

Carmarthen Harriers members performances in the Welsh outdoor athletics championships

The Carmarthen and District Harriers Athletics Club was formed at a meeting in the Dolwar Café Blue Street Carmarthen in April 1948 with RB Evans elected as its chairman

In the 72 years history of the Club Carmarthen Harriers athletes have won a total of 1660 medals in the Welsh outdoor athletics championships. 660 gold medals, 534 silver medals and 466 bronze medals

Only Carmarthen Harriers members at the time of the championship are recorded in these lists

All the medallists recognise the support they have all had from dedicated Harriers Club coaches

May the success of Carmarthen Harriers individual athletes and Harriers teams continue for a long time to come

Hedydd Davies

President Carmarthen and District Harriers Athletics Club

23 April 2020

Total of Medals in all Girls/Women Age Groups

Age Group	Gold	Silver	Bronze	Total
U13 Girls	55	46	50	151
U15 Girls	69	58	59	186
U17 Women	69	50	43	162
U20 Women	43	44	31	118
Senior Women	30	28	28	86
Total G/W	266	226	211	703
U13 Boys	64	41	54	159
U15 Boys	86	79	52	217
U17 Men	103	76	60	239
U20 Men	96	66	43	205
Senior Men	45	46	46	137
Total B/M	394	308	255	957
Overall Total	660	534	466	1660

U13 Girls

Event	Year	Medal	Name	Performance
			U13G 100m	
100m	1978	Gold	Manon Richards	13.4
100m	1979	Silver	Jayne Thomas	13.3
100m	1979	Bronze	Kath Evans	13.3
100m	1985	Bronze	Michelle Price	13.69
100m	1990	Gold	Emma Thomas	13.5
100m	1996	Bronze	Aimee John	13.70
100m	2002	Gold	Emily Mitchell	13.87
100m	2003	Gold	Emily Mitchell	13.26
100m	2003	Silver	Hannah Jones	13.45

100m	2007	Gold	Catrin Rees	13.40
100m	2009	Bronze	Carys Baker	13.55
100m	2017	Silver	Thaia Davies	13.90
100m	2018	Silver	Megan Roberts	13.20
U13G 200m				
200m	1978	Silver	Manon Richards	27.4
200m	1988	Silver	Sian Bradshaw	27.4
200m	1990	Gold	Emma Thomas	27.9
200m	1990	Bronze	Karina Williams	28.8
200m	1994	Bronze	Gemma Mounsey	28.7
200m	1996	Gold	Aimee John	28.49
200m	2002	Silver	Emily Mitchell	29.90
200m	2003	Gold	Emily Mitchell	27.79
200m	2003	Bronze	Hannah Jones	28.05
200m	2004	Gold	Holly Roderick	28.44
200m	2005	Gold	Laura Penhallurick	27.99
200m	2007	Bronze	Catrin Rees	28.11
200m	2009	Gold	Ffion Walters	28.53
200m	2009	Bronze	Carys Baker	28.61
200m	2018	Bronze	Megan Roberts	27.64
U13G 800m				
800m	1988	Bronze	Angharad Howells	2.34.61
800m	1990	Gold	Yvonne Evans	2.29.2
800m	1991	Silver	Elizabeth Jones	2.30.1
800m	1993	Silver	Gemma Mounsey	2.33.6
800m	1994	Gold	Gemma Mounsey	2.34.9
800m	2002	Bronze	Kayleigh Brown	2.35.90
800m	2015	Silver	Daisy Thompson	2.25.07
800m	2016	Gold	Daisy Thompson	2.25.15
U13G 1500m				
1500m	1977	Silver	Pauline Carpenter	5.14.2
1500m	1989	Gold	Angharad Howells	8.08.6
1500m	1990	Gold	Kathryn Jones	5.07.1
1500m	1991	Gold	Heledd Gruffydd	5.13.1
1500m	1992	Gold	Catrin Davies	4.58.8
1500m	1992	Bronze	Jessica P Williams	5.01.9
1500m	1993	Silver	Heledd Richards	5.22.2
1500m	1994	Bronze	Heledd Richards	5.20.6
1500m	1995	Gold	Clare Evans	5.17.64
1500m	1995	Silver	Gemma Thomas	5.31.49
1500m	2002	Silver	Kayleigh Brown	5.18.08
1500m	2004	Silver	Angharad Davies	5.18.38
1500m	2018	Bronze	Frances Mackie	5.18.07
1500m	2019	Silver	Frances Mackie	5.17.01
U13G 70mH				
75mH	1977	Bronze	T Newman	14.9
75mH	1978	Gold	Sandra Fewtrell	13.3
75mH	1979	Gold	Kathryn Thomas	13.8
70mH	1989	Gold	Emma Jones	12.1
70mH	1990	Bronze	Laura Lewis	12.3

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70mH	1991	Bronze	Kate Lewis	12.5
70mH	1996	Bronze	Sioned Rees	12.1
70mH	2002	Gold	Rebecca Gatehouse	12.23w
70mH	2002	Silver	Nesta Thomas	12.26w
70mH	2002	Bronze	Caryl Granville	12.58w
70mH	2003	Silver	Nesta Thomas	12.4
70mH	2005	Bronze	Ffion Rees	12.0
			U13G High Jump	
HJ	1978	Gold	Kathryn Evans	1.41
HJ	1978	Bronze	Helen Evans	1.29
HJ	1979	Gold	Kathryn Evans	1.50
HJ	1979	Silver	Carol Phillips	1.25
HJ	1980	Silver	Chris Fisher	1.35
HJ	1990	Gold	Karina Williams	1.30
HJ	1993	Silver	Stacey Matthews	1.35
HJ	1993	Bronze	Rachel Williams	1.35
HJ	1995	Bronze	Catrin Evans	1.35
HJ	1997	Gold	Laura Thomas	1.25
HJ	2002	Bronze	Caryl Granville	1.25
HJ	2003	Silver	Hannah Jones	1.36
HJ	2004	Bronze	Sophie Pick	1.26
HJ	2005	Bronze	Ffion Rees	1.40
HJ	2015	Silver	Lili Church	1.30
			U13G Long Jump	
LJ	1978	Bronze	Kathryn Evans	4.10
LJ	1979	Gold	Kathryn Evans	4.72
LJ	1985	Bronze	Michelle Price	4.12
LJ	1989	Gold	Emma Jones	4.56
LJ	1989	Bronze	Sheena Rees	4.22
LJ	1990	Silver	Karina Williams	4.63
LJ	1994	Silver	Rachel Lewis	4.35w
LJ	1995	Bronze	Gemma Robinson	4.13
LJ	1997	Bronze	Sara Siggery	3.90
LJ	2002	Gold	Catrin Vaughan	4.21
LJ	2002	Bronze	Rebecca Gatehouse	4.00
LJ	2004	Silver	Jade Pearce	4.20
LJ	2009	Silver	Erin Walters	4.25
LJ	2011	Bronze	Lauryn Davey	4.20
			U13G Shot Putt	
SP	1978	Bronze	Delyth Evans	6.57
SP	1980	Silver	Paula Male	7.07
SP	1987	Silver	Donna James	7.13
SP	1988	Gold	Donna James	8.00
SP	1988	Silver	Louise Davies	6.21
SP	1989	Gold	Louise Davies	8.20
SP	1989	Silver	Rhian Medi	7.60
SP	1991	Gold	Bethan Thomas	9.22
SP	1992	Gold	Catrin Evans	8.06
SP	1993	Gold	Helen Thomas	8.32
SP	1995	Gold	Nicola Crocker	8.81

SP	1996	Silver	Ria Hayward	8.22
SP	1996	Bronze	Mair Jones	7.40
SP	1997	Silver	Mair Jones	8.55
SP	1998	Bronze	Delyth Jones	8.46
SP	1999	Gold	Llinos jones	8.65
SP	2002	Gold	Carin Vaughan	7.34
SP	2002	Bronze	Caryl Lloyd	6.95
SP	2003	Silver	Esther Jones	7.88
SP	2003	Bronze	Jade Pearce	7.87
SP	2004	Gold	Jade Pearce	9.10
SP	2006	Bronze	Elliw James	7.23
SP	2007	Gold	Elliw James	10.16
SP	2008	Gold	AWEN ROSSER	9.33
SP	2009	Silver	Bronwen Lewis	9.10
SP	2011	Gold	Bethan Lewis	9.35
			U13G Discus Throw	
DT	1980	Silver	Nicola Jones	15.16
DT	1980	Bronze	Maria Ireland	14.84
DT	1987	Silver	Joanne Evans	18.34
DT	1989	Bronze	Louise Davies	16.04
DT	1990	Silver	Dwysli Lewis	18.46
DT	1990	Bronze	Louisa Smith	18.02
DT	2005	Silver	Jessica Northcott	17.01
DT	2006	Silver	Elliw James	19.97
DT	2007	Gold	Elliw James	21.30
DT	2009	Bronze	Bronwen Lewis	19.45
DT	2010	Gold	Amy Humble	23.27
DT	2011	Gold	Bethan Lewis	20.53
DT	2017	Bronze	Cordelia Walker	19.94
			U13G Javelin Throw	
JT	1990	Silver	Dwysli Lewis	17.54
JT	1990	Bronze	Meryl Walters	15.38
JT	2010	Gold	Amy Humble	21.19
JT	2011	Silver	Bethan Lewis	23.60
JT	2017	Silver	Cordelia Walker	23.63
JT	2018	Gold	Cordelia Walker	32.16
			U13G Pentathlon	
Pentathlon	1989	Gold	Emma Jones	2027
Pentathlon	1989	Silver	Louise Davies	1830
Pentathlon	1990	Gold	Emma Thomas	1725
Pentathlon	1992	Gold	Catherine James	2063
Pentathlon	2001	Gold	Megan Thomas	1766
Pentathlon	2001	Bronze	Hannah Pick	1292
Pentathlon	2002	Gold	Caryl Granville	1914
Pentathlon	2002	Silver	Rebecca Gatehouse	1744
Pentathlon	2002	Bronze	Hannah Pick	1631
Pentathlon	2003	Gold	Hannah Jones	2122
Pentathlon	2004	Gold	Jade Pearce	2077i
Pentathlon	2004	Silver	Sophie Pick	1981i
Pentathlon	2004	Bronze	Ffion Rees	1864i

