000m	2020	Bronze	Amy Greatrick	11.37.87

Event	Year	Medal	Name	Performance
55mH	1987	Silver	Mari Prys Jones	9.1
55mH	1988	Gold	Mari Prys Jones	9.0
55mH	1990	Gold	Jodi Lester	8.8
55mH	1990	Bronze	Sian Bradshaw	8.9
55mH	1991	Gold	Jodi Lester	8.5
55mH	1994	Gold	Amy Bergiers	8.7
55mH	1999	Silver	Natalie Griffiths	11.1
60mH	2000	Silver	Heather Jones	9.5
60mH	2001	Gold	Heather Jones	9.07
60mH	2002	Silver	Megan Thomas	10.32
60mH	2003	Gold	Megan Thomas	9.79
60mH	2004	Gold	Rebecca Gatehouse	9.93
60mH	2004	Silver	Catrin Vaughan	10.06
60mH	2005	Bronze	Catherine Goldsmith	10.08
60mH	2009	Silver	Alyce Phillips	9.88

Event	Year	Medal	Name	Performance
LJ	2004	Silver	Caryl Granville	4.62
LJ	2010	Bronze	Erin Walters	4.37
LJ	2019	Silver	Zara Evans	4.73
LJ	2020	Gold	Jessica Lee	5.37

Event	Year	Medal	Name	Performance
HJ	1980	Gold	Kathryn Evans	1.57
HJ	1990	Bronze	Emma Jones	1.40
HJ	1991	Bronze	Emma Jones	1.45
HJ	2003	Bronze	Caryl Granville	1.36
HJ	2008	Gold	Rhiannon Plant	1.53
HJ	2011	Silver	Erin Walters	1.45
HJ	2013	Gold	Laurn Davey	1.53
HJ	2016	Bronze	Lili Church	1.50
HJ	2017	Gold	Lili Church	1.53

Event	Year	Medal	Name	Performance
PV	2004	Silver	Caryl Granville	1.80
PV	2009	Silver	Enfys Jones	2.23

PV	2012	Gold	Carys Jones	2.76
PV	2013	Gold	Carys Jones	2.63

Event	Year	Medal	Name	Performance
SP	1991	Bronze	Louisa Davies	8.98
SP	2000	Bronze	Delyth Jones	8.59
SP	2001	Gold	Llinos Jones	8.90
SP	2004	Silver	Caryl Lloyd	9.20
SP	2005	Silver	Catherine Goldsmith	9.04
SP	2006	Bronze	Jade Pearce	8.13
SP	2009	Gold	Elliw James	9.42
SP	2009	Silver	Awen Rosser	8.72
SP	2010	Silver	Awen Rosser	11.89
SP	2010	Bronze	Bronwen Lewis	8.64
SP	2011	Silver	Bronwen Lewis	9.21
SP	2013	Gold	Bethan Lewis	10.51
SP	2015	Gold	Danielle Jones	10.68

Event	Year	Medal	Name	Performance
Pentathlon	2003	Silver	Megan Thomas	2417
Pentathlon	2003	Bronze	Caryl Granville	2416
Pentathlon	2004	Gold	Catrin Vaughan	2605
Pentathlon	2004	Silver	Caryl Granville	2521
Pentathlon	2004	Bronze	Hannah Jones	2209
Pentathlon	2006	Silver	Sophie Pick	2350
Pentathlon	2006	Bronze	Ffion Rees	2258
Pentathlon	2009	Gold	Alyce Phillips	2495
Pentathlon	2013	Gold	Lauryn Davey	2545

U17 Women

Event	Year	Medal	Name	Performance
60m	1980	Bronze	Claire Williams	8.3
60m	1983	Bronze	Allison Rees	8.1
60m	1984	Gold	Allison Rees	8.0
50m	1993	Gold	Emma Jones	7.0
50m	1995	Silver	Sally Wells	7.1
50m	1996	Bronze	Emma Robinson	7.3
60m	2007	Silver	Emily Mitchell	8.07

Event	Year	Medal	Name	Performance
200m	2003	Silver	Heather Jones	26.01
200m	2005	Bronze	Hannah Thomas	27.31
200m	2006	Gold	Emily Mitchell	25.79
200m	2006	Silver	Caryl Granville	26.39