Pentathlon	2005	Gold	Ffion Rees	2156
			U13G 4x100m Relay	
Relay	1977	Silver		56.6
Relay	1978	Gold		55.5
Relay	1979	Bronze		58.5
Relays	2009	Gold		55.35

Under 15 Girls

			U15G 100m	
100m	1974	Silver	Yvonne Williams	13.1
100m	1975	Silver	Diane Thorne	15.5
100m	1980	Bronze	Glynis Jones	12.8
100m	1988	Silver	Anna Turner	12.5
100m	1990	Gold	Sian Bradshaw	13.2
100m	1991	Silver	Kate Williams	13.4
100m	1994	Gold	Gail Evans	12.7
100m	1998	Silver	Aimee John	12.84
100m	2004	Bronze	Hannah Jones	13.31
100m	2005	Gold	Hannah Jones	12.64
100m	2009	Gold	Catrin Rees	12.73
100m	2019	Bronze	Jessica Lee	12.80
			U15G 200m	
200m	1975	Silver	Diane Thorne	28.1
200m	1981	Bronze	Kathryn Evans	27.9
200m	1984	Gold	Carol Whiteway	27.3
200m	1989	Silver	Sian Bradshaw	26.6
200m	1991	Bronze	Kate Williams	27.6
200m	1994	Gold	Gail Evans	26.1
200m	1998	Gold	Aimee John	26.17
200m	2001	Gold	Heather Jones	25.58w
200m	2004	Silver	Hannah Jones	26.66
200m	2006	Bronze	Holly Evans	27.80
200m	2009	Silver	Catrin Rees	26.75
200m	2019	Silver	Jessica Lee	25.67
			U15G 300m	
300m	2005	Gold	Hannah Jones	41.18
300m	2005	Silver	Holly Evans	41.95
300m	2007	Gold	Laura Penhallurick	42.29
300m	2007	Silver	Ffion Rees	43.27
300m	2008	Bronze	Leah Bitchell	42.58
300m	2017	Bronze	Ellie Tromans	43.63
			U15G 800m	
800m	1978	Silver	Sally Pearce	2.26.9
800m	1980	Gold	Jacqui Thomas	2.20.5
800m	1987	Silver	Mari Prys Jones	2.17.89
800m	1988	Gold	Mari Prys Jones	2.21.5

800m	1991	Gold	Kate Williams	2.26.4
800m	1995	Bronze	Anwen Owen	2.26.12
800m	1996	Silver	Gemma Mounsey	2.25.58
800m	1997	Gold	Gemma Thomas	2.23.41
800m	2004	Bronze	Caryl Granville	2.22.03
800m	2006	Gold	Angharad Davies	2.21.95
800m	2018	Bronze	Daisy Thompson	2.19.15
			U15G 1500m	
1500m	1977	Gold	Gillian Irvine	4.58.7
1500m	1979	Gold	Jackie Thomas	5.07.2
1500m	1985	Bronze	Nicola Morgan	4.57.33
1500m	1987	Gold	Mari Prys Jones	4.48.3
1500m	1988	Gold	Mari Prys Jones	4.59.6
1500m	1990	Gold	Angharad Howells	4.57.0
1500m	1990	Silver	Anwen Evans	5.01.0
1500m	1991	Gold	Angharad Howells	4.56.0
1500m	1992	Bronze	Heledd Gruffydd	4.59.3
1500m	1993	Silver	Heledd Gruffydd	4.51.6
1500m	1994	Silver	Catrin Davies	4.54.7
1500m	2004	Silver	Rachel Marfleet	5.03.55
1500m	2017	Bronze	Daisy Thompson	4.54.50
1500m	2018	Bronze	Daisy Thompson	5.55.71
			U15G 3000m None	
			U15G 75mH	
75mH	1971	Silver	Lynette Davies	12.9
75mH	1976	Bronze	Catrin Daniels	13.3
75mH	1977	Gold	Catrin Daniels	12.2
75mH	1980	Gold	Julia Charlton	11.8w
75mH	1981	Gold	Alyson Evans	12.1
75mH	1984	Gold	Marguerite Davies	12.1w
75H	1988	Gold	Mari Prys Jones	11.5w
75mH	1991	Gold	Jodi Lester	11.8
75mH	1994	Gold	Amy Bergiers	11.4w
75mH	1996	Bronze	Nia Maynard	12.3
75mH	1999	Silver	Elen Evans	12.45
75mH	2000	Gold	Heather Jones	11.57
75mH	2001	Gold	Heather Jones	10.86
75mH	2002	Silver	Samantha Jones	12.31
75mH	2002	Bronze	Megan Thomas	12.95
75mH	2003	Bronze	Megan Thomas	12.22
75mH	2004	Gold	Catrin Vaughan	12.27
76mH	2004	Silver	Rebecca Gatehouse	12.41
			U15G High Jump	
HJ	1978	Bronze	Bethan Jones	1.45
HJ	1979	Gold	Julia Charlton	1.70
HJ	1980	Gold	Julia Charlton	1.75
HJ	1980	Bronze	Kathryn Evans	1.55
HJ	1982	Bronze	Lisa Lewis	1.45
HJ	1984	Gold	Carol Whiteway	1.55
HJ	1990	Bronze	Emma Jones	1.45

HJ	1995	Silver	Stacey Matthews	1.50
HJ	1998	Bronze	Sara Siggery	1.25
HJ	2003	Silver=	Megan Thomas	1.40
HJ	2004	Silver	Hannah Pick	1.46
HJ	2006	Bronze	Aneura Phillips	1.45
HJ	2011	Gold	Erin Walters	1.65
HJ	2013	Silver	Lauryn Davey	1.55
HJ	2016	Bronze	Lili Church	1.45
HJ	2017	Gold	Lili Church	1.55
			U15G Long Jump	
LJ	1977	Bronze	N Bray	4.30
LJ	1979	Silver	Clare Williams	4.91
LJ	1980	Gold	Julia Charlton	5.08
LJ	1981	Silver	Kathryn Evans	4.70
LJ	1982	Bronze	Lisa Lewis	5.07
LJ	1989	Gold	Marie Humphreys	4.94
LJ	1990	Silver	Emma Jones	4.73
LJ	1991	Gold	Karina Williams	4.87
LJ	1991	Bronze	Sheena Rees	4.75
LJ	1992	Silver	Karina Williams	5.12
LJ	2003	Bronze	Caryl Granville	4.80
LJ	2009	Bronze	Erin Walters	4.91
LJ	2010	Gold	Erin Walters	4.93w
LJ	2015	Silver	Alicia Samuel	4.96
LJ	2017	Bronze	Beca Roberts	4.92
			U15G Pole Vault	
PV	2012	Gold	Carys Jones	2.96
PV	2013	Gold	Carys Jones	3.11
			U15G Shot Putt	
SP	1971	Silver	Ira Oliver	7.81
SP	1979	Silver	Delyth Evans	8.57
SP	1980	Gold	Delyth Evans	11.53
SP	1991	Gold	Louise Davies	10.25
SP	1992	Bronze	Dwysli Lewis	9.60
SP	1993	Silver	Cathy James	8.21
SP	1994	Bronze	Janette Reynolds	9.05
SP	1998	Silver	Mair Jones	9.05
SP	1999	Gold	Mair Jones	9.51
SP	2000	Bronze	Llinos Jones	9.14
SP	2001	Silver	Llinos Jones	9.39
SP	2004	Silver	Catrin Vaughan	8.73
SP	2004	Bronze	Caryl Lloyd	8.61
SP	2005	Silver	Jade Pearce	9.30
SP	2008	Bronze	Elliw James	9.47
SP	2009	Gold	Awen Rosser	10.04
SP	2009	Silver	Elliw James	8.66
SP	2010	Silver	Awen Rosser	11.84
SP	2013	Gold	Bethan Lewis	10.32
SP	2014	Bronze	Danielle Jones	8.97
SP	2018	Silver	Nia Williams	9.67

U15G Discus Throw				
DT	1979	Bronze	Delyth Evans	20.77
DT	1980	Gold	Delyth Evans	22.98
DT	1990	Bronze	Donna James	25.24
DT	1992	Bronze	Dwysli Lewis	28.46
DT	1993	Silver	Bethan Thomas	24.60
DT	1999	Gold	Mair Jones	23.42
DT	1999	Bronze	Delyth Jones	19.99
DT	2000	Silver	Delyth Jones	20.49
DT	2000	Bronze	Llinos Jones	19.89
DT	2001	Gold	Llinos Jones	25.77
DT	2002	Gold	Claire Williams	26.52
DT	2005	Silver	Jade Pearce	23.24
DT	2009	Gold	Elliw James	24.96
DT	2009	Silver	Awen Rosser	24.39
DT	2009	Bronze	Kayleigh Jones	23.64
DT	2010	Gold	Awen Rosser	33.12
DT	2013	Silver	Bethan Lewis	24.75
DT	2014	Bronze	Danielle Jones	23.73
DT	2015	Gold	Danielle Jones	30.72
U15G Hammer Throw				
HT	2004	Bronze	Caryl Lloyd	21.14
HT	2009	Gold	Elliw James	29.09
U15G Javelin Throw				
JT	1979	Bronze	Linda Richards	19.14
JT	1985	Bronze	Clare Daniels	26.00
JT	1987	Bronze	Tracey Roberts	23.24
JT	1993	Gold	Karen Hayward	26.48
JT	1995	Silver	Stacey Matthews	22.76
JT	1997	Silver	Alison Siggery	25.26
JT	1998	Silver	Alison Siggery	30.12
JT	1999	Gold	Sara Siggery	29.75
JT	2000	Gold	Natalie Griffiths	29.34
JT	2000	Silver	Carrie Williams	23.47
JT	2001	Gold	Carrie Williams	30.08
JT	2001	Bronze	Kylie Clarke	24.19
JT	2002	Gold	Kylie Clarke	31.16
JT	2002	Bronze	Victoria Buxton	20.18
JT	2003	Gold	Victoria Buxton	29.13
JT	2003	Bronze	Catrin Vaughan	23.47
JT	2004	Silver	Catrin Vaughan	30.23
JT	2004	Bronze	Daniel Hamer	30.04
JT	2005	Silver	Daniel Hamer	33.85
JT	2005	Bronze	Mary Wilson	32.39
JT	2006	Gold	Mary Wilson	35.81
JT	2009	Gold	Carys Mansfield	29.38
JT	2010	Gold	Carys Mansfield	31.46
JT	2013	Bronze	Emma Whitehead	27.52
JT	2019	Gold	Cordelia Walker	32.28
U15G Pentathlon				

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
			U15G 4x100m Relay	
Relay	1977	Silver		53.1
Relay	1979	Gold		53.0
Relay	1980	Silver		52.8
Relay	2009	Bronze		56.93
Relay	2019	Bronze		52.27

Women Under 17

Event	Year	Medal	Name	Performance
			U17W 100m	
100m	1975	Bronze	Yvonne Williams	13.4
100m	1976	Bronze	Diane Thorne	12.0
100m	1977	Gold	Diane Thorne	12.1
100m	1989	Bronze	Anna Turner	12.59
100m	1996	Silver	Gail Evans	12.75
100m	1987	Silver	Rachel Lewis	12.95
100m	2006	Gold	Emily Mitchell	12.59
100m	2010	Bronze	Catrin Rees	13.33
			U17W 200m	
200m	1972	Gold	Delyth Thomas	26.7
200m	1975	Bronze	Angela Pennington	27.6
200m	1977	Gold	Diane Thorne	25.6
200m	1996	Bronze	Gail Evans	26.60
200m	2005	Bronze	Hannah Thomas	25.88
200m	2006	Gold	Emily Mitchell	26.93
			U17W 300m	
400m	1985	Bronze	Mary Murphy	62.18
300m	1991	Bronze	Sian Bradshaw	42.0
300m	1993	Bronze	Michelle John	44.72
300m	1994	Bronze	Helen Evans	44.94
300m	1995	Gold	Gail Evans	42.72
300m	1998	Silver	Gemma Mounsey	43.77
300m	1999	Gold	Aimee John	42.3
300m	2000	Silver	Aimee John	42.87
300m	2006	Gold	Hannah Jones	41.24
300m	2016	Bronze	Celyn Williams	41.34
			U17W 800m	
800m	1981	Gold	Jackie Thomas	2.19.1
800m	1987	Bronze	Nicola Morgan	2.20.38

800m	1993	Silver	Kate Williams	2.20.62
800m	1999	Bronze	Gemma P Williams	2.30.5
			U17W 1500m	
1500m	1975	Bronze	S Jones	5.13.0
1500m	1978	Gold	Gillian Irvine	4.57.3
1500m	1985	Silver	Sharon Rees	5.01.41
1500m	1993	Bronze	Yvonne Evans	5.07.18
1500m	1995	Silver	Jessica P Williams	4.55.08
1500m	1996	Gold	Jessica P Williams	4.56.85
1500m	2007	Bronze	Angharad Davies	4.56.40
1500m	2008	Bronze	Aneura Phillips	4.52.93
			U17W 3000m	
3000m	1994	Gold	Heledd Gruffudd	10.42.02
3000m	1995	Gold	Heledd Gruffudd	11.04.33
3000m	1999	Gold	Claire Evans	11.19.8
3000m	2003	Gold	Caryl Jones	11.06.34
3000m	2004	Silver	Megan Thomas	12.14.97
3000m	2005	Gold	Kayleigh Brown	10.30.05
3000m	2005	Silver	Rachel Marfleet	11.09.34
3000m	2006	Gold	Kayleigh Brown	10.52.63
			U17W 1500m steeplechase	
1500mSt	2005	Gold	Megan Thomas	5.56.62
1500mSt	2006	Gold	Rachel Marfleet	5.46.86
1500mSt	2009	Silver	Catrin Lewis	6.12.98
1500mSt	2011	Gold	Kari O'Neill	5.40.80
			U17W 80m Hurdles	
80mH	1972	Gold	Lynette Davies	13.0
80mH	1973	Gold	Lynette Davies	13.2
80mH	1976	Bronze	Ceri Smith	12.4
80mH	1977	Bronze	Ceri smith	12.7
80mH	1989	Bronze	Mari Prys Jones	12.17
80mH	1993	Bronze	Emma Jones	12.34
80mH	1996	Silver	Amy Bergiers	12.25
80mH	1997	Gold	Nia Maynard	12.09
80mH	2000	Silver	Elen Evans	13.0
80mH	2001	Gold	Elen Evans	12.07
80mH	2002	Gold	Heather Jones	11.54
80mH	2003	Gold	Heather Jones	11.27
80mH	2005	Bronze	Caryl Granville	12.4
80mH	2006	Gold	Caryl Granville	11.99
80mH	2006	Silver	Rebecca Gatehouse	12.24
80mH	2010	Bronze	Catrin Rees	12.84
			U17W 300m Hurdles	
300mH	1989	Gold	Mari Prys Jones	45.96
300mH	1990	Gold	Mari Prys Jones	45.40
300mH	1994	Silver	Michelle John	45.96
300mH	1995	Gold	Martha Jones	47.50
300mH	2001	Gold	Anwen Rees	47.5

300mH	2003	Gold	Heather Jones	44.36
300mH	2004	Bronze	Megan Thomas	47.24
300mH	2005	Gold	Caryl Granville	43.7
300mH	2005	Bronze	Llinos Cassidy	46.2
300mH	2006	Gold	Caryl Granville	44.59
300mH	2008	Silver	Ffion Rees	49.19
			U17W High Jump	
HJ	1977	Bronze	Sara Jones	1.50=
HJ	1977	Bronze	A Morris	1.50=
HJ	1981	Silver	Julia Charlton	1.60
HJ	1983	Silver	Lisa Lewis	1.50
HJ	2006	Gold	Caryl Granville	1.61
HJ	2006	Silver	Hannah Pick	1.50
HJ	2007	Bronze	Catherine Goldsmith	1.50
HJ	2018	Silver	Lili Church	1.55
			U17W Long Jump	
LJ	1981	Gold	Julia Charlton	5.47
LJ	1983	Gold	Lisa Lewis	5.01
LJ	1988	Silver	Clare Powell	4.73
LJ	2005	Bronze	Mari Fenton	4.77
LJ	2008	Gold	Ffion Rees	5.39w
Lj	2009	Gold	Ffion Rees	5.14
			U17W Triple Jump	
TJ	1996	Silver	Cathy James	9.92
TJ	1997	Silver	Llinos Phillips	9.62
TJ	2005	Gold	Caryl Granville	11.69
TJ	2005	Silver	Mari Fenton	10.24
TJ	2008	Bronze	Ffion Rees	10.32w
TJ	2009	Silver	Ffion Rees	9.72
TJ	2014	Silver	Carys Havard	9.38
TJ	2015	Gold	Lauryn Davey	10.17w
TJ	2018	Gold	Beca Roberts	10.74
TJ	2019	Gold	Beca Roberts	10.88
			U17W Pole Vault	
PV	2000	Gold	Jacqui Lloyd	2.00
PV	2010	Silver	Enfys Jones	2.40
PV	2011	Silver	Shannon Lee	2.60=
PV	2013	Gold	Carys Jones	3.09
PV	2014	Gold	Carys Jones	3.13
			U17W Shot Putt	
SP	1981	Gold	Delyth Evans	11.37
SP	1992	Silver	Hayley Griffiths	10.38
SP	1993	Bronze	Dwysli Lewis	8.66
SP	1994	Gold	Dwysli Lewis	9.09
SP	1995	Bronze	Bethan Thomas	8.68
SP	1996	Gold	Angharad Lloyd	10.19
SP	2001	Bronze	Mair Jones	8.99
SP	2006	Silver	Catherine Goldsmith	9.42
SP	2007	Silver	Catherine Goldsmith	9.44
SP	2010	Silver	Awen Rosser	10.62