Event	Year	Medal	Name	Performance
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300m	1989	Bronze	Anna Turner	44.0
300m	2005	Bronze	Caryl Granville	43.77
300m	2007	Silver	Hannah Jones	41.19
300m	2020	Bronze	Zara Evans	44.95

Event	Year	Medal	Name	Performance
600m	1981	Gold	Jackie Thomas	1.40.8
600m	1989	Gold	Mari Prys Jones	1.43.2
600m	1990	Gold	Mari Prys Jones	1.49.9
600m	1991	Silver	Kay Vobe	1.49.7

Event	Year	Medal	Name	Performance
1000m	1985	Silver	Sharon Rees	3.18.0
1000m	1991	Silver	Anwen Evans	3.19.2
1500m	2005	Gold	Kayleigh Brown	4.51.3

Event	Year	Medal	Name	Performance
3000m	2006	Gold	Alaw Beynon Thomas	11.34.69
3000m	2007	Silver	Angharad Roberts	12.20.44

Event	Year	Medal	Name	Performance
55mH	1985	Gold	Marguerite Davies	9.0
55mH	1986	Gold	Marguerite Davies	8.6
55mH	1990	Silver	Marie Humphreys	8.6
55mH	1991	Gold	Marie Humphreys	8.5
55mH	1993	Gold	Emma Jones	8.7
55mH	1995	Silver	Amy Bergiers	8.7
55mH	1996	Silver	Amy Bergiers	8.6
60mH	2000	Silver	Elen Evans	9.53
60mH	2001	Gold	Elen Evans	9.21
60mH	2002	Gold	Heather Jones	8.77
60mH	2003	Gold	Heather Jones	8.75
60mH	2003	Bronze	Samantha Jones	9.51
60mH	2004	Gold	Samantha Jones	9.17
60mH	2004	Bronze	Megan Thomas	9.69
60mH	2005	Bronze	Caryl Granville	9.66
60mH	2006	Gold	Caryl Granville	9.04

Event	Year	Medal	Name	Performance
LJ	1971	Gold	Susan Hopkins	5.03
LJ	2005	Bronze	Hannah Pick	4.73
LJ	2006	Silver	Caryl Granville	5.31
LJ	2009	Bronze	Ffion Rees	5.07
LJ	2012	Gold	Erin Walters	5.28

Event	Year	Medal	Name	Performance
TJ	2001	Bronze	Anwen Rees	10.11
TJ	2005	Gold	Caryl Granville	10.28
TJ	2006	Gold	Caryl Granville	11.10
TJ	2008	Bronze	Sophie Pick	9.95
TJ	2009	Bronze	Ffion Rees	9.66
TJ	2015	Gold	Lauryn Davey	10.77
TJ	2019	Gold	Beca Roberts	10.82
TJ	2020	Gold	Beca Roberts	10.43

Event	Year	Medal	Name	Performance
HJ	1982	Gold	Julia Charlton	1.75
HJ	1983	Silver	Lisa Lewis	1.60
HJ	1986	Gold	Carol Whiteway	1.55
HJ	2001	Silver	Eleri George	1.50
HJ	2002	Gold	Eleri George	1.60
HJ	2006	Gold	Caryl Granville	1.55
HJ	2012	Gold	Erin Walters	1.65
HJ	2014	Gold	Lauryn Davey	1.61
HJ	2016	Bronze	Amelia Davey	150
HJ	2019	Gold	Lili Church	1.63

Event	Year	Medal	Name	Performance
PV	2010	Bronze	Enfys Jones	2.40
PV	2011	Bronze	Enfys Jones	2.43
PV	2015	Gold	Carys Jones	3.22

Event	Year	Medal	Name	Performance
SP	1988	Bronze	Lindsey Thomas	9.04
SP	1997	Gold	Angharad Lloyd	10.66
SP	2000	Silver	Mair Jones	8.56
SP	2004	Bronze	Mererid Jones	7.83
SP	2005	Silver	Caryl Lloyd	8.89
SP	2005	Bronze	Hannah Pick	7.72
SP	2006	Bronze	Caryl Lloyd	9.35
SP	2007	Bronze	Catherine Goldsmith	9.09
SP	2008	Silver	Sadie Flint	8.90
SP	2009	Bronze	Jessica Northcott	7.80
SP	2011	Gold	Awen Rosser	11.37
SP	2016	Bronze	Danielle Jones	10.69
SP	2017	Bronze	Danielle Jones	10.53

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