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SP	2011	Silver	Awen Rosser	11.41
SP	2012	Silver	Awen Rosser	11.06
			U17W Discus Throw	
DT	1979	Silver	Catrin Daniels	28.92
DT	1988	Bronze	Lindsey Thomas	29.26
DT	1994	Silver	Dwysli Lewis	27.76
DT	1995	Bronze	Bethan Thomas	23.52
DT	1999	Silver	Samantha Thomas	29.81
DT	2001	Gold	Delyth Jones	27.76
DT	2001	Silver	Mair Jones	25.73
DT	2002	Gold	Llinos Jones	26.92
DT	2003	Silver	Claire Williams	32.45
DT	2010	Bronze	Awen Rosser	31.89
DT	2011	Gold	Awen Rosser	37.74
DT	2012	Silver	Awen Rosser	36.23
DT	2016	Gold	Danielle Jones	34.08
			U17W Hammer Throw	
HT	1996	Silver	Angharad Lloyd	25.04
HT	1998	Bronze	Diana Lewis	33.44
HT	2003	Gold	Claire Williams	30.69
HT	2003	Bronze	Llinos Jones	23.06
HT	2010	Bronze	Emma Evans	30.59
			U17W Javelin Throw	
JT	1994	Bronze	Karen Hayward	26.50
JT	2000	Silver	Alison Siggery	34.09
JT	2000	Bronze	Sara Siggery	32.12
JT	2001	Gold	Sara Siggery	32.15
JT	2001	Silver	Natalie Griffiths	27.50
JT	2002	Gold	Carrie Williams	38.63
JT	2002	Bronze	Natalie Griffiths	30.87
JT	2003	Silver	Carrie Williams	34.50
JT	2003	Bronze	Kylie Clarke	30.30
JT	2004	Gold	Kylie Clarke	36.66
JT	2004	Silver	Victoria Buxton	32.63
JT	2005	Gold	Victoria Buxton	36.29
JT	2006	Gold	Lydia Jones	36.36
JT	2006	Silver	Danielle Hamer	35.30
JT	2007	Gold	Danielle Hamer	38.53
JT	2008	Gold	Mary Wilson	35.11
JT	2010	Gold	Carys Mansfield	39.76
JT	2011	Gold	Carys Mansfield	42.86
JT	2014	Silver	Jessica Williams	28.43
			U17W Pentathlon/Heptathlon	
Heptathlon	1982	Gold	Julia Charlton	4448
Heptathlon	1986	Gold	Carol Whiteway	3881
Heptathlon	1989	Silver	Mari Prys Jones	3621
Heptathlon	2000	Gold	Elen Evans	3663
Heptathlon	2001	Silver	Elen Evans	3868
Pentathlon	2005	Silver	Caryl Granville	3156
Pentathlon	2006	Gold	Caryl Granville	3314

Heptathlon	2007	Bronze	Catherine Goldsmith	3524
Heptathlon	2008	Silver	Sophie Pick	3377
U17W 4 x 100m Relay				
Relay	1975	Gold		52.2
Relay	1976	Gold		50.8
Relay	1977	Bronze		55.5

Under 20 Women

U20W 100m				
100m	1985	Bronze	Alison Rees	12.25
100m	1991	Silver	Anna Turner	12.9
100m	1991	Bronze	Samantha Thomas	14.3
100m	1997	Bronze	Gail Evans	12.48
100m	1998	Bronze	Gail Evans	12.68
100m	1999	Gold	Rachel Lewis	12.87
100m	2008	Bronze	Caryl Granville	12.67
U20W 200m				
200m	1991	Silver	Anna Turner	26.1
200m	1999	Bronze	Rachel Lewis	26.7
200m	2000	Bronze	Rachel Lewis	28.10
200m	2008	Silver	Caryl Granville	26.34
U20W 400m				
400m	1987	Bronze	Mary Murphy	59.58
400m	1988	Gold	Mary Murphy	58.9
400m	2001	Bronze	Gemma Thomas	60.78
U20W 800m				
800m	1998	Silver	Anwen Owen	2.32.17
800m	2001	Bronze	Gemma Thomas	2.26.16
800m	2007	Gold	Katie Parkes	2.15.23
800m	2010	Gold	Angharad Davies	2.17.83
800m	2017	Silver	Megan Rowe	2.37.54
U20W 1500m				
1500m	1997	Bronze	Jessica P Williams	4.51.81
1500m	2008	Gold	Alaw B Thomas	4.56.15
U20W 3000m				
3000m	1988	Bronze	Vikki Hamer	10.28.1
3000m	1991	Silver	Angela Abbott	11.03.6
3000m	2000	Silver	Claire Evans	11.20.25
3000m	2001	Gold	Claire Evans	10.52.80
3000m	2004	Silver	Caryl Jones	10.59.67
3000m	2005	Gold	Caryl Jones	10.47.26

U20W 2000m steeplechase				
2000m St	2007	Gold	Alaw B Thomas	7.40.60
2000m St	2007	Silver	Kayleigh Brown	8.07.96
2000m St	2007	Bronze	Megan Thomas	8.11.95
2000m St	2009	Gold	Angharad Davies	8.01.2
1500m St	2010	Gold	Catrin Lewis	6.16.51
U20W 100mH				
100mH	1987	Gold	Carol Whiteway	15.29
100mH	1988	Gold	Carol Whiteway	14.7
100mH	1991	Bronze	Mari Prys Jones	15.9w
100mH	1992	Silver	Marie Humphries	15.2w
100mH	1997	Silver	Amy Bergiers	15.38
100mH	2003	Gold	Anwen Rees	15.55
100mH	2005	Gold	Samantha Jones	15.90
100mH	2006	Silver	Megan Thomas	17.72
100mH	2007	Gold	Caryl Granville	15.05
100mH	2007	Bronze	Megan Thomas	16.69
100mH	2008	Gold	Caryl Granville	14.87
100mH	2008	Bronze	Rebecca Gatehouse	17.82
100mH	2009	Silver	Catherine Goldsmith	15.74
U20W 400m Hurdles				
400mH	1988	Bronze	Gail Evans	70.8
400mH	1991	Gold	Mari Prys Jones	65.0
400mH	1993	Silver	Hannah Liptrot	68.92
400mH	2002	Gold	Anwen Rees	67.24
400mH	2003	Gold	Anwen Rees	65.04
400mH	2006	Silver	Megan Thomas	67.31
400mH	2007	Gold	Caryl Granville	61.66
400mH	2007	Bronze	Megan Thomas	63.67
400mH	2008	Gold	Hannah Pick	71.43
400mH	2009	Silver	Sophie Pick	76.82
400mH	2010	Silver	Angharad Davies	65.94
400mH	2011	Bronze	Sophie Pick	69.68
400mH	2017	Gold	Olivia Haines	82.73
U20W High Jump				
HJ	1987	Gold	Carol Whiteway	1.68
HJ	1988	Gold	Carol Whiteway	1.65
HJ	1996	Silver	Sian Elin Jones	1.55
HJ	1998	Bronze	Stacey Matthews	1.40
HJ	2002	Gold	Elen Mair	1.50
HJ	2003	Silver	Samantha Nicholas	1.50
HJ	2003	Bronze	Elen Evans	1.45
HJ	2007	Bronze	Hannah Pick	1.50
HJ	2008	Silver	Hannah Pick	1.45
HJ	2009	Silver	Sophie Pick	1.55
HJ	2018	Silver	Lauryn Davey	1.50

			U20W Long Jump	
LJ	1995	Silver	Karina Williams	5.08
Lj	2006	Silver	Mari Fenton	4.40
LJ	2007	Silver	Caryl Granville	5.52
LJ	2010	Gold	Ffion Rees	5.24w
LJ	2011	Gold	Ffion Rees	5.14
LJ	2012	Silver	Ffion Rees	5.18
LJ	2018	Silver	Lauryn Davey	5.18
			U20W Triple Jump	
TJ	1998	Bronze	Sian Hughes	9.04
TJ	2006	Bronze	Mari Fenton	9.76
TJ	2007	Gold	Hannah Pick	9.53
TJ	2015	Gold	Lauryn Davey	10.70
TJ	2017	Gold	Olivia Haines	9.61
			U20W Pole Vault	
PV	2001	Gold	Jacqui Lloyd	2.80
PV	2002	Gold	Jacqui Lloyd	2.70
PV	2003	Gold	Jacqui Lloyd	2.80
PV	2012	Gold	Enfys Jones	2.76
PV	2013	Silver	Enfys Jones	2.67
PV	2017	Gold	Carys Jones	3.40
			U20W Shot Putt	
SP	1983	Gold	Delyth Evans	11.72
SP	1989	Silver	Lyndsey Thomas	9.82
SP	1990	Silver	Lyndsey Thomas	10.25
SP	1991	Silver	Lyndsey Thomas	10.29
SP	1993	Gold	Hayley Griffiths	10.51
SP	1996	Silver	Dwysli Lewis	8.56
SP	1997	Silver	Cathy James	8.26
SP	1998	Silver	Angharad Lloyd	10.10
SP	2009	Bronze	Catherine Goldsmith	9.85
			U20W Discus Throw	
DT	1989	Bronze	Lyndsey Thomas	28.16
DT	1990	Silver	Lyndsey Thomas	29.92
DT	1991	Silver	Lyndsey Thomas	31.88
DT	1996	Bronze	Dwysli Lewis	24.68
DT	2003	Silver	Delyth Jones	25.63
			U20W Javelin Throw	
JT	2002	Silver	Alison Siggery	37.95
JT	2002	Bronze	Sara Siggery	34.40
JT	2003	Silver	Sara Siggery	35.46
JT	2003	Bronze	Natalie Griffiths	29.70
JT	2004	Silver	Sara Siggery	37.59
JT	2005	Silver	Kylie Clarke	37.33

JT	2006	Gold	Kylie Clarke	38.17
JT	2006	Silver	Victoria Buxton	37.21
JT	2007	Gold	Danielle Hamer	41.00
JT	2009	Bronze	Mary Wilson	36.49
JT	2012	Gold	Carys Mansfield	38.89
			U20W Hammer Throw	
HT	1996	Bronze	Marie Hughes	28.04
HT	1998	Silver	Cathy James	24.47
			U20W Heptathlon	
Heptathlon	2002	Silver	Elen Evans	3619
Pentathlon	2006	Gold	Mari Fenton	2292
Heptathlon	2007	Gold	Caryl Granville	4592
Heptathlon	2007	Silver	Hannah Pick	3577
Heptathlon	2011	Gold	Sophie Pick	3601
			SENIOR WOMEN	
			SW 100m	
100m	1978	Silver	Diane Thorne	12.2
100m	1979	Bronze	Diane Thorne	12.1
100m	2006	Silver	Emily Mitchell	12.46
			SW 200m	
200m	1954	Bronze	Georgina Jones	
200m	1978	Bronze	Diane Thorne	25.0
200m	1996	Bronze	Gail Evans	27.31
200m	2006	Silver	Emily Mitchell	25.94
			SW 400m	
400m	1977	Bronze	Angela Pennington	59.1
400m	1993	Silver	Kate Williams	57.08
400m	2004	Gold	Anwen Rees	55.99
			SW 800m	
800m	1971	Silver	Nicola Page	2.22.2
800m	1976	Bronze	K Price	2.32.2
			SW 1500m	
1500m	2012	Bronze	Angharad Davies	4.50.40
			SW 3000m	
3000m	2008	Silver	Caryl Jones	13.17.9
3000m	2011	Gold	Ala B Thomas	10.01.27
3000m	2012	Silver	Sian Bradshaw	13.25.91
			SW 5000m	
5000m	2010	Gold	Alaw B Thomas	18.46.10
5000m	2011	Gold	Alaw B Thomas	17.43.24

5000m	2011	Silver	Angharad Davies	18.27.51
			SW 10000m	
10000m	2009	Gold	Caryl Jones	34.46.07
10000m	2010	Gold	Caryl Jones	36.31.64
			SW 2000m steeplechase	
2000m St	2006	Silver	Kayleigh Brown	7.46.97
2000m St	2007	Gold	Alaw B Thomas	7.58.71
2000m St	2007	Silver	Kayleigh Brown	8.17.24
2000m St	2007	Bronze	Caryl Jones	8.40.79
2000m St	2009	Gold	Caryl Jones	7.02.95
2000m St	2009	Silver	Alaw B Thomas	8.14.63
			SW 100m Hurdles	
100mH	1971	Bronze	Sheridan Bergiers	17.8
100mH	1975	Gold	Linda Croft	15.7
100mH	1976	Gold	Linda Croft	16.0
100mH	2003	Silver	Elen Mair	17.71
100mH	2005	Gold	Heather Jones	13.67
100mH	2007	Gold	Heather Jones	14.20
100mH	2007	Silver	Caryl Granville	15.10
100mH	2008	Gold	Heather Jones	14.35
100mH	2009	Gold	Heather Jones	13.98
100mH	2010	Silver	Heather Jones	14.79
			SW 400m Hurdles	
400mH	1982	Bronze	Michelle Cooke	63.8
400mH	1989	Bronze	Mari Prys Jones	67.35
400mH	1990	Bronze	Mari Prys Jones	66.03
400mH	1991	Bronze	Mari Prys Jones	64.57
400mH	2004	Silver	Anwen Rees	60.35
400mH	2005	Gold	Anwen Rees	59.13
400mH	2006	Gold	Anwen Rees	58.88
400mH	2006	Silver	Caryl Granville	61.55
400mH	2007	Gold	Anwen Rees	58.71
400mH	2007	Silver	Caryl Granville	61.07
400mH	2008	Gold	Caryl Granville	61.55
400mH	2009	Silver	Caryl Granville	61.24
			SW High Jump	
HJ	1971	Gold	Sheridan Bergiers	1.42
HJ	1974	Gold	Jane Lloyd Francis	1.40
HJ	1975	Gold	Heather Thomas	1.55
HJ	1987	Bronze	Carol Whiteway	1.65
HJ	2008	Silver	Catherine Goldsmith	1.60
HJ	2012	Gold	Sophie Pick	1.60
HJ	2013	Bronze	Sophie Pick	1.60
HJ	2014	Gold	Sophie Pick	1.60
HJ	2018	Silver	Lili Church	1.62

			SW Long Jump	
LJ	1971	Gold	Susan Hopkins	5.07
LJ	1975	Bronze	Linda Croft	5.40
LJ	1989	Bronze	Kathryn Evans	5.38
LJ	2012	Silver	Sophie Pick	4.99
LJ	2013	Bronze	Ffion Rees	5.00w
			SW Pole Vault	
PV	2014	Silver	Carys Jones	3.05
PV	2016	Bronze	Carys Jones	3.30
			SW Triple Jump	
			None	
			SW Shot Putt	
SP	2010	Bronze	Catherine Goldsmith	9.90
SP	2012	Silver	Sophie Pick	7.91
			SW Discus Throw	
DT	2011	Silver	Claire Williams	40.76
DT	2011	Bronze	Awen Rosser	35.98
			SW Hammer Throw	
			None	
			SW Javelin Throw	
JT	2000	Gold	Alison Siggery	36.23
JT	2000	Bronze	Sara Siggery	31.35
JT	2002	Silver	Alison Siggery	37.39
JT	2002	Bronze	Sara Siggery	38.46
JT	2003	Gold	Alison Siggery	40.66
JT	2005	Silver	Alison Siggery	43.49
JT	2005	Bronze	Sara Siggery	38.46
JT	2006	Gold	Alison Siggery	43.84
JT	2006	Silver	Sara Siggery	42.75
JT	2006	Bronze	Kylie Clarke	36.19
JT	2007	Silver	Sara Siggery	42.59
JT	2008	Bronze	Sara Siggery	40.26
JT	2009	Gold	Sara Siggery	42.65
JT	2010	Bronze	Sara Siggery	41.00
			SW Pentathlon/Heptathlon	
Pentathlon	1976	Bronze	Bethan Jones	2973
Pentathlon	1977	Gold	Jane Lloyd Francis	3040
Heptathlon	2014	Silver	Sophie Pick	3527
Heptathlon	2015	Silver	Sophie Pick	3715
			SW 4x100m Relay	
Relay	1977	Silver		53.3
Relay	1978	Gold		51.7

Relay	1984	Bronze		49.55
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Boys/Men

Under 13 Boys

Event	Year	Medal	Name	Performance
U13B 100m				
100m	1983	Gold	Philip Llewellyn	12.9
100m	1984	Gold	Steven Rees	13.0
100m	1984	Silver	Matthew Roderick	13.0
100m	1985	Gold	Matthew Roderick	12.92
100m	1986	Gold	Simon Lewis	13.00
100m	1986	Silver	Dean Thomas	13.21
100m	1990	Bronze	Graham Thomas	13.9
100m	1991	Silver	Simon Jones	13.8
100m	1992	Silver	Stuart Roberts	13.7
100m	1995	Gold	Simon Davies	12.60
100m	1996	Gold	David Gravelle	12.77
100m	1999	Silver	Chris Mathias	13.25
100m	1999	Bronze	Robert Smith	13.76
100m	2000	Silver	Bruce Tasker	13.22
100m	2001	Bronze	Matthew Evans	13.66
100m	2002	Silver	Stephen Williams	14.56
100m	2003	Bronze	Rhys Jones	13.70
100m	2006	Bronze	Daniel Howells	14.29
100m	2007	Gold	David Davies	13.16
100m	2008	Silver	Charlie Randall	13.47
U13 Boys 200m				
200m	1983	Bronze	Philip Llewellyn	28.6
200m	1984	Gold	Matthew Roderick	26.7
200m	1985	Gold	Matthew Roderick	26.6
200m	1986	Gold	Dean Thomas	26.97
200m	1991	Gold	James Griffiths	28.1
200m	1991	Bronze	Simon Jones	29.0
200m	1992	Bronze	Stuart Roberts	27.9
200m	1995	Gold	Rhys Saunders	27.92
200m	1996	Gold	David Gravelle	27.46w
200m	1997	Gold	Philip Griffiths	27.83
200m	1999	Silver	Chris Mathias	27.86
200m	1999	Bronze	Robert Smith	28.49
200m	2000	Gold	Bruce Tasker	26.29
200m	2004	Silver	Chris McCafferty	27.98
200m	2005	Gold	Andrew Drakeley	27.18
200m	2007	Gold	Matthew Davies	27.12
200m	2008	Silver	Charlie Randall	27.75
200m	2008	Bronze	Luke Morris	27.82
200m	2010	Silver	Nikita Neary	27.32

200m	2012	Bronze	Elis Lewis	27.13
			U13 800m	
800m	1989	Silver	Arwel Thomas	2.23.4
800m	1991	Bronze	Christian V Morris	2.25.6
800m	1992	Silver	Huw Lewis	2.28.6
800m	1992	Bronze	Lee Evans	2.30.4
800m	1998	Bronze	Thomas Page	2.31.76
800m	1999	Silver	Keiron Davies	2.22.92
800m	2002	Silver	Steffan Raw Rees	2.28.47
800m	2003	Silver	Lee Rees	2.26.73
800m	2004	Gold	Dean Mead	2.19.50
800m	2005	Gold	Andrew Drakeley	2.22.75
800m	2005	Silver	Luke Parker	2.23.49
800m	2007	Bronze	Rhys Gravelle	2.29.61
800m	2008	Gold	Kyran Roberts	2.20.70
800m	2008	Bronze	Rhys Granville	2.23.95
800m	2010	Gold	Nikita Neary	2.12.99
800m	2010	Bronze	Jordan Richards	2.24.55
800m	2013	Bronze	Iestyn Williams	2.25.43
800m	2015	Bronze	Iwan Glynn	2.20.32
800m	2019	Silver	Ifan Bowen	2.23.95
			U13 1500m	
1500m	1989	Bronze	Andres Jones	4.58.95
1500m	1990	Bronze	Sion Meredith	4.54.8
1500m	1997	Gold	Charles Harvey	4.49.65
1500m	1997	Bronze	Thomas Page	5.04.75
1500m	2002	Gold	Steffan Raw Rees	5.04.13
1500m	2003	Bronze	Tomas Northcott	4.57.60
1500m	2004	Silver	Glen Elsdon	5.05.61
1500m	2005	Gold	Andrew Drakeley	5.01.50
1500m	2008	Gold	Kyran Roberts	4.45.68
1500m	2010	Gold	Nikita Neary	4.44.33
1500m	2010	Silver	Jordan Richards	4.50.80
1500m	2018	Bronze	Ifan Bowen	5.10.55
1500m	2019	Silver	Ifan Bowen	4.59.17
			U13 75m Hurdles	
75mH	1992	Bronze	Andrew Ashley	13.5
75mH	1994	Bronze	Chris Harries	13.2
75mH	1995	Silver	Emyr Thomas	13.37
75mH	1995	Bronze	Jason Evans	13.70
75mH	1999	Gold	Keith Davies	13.70
75mH	2000	Gold	Steffan Phillips	13.84
75mH	2000	Bronze	Christopher Gibson	13.94
75mH	2001	Bronze	Ashley Morgan	16.08w
75mH	2002	Gold	Ashley Morgan	14.90
75mH	2004	Silver	Rhys Webb	12.56
75mH	2004	Bronze	Martyn Penhallurick	16.14
75mH	2008	Bronze	Simon Snape	14.45
75mH	2018	Gold	Osian Roberts	13.30
			U13 Boys High jump	

HJ	1984	Bronze	Egryn Jones	1.35
HJ	1986	Gold	Paul Rainbow	1.25
HJ	1987	Bronze	Mark Dickeson	1.35
HJ	1989	Gold	Rhodri Thomas	1.49
HJ	1989	Bronze	David Thomas	1.40
HJ	1990	Gold	Graham Thomas	1.53
HJ	1991	Bronze	James Griffiths	1.50
HJ	2000	Gold	Steffan Phillips	1.35
HJ	2000	Silver	Huw Jones	1.30
HJ	2000	Bronze	Christopher Gibson	1.15
HJ	2003	Bronze	Aled Rees	1.35
HJ	2004	Silver	Glen Elsdon	1.45
HJ	2004	Bronze	Dean Mead	1.15
HJ	2005	Gold	Glen Elsdon	1.50
HJ	2006	Silver	Harry Lewis	1.35
HJ	2007	Gold	David Davies	1.35
HJ	2008	Bronze	Simon Snape	1.30=
HJ	2009	Gold	Dafydd Adams	1.45
HJ	2010	Silver	Aled Rees	1.41
HJ	2011	Gold	Aled Rees	1.57
HJ	2018	Gold	Osian Roberts	1.45
HJ	2018	Bronze	Dion James	1.35
			U13B Long Jump	
LJ	1984	Gold	Steven Rees	4.95
LJ	1984	Bronze	Egryn Jones	4.54
Lj	1985	Gold	Matthew Roderick	4.93
LJ	1986	Bronze	Paul rainbow	4.57
LJ	1987	Silver	Glen Thomas	4.74
LJ	1987	Bronze	Martin William	4.45
LJ	1989	Silver	Gareth James	4.76
LJ	1990	Gold	James Beckett	4.57
LJ	1991	Silver	Simon Jones	4.72w
LJ	1995	Gold	Simon Davies	4.70
LJ	1995	Silver	Steven Roberts	4.53
LJ	2000	Silver	Bruce Tasker	4.66
LJ	2001	Silver	Matthew Evans	4.18
LJ	2003	Bronze	Kristian Isaacs	4.44
LJ	2005	Gold	Glen Elsdon	4.71w
LJ	2006	Gold	Daniel Howells	4.53
			U13B Shot Putt	
SP	1986	Gold	Jonathan Davies	9.28
SP	1986	Bronze	Alun Owen	8.28
SP	1987	Silver	Justin Jones	9.16
SP	1987	Bronze	Glen Thomas	8.69
SP	1988	Gold	Justin Jones	10.39
SP	1991	Bronze	Julian Williams	9.10
SP	2000	Gold	Gareth Lloyd	9.26
SP	2001	Gold	Matthew Evans	13.39
SP	2003	Silver	Owen Davies	9.10
SP	2004	Gold	Rheon James	8.88

SP	2004	Silver	Tomos Edwards	8.75
SP	2005	Gold	Rheon James	9.98
SP	2007	Bronze	Jac Edwards	7.94
SP	2008	Gold	Charlie Randall	10.96
SP	2018	Bronze	Kacper Krawcewicz	8.39
U13B Discus Throw				
DT	2005	Gold	Rheon James	27.63
DT	2006	Bronze	Jac Edwards	15.20
DT	2007	Silver	James Stevenson	20.80
DT	2007	Bronze	Jac Edwards	20.06
DT	2010	Gold	Nikita Neary	27.88
U13B Javelin Throw				
JT	2008	Gold	Sion Howells	30.63
JT	2009	Bronze	Gethin Clarke	28.27
JT	2011	Bronze	Keiran Evans	27.57
JT	2013	Gold	Joshua Thomas	29.36
U13B Pentathlon				
Pentathlon	1992	Bronze	Gavin Jones	1270
Pentathlon	1999	Gold	Daniel Williams	1582
Pentathlon	2000	Gold	Huw Jones	1431
Pentathlon	2000	Silver	Steffan Phillips	1208
Pentathlon	2002	Gold	Steffan Raw Rees	1254
Pentathlon	2003	Bronze	Chris Heesom	1350
Pentathlon	2004	Bronze	Glen Elsdon	1131
Pentathlon	2005	Gold	Glen Elsdon	1432
Pentathlon	2007	Gold	Matthew Davies	1517
Pentathlon	2007	Silver	James Stevenson	1255
Pentathlon	2007	Bronze	Aled Price	1230
Pentathlon	2008	Bronze	Simon Snape	1002
Pentathlon	2010	Gold	Nikita Neary	1813
Pentathlon	2018	Silver	Osian Roberts	1054
U13B 4x100m Relay				
Relay	1977	Silver		56.0
Relay	2007	Gold		55.50
Relay	2008	Silver		55.08
Relay	2009	Gold		56.78
Under 15 Boys				
U15B 100m				
100m	1970	Gold	Andy Edwards	11.7
100m	1972	Gold	Steve Perks	11.6
100m	1973	Gold	Richard Griffiths	11.7
100m	1982	Silver	Roger Walters	11.8
100m	1987	Gold	Matthew Roderick	12.02
100m	1987	Silver	Huw Summers	12.10
100m	1990	Silver	Eirian Rees	12.3
100m	1991	Silver	Jamie Henthorn	12.2
100m	1991	Bronze	Graham Moore	12.2
100m	1992	Gold	Graham Thomas	12.1

100m	1993	Bronze	Chris Hughes	11.8w
100m	1994	Gold	Iestyn Lewis	11.7w
100m	2004	Bronze	Aled Thomas	12.23
100m	2006	Gold	Thomas Coleman	12.04
100m	2007	Bronze	Jake Randall	12.21
100m	2008	Gold	Matthew Davies	11.56
100m	2011	Silver	Shaun Pearce	11.70
			U15B 200m	
200m	1970	Gold	Andy Edwards	24.3
200m	1972	Gold	Steve Perks	24.2
200m	1973	Gold	Richard Griffiths	23.6
200m	1982	Gold	Roger Walters	24.6
200m	1986	Silver	Matthew Roderick	24.20
200m	1987	Gold	Matthew Roderick	24.0
200m	1987	Silver	Huw Summers	24.7
200m	1988	Silver	Richard Bunyan	24.8
200m	1990	Gold	Eirian Rees	24.9
200m	1990	Silver	Jon Armstrong	25.0
200m	1991	Silver	Graham Moore	25.0
200m	1992	Bronze	Peter Broom	25.3
200m	1994	Gold	Iestyn Lewis	24.0
200m	1995	Bronze	Gareth Gittins	25.41
200m	2002	Silver	Bruce Tasker	24.29
200m	2004	Bronze	Aled Thomas	24.67
200m	2008	Bronze	Jake Randall	24.53
200m	2009	Gold	Matthew Davies	23.96
200m	2011	Gold	Shaun Pearce	23.89
			U15B 300m	
400m	1984	Silver	Chris Wilkins	55.6
400m	1987	Gold	Andrew Stradling	54.5
400m	1989	Bronze	Richard Stradling	54.4
300m	1990	Bronze	Jon Owens	38.9
300m	1992	Silver	Paul Jackson	40.4
400m	2002	Gold	Bruce Tasker	52.51
400m	2002	Silver	Owen Jones	56.21
300m	2006	Gold	Antoine Woodman	37.94
400m	2008	Gold	Liam Jones	53.32
400m	2009	Bronze	Rhys Granville	56.39
400m	2010	Silver	Luke Morris	54.73
300m	2015	Silver	Zak Daly	38.70
			U15B 800m	
880y	1954	Silver	Hedydd Davies	2.27.8
880y	1955	Silver	Hedydd Davies	2.21.8
880y	1960	Gold	Glyn Jones	2.12.7
800m	1987	Bronze	Martin James	2.11.9
800m	1993	Bronze	Christian Morris	2.11.8
800m	2002	Silver	Alex Powell	2.16.05
800m	2005	Bronze	Chris Heesom	2.07.99
800m	2010	Gold	Kyran Roberts	2.02.57
800m	2010	Silver	Rhys Granville	2.03.36

800m	2011	Bronze	Nikita Neary	2.04.96
800m	2012	Silver	Nikita Neary	2.02.76
800m	2017	Silver	Iwan Glynn	2.06.29
800m	2018	Silver	Dafydd Jones	2.03.68
U15B1500m				
1500m	1991	Bronze	Alan Jones	4.27.7
1500m	1992	Silver	Tom Cairns	4.28.7
1500m	1998	Bronze	David Jones	4.24.71
1500m	1999	Silver	Charles Harvey	4.37.66
1500m	2000	Silver	Thomas Page	4.31.74
1500m	2002	Bronze	Lee Ladd	4.40.40
1500m	2005	Gold	Dewi Griffiths	4.17.80
1500m	2010	Gold	Kyran Roberts	4.18.47
1500m	2012	Gold	Nikita Neary	4.19.10
1500m	2018	Silver	Dafydd Jones	4.12.51
1500m	2019	Gold	Frank Morgan	4.16.04
U15B 3000m				
3000m	2007	Silver	Luke Parker	10.03.66
3000m	2011	Bronze	Christian Lovatt	9.48.66
3000m	2018	Bronze	Frank Morgan	9.25.10
3000m	2019	Gold	Frank Morgan	9.12.65
U15B 80m Hurdles				
80yH	1964	Gold	Michael Walters	10.8
80mH	1972	Silver	N Thomas	13.1
80mH	1974	Gold	D Nicholas	12.6
80mH	1985	Bronze	Andrew Price	13.2
80mH	1990	Gold	Jon Armstrong	11.6
80mH	1990	Silver	Jon Lewis	14.2
80mH	1991	Gold	Graham Thomas	12.5
80mH	1991	Silver	Andrew Walters	12.7
80mH	1992	Gold	Graham Walters	11.8
80mH	1992	Bronze	Faizal Mead	12.9
80mH	1995	Silver	Gruffydd Jones	12.49
80mH	2000	Silver	Steven Boyles	13.4
80mH	2001	Silver	Steven Boyles	11.90w
80mH	2002	Gold	Owen Jones	12.78
80mH	2002	Bronze	Huw Jones	13.45
80mH	2006	Gold	Rhys Webb	11.71
80mH	2009	Silver	Aled Price	13.06
U15B 300m Hurdles				
300mH	1990	Gold	Gareth James	46.9
300mH	1990	Silver	Felipe Jones	47.3
300mH	1992	Silver	Graham Thomas	42.6
300mH	1997	Silver	Jason Evans	45.26
U15B High Jump				
HJ	1972	Gold	Neil Thomas	1.50
HJ	1988	Bronze	Simon Howells	1.60
HJ	1989	Gold	Simon Howells	1.78
HJ	1990	Silver	Richard Osman	1.60
HJ	1991	Gold	Rhodri Thomas	1.75

HJ	1995	Bronze	Chris Harries	1.60
HJ	1996	Gold	Chris Harries	1.75
HJ	1996	Bronze	Kim Harland	1.70
HJ	2000	Gold	Daniel Williams	1.53
HJ	2001	Silver	Iain Wray	1.65
HJ	2002	Silver	Craig Davies	1.50
HJ	2006	Silver	Glen Elsdon	1.53
HJ	2007	Silver	Glen Elsdon	1.55
HJ	2008	Bronze	Sean Bergiers	1.60
HJ	2009	Silver	Matthew Davies	1.70
HJ	2010	Gold	Aled Price	1.70
HJ	2019	Gold	Osian Roberts	1.75
			U15B Long Jump	
LJ	1974	Gold	C Williams	5.58
LJ	1975	Gold	Julian Barrington	5.45
LJ	1977	Bronze	Gary Jenkins	5.83
LJ	1986	Gold	Matthew Roderick	5.80
LJ	1987	Bronze	Matthew Roderick	5.64
LJ	1991	Bronze	Gareth James	5.27
LJ	1994	Bronze	Gareth Gittins	5.59w
LJ	1995	Gold	Gareth Gittins	5.69
LJ	2001	Gold	Daniel Williams	5.62
LJ	2002	Silver	Owen Jones	5.05
LJ	2003	Silver	Caradog Jones	5.58
LJ	2008	Bronze	Daniel Howells	5.26
			U15B Triple Jump	
TJ	1999	Silver	Rhodri Thomas	11.86
TJ	1991	Gold	Rhodri Thomas	12.12w
TJ	1991	Silver	Alistair Evans	11.33w
TJ	2019	Silver	Osian Roberts	10.27
			U15B Pole Vault	
PV	1975	Gold	Robert Hughes	2.57
PV	1976	Gold	Robert Hughes	3.23
PV	1980	Gold	Alan Tyrrell	3.05
PV	1981	Silver	Steven Thomas	2.55
PV	2002	Silver	Dafydd Rees	2.40
PV	2003	Gold	Dafydd Rees	2.50
PV	2005	Silver	Jamie Stubbs	2.20
PV	2005	Bronze	Xien Witt	2.00
PV	2006	Silver	Xien Witt	2.70
PV	2006	Bronze	Jamie Stubbs	2.60
PV	2007	Silver	Emyr Jones	3.10
			U15B Shot Putt	
SP	1983	Silver	Adrian Phillips	11.81
SP	1989	Bronze	Justin Jones	10.93
SP	1990	Gold	Justin Jones	13.11
SP	1991	Bronze	Gerwyn Richards	10.50
SP	1993	Gold	Chris Hughes	14.18
SP	1997	Silver	Matthew Jefferies	11.22
SP	1997	Bronze	Mark Davies	11.07

SP	1998	Silver	Gavin Elliott	11.63
SP	2002	Gold	Matthew Evans	13.12
SP	2003	Gold	Matthew Evans	15.05
SP	2004	Silver	Michael John	12.49
SP	2006	Gold	Tomos Edwards	13.52
SP	2006	Bronze	Rheon James	12.53
SP	2007	Gold	Rheon James	13.84
SP	2009	Silver	Charlie Randall	11.43
SP	2010	Gold	Kallum Lee Evans	12.65
			U15B Discus Throw	
DT	1954	Silver	Bryan James	
DT	1977	Gold	Gary Jenkins	34.80
DT	1983	Silver	Adrian Phillips	29.96
DT	1987	Gold	Simon Cooke	35.40
DT	1990	Gold	Justin Jones	39.48
DT	1991	Silver	Gerwyn Richards	32.94
DT	1992	Gold	Wayne Jones	33.86
DT	1993	Gold	Chris Hughes	40.16
DT	1994	Silver	Eifion Robinson	34.98
DT	2002	Silver	Matthew Evans	29.47
DT	2003	Gold	Matthew Evans	41.01
DT	2004	Silver	Michael John	29.89
DT	2005	Silver	Geraint Mansfield	23.75
DT	2005	Bronze	Tomos Edwards	21.41
DT	2006	Silver	Tomos Edwards	35.46
DT	2006	Bronze	Rheon James	32.02
DT	2007	Gold	Rheon James	39.91
DT	2008	Bronze	Tomos Jones	23.01
DT	2015	Silver	Connor Evans	43.68
			U15B Hammer Throw	
HT	1992	Bronze	Eirian Rees	32.68
HT	2008	Silver	Tomos Jones	26.23
HT	2015	Silver	Nicholas Jones	30.17
HT	2015	Bronze	Rhys Thomas	24.64
			U15B Javelin Throw	
JT	1972	Silver	R Lewis	38.88
JT	1984	Silver	Jon Thomas	36.44
JT	1985	Gold	Ian Jones	44.72
JT	1990	Silver	Stuart Loughran	42.84
JT	1991	Gold	Barry Walters	51.00
JT	1992	Bronze	Faizal Mead	43.80
JT	2000	Bronze	Robert Smith	38.38
JT	2001	Gold	Robert Smith	42.47
JT	2002	Gold	Huw Jones	38.28
JT	2002	Bronze	Thomas Sloman	32.45
JT	2003	Gold	Garth Loughran	50.37
JT	2004	Gold	Michael John	47.09
JT	2005	Gold	Joshua Madden	47.86
JT	2006	Silver	Rheon James	37.34
JT	2007	Gold	Jon Llewelyn	45.68

JT	2008	Silver	James Stevenson	36.48
JT	2008	Bronze	Gethin Long	33.38
JT	2010	Gold	Aled Price	44.92
JT	2012	Gold	Nikita Neary	42.29
JT	2012	Bronze	Sam Bleach	41.94
JT	2015	Gold	Joshua Thomas	45.13
JT	2018	Silver	Morgan Batten	39.17
			U15B Pentathlon	
Pentathlon	1990	Gold	Justin Jones	2059
Pentathlon	1991	Gold	Justin Jones	2397
Pentathlon	1991	Silver	Gareth James	2016
Pentathlon	1991	Bronze	Graham Thomas	1909
Pentathlon	1992	Gold	Graham Thomas	2673
Pentathlon	1995	Gold	Gareth Gittins	2220
Pentathlon	1996	Bronze	Kim Harland	2304
Pentathlon	2002	Gold	Huw Jones	1998
Pentathlon	2003	Silver	Dafydd Rees	1898
Pentathlon	2004	Gold	Daniel Davies	2455
Pentathlon	2005	Gold	Josh Madden	2595
Pentathlon	2008	Gold	Liam Jones	2254
Pentathlon	2008	Silver	Sean Bergiers	1961
Pentathlon	2009	Gold	Mathew Davies	2445
Pentathlon	2009	Bronze	Aled Price	2257
Pentathlon	2013	Bronze	Aled Phillips	2257
			U15B 4x100m Relay	
Relay	1977	Silver		49.1
Relay	2008	Gold		48.53
Relay	2009	Silver		49.20
			Under 17 Men	
			U17M 100m	
100y	1957	Silver	D Ken Jones	
100m	1970	Bronze	J Thomas	11.6
100m	1973	Gold	Steve Perks	11.5 (11.2h)
100m	1974	Gold	Steve Perks	11.4
100m	1988	Silver	Steven Rees	11.4
100m	1988	Bronze	Matthew Roderick	11.4
100m	1991	Bronze	Simon Thomas	12.1
100m	1993	Gold	Jamie Henthorn	11.06
100m	1996	Gold	Ben Harland	11.35
100m	1996	Silver	Iestyn Lewis	11.53
100m	2008	Gold	Tomos Coleman	11.16
100m	2011	Bronze	Mathew Davies	11.43
100m	2012	Bronze	Shaun Pearce	11.05
			U17M 200m	
200m	1954	Bronze	T Evans	
200m	1961	Silver	A Thomas	
200m	1972	Bronze	Andy Edwards	24.0
200m	1973	Gold	Steve Perks	22.9
200m	1974	Gold	Steve Perks	22.5
200m	1977	Silver	Michael Owen	23.1

200m	1985	Silver	Paul Williams	24.2
200m	1988	Silver	Steven Rees	23.4
200m	1988	Bronze	Matthew Roderick	23.4
200m	1989	Silver	Matthew Roderick	22.98w
200m	1992	Gold	James Archampong	23.15
200m	1993	Gold	Jamie Henthorn	22.60
200m	1996	Gold	Ben Harland	23.14
200m	1999	Bronze	Geraint Bevan	23.8
200m	2003	Silver	Bruce Tasker	23.0
200m	2011	Gold	Mathew Davies	23.06
200m	2012	Silver	Shaun Pearce	23.44
200m	2013	Gold	Shaun Pearce	22.22
U17M 400m				
400m	1977	Gold	Michael Owen	53.8
400m	1984	Gold	Derrick Wyke	53.2
400m	1985	Gold	Derrick Wyke	51.1
400m	1985	Bronze	Chris Wilkins	52.9
400m	1986	Bronze	Chris Wilkins	53.25
400m	1988	Silver	Peter Maitland	51.9
400m	1989	Gold	Peter Maitland	49.67
400m	1993	Bronze	Paul Jackson	54.24
400m	2003	Gold	Bruce Tasker	49.9
400m	2004	Gold	Bruce Tasker	49.43
400m	2008	Gold	Antoine Woodman	51.47
400m	2008	Bronze	Gerwyn Slinger	52.05
400m	2009	Silver	Paul Bennett	51.63
400m	2011	Bronze	Llyr Jamieson	51.79
400m	2015	Bronze	Rhun Edwards	53.07
400m	2018	Silver	Iwan Glynn	51.30
U17M 800m				
880y	1957	Gold	John Williams	1.57.5
880y	1961	Silver	Glyn Jones	2.06.4
800m	1972	Silver	Steve Rolfe	2.00.8
800m	1981	Gold	Grant Howells	2.02.5
800m	1990	Gold	James Murray	1.59.10
800m	2012	Gold	Rhys Granville	1.59.54
U17M 1500m				
1500m	1980	Silver	Grant Howells	
1500m	1990	Gold	Benedict Antwis	4.19.02
1500m	1991	Silver	David Rowley	4.19.5
1500m	2011	Gold	Kyran Roberts	4.06.37
1500m	2011	Bronze	Lloyd Heckler	4.11.25
1500m	2013	Bronze	Christian Lovatt	4.14.30
1500m	2017	Silver	Iestyn Williams	4.13.51
U17M 3000m				
3000m	1993	Silver	Andres Jones	9.35.38
3000m	1993	Bronze	Sion Meredith	9.46.18
3000m	1994	Bronze	Sion Meredith	9.30.88
3000m	1998	Bronze	Jamie Goodwin	9.26.55
3000m	2000	Gold	David Jones	9.12.51

3000m	2003	Silver	Lee Ladd	9.25.40
3000m	2004	Silver	Lee Ladd	9.03.53
3000m	2006	Gold	Dewi Griffiths	9.01.68
3000m	2006	Silver	Adam Bitchell	9.26.19
3000m	2007	Gold	Adam Bitchell	8.55.91
3000m	2007	Bronze	Nicholas Morrell	9.55.20
3000m	2008	Gold	Nicholas Morrell	9.22.1
3000m	2012	Bronze	Christian Lovatt	9.44.19
			U17M 1500m steeplechase	
1500m St	1993	Gold	Andres Jones	5.00.66
1500m St	1994	Gold	Tom Cairnes	4.41.62
1500m St	1994	Bronze	Gary Edwards	5.01.84
1500m St	1995	Gold	Tobben Tymons	4.49.42
1500m St	1997	Gold	Dean Hood	5.00.80
1500m St	1998	Gold	Frank Flegg	4.39.2
1500m St	1999	Gold	Stephen Clarke	4.52.8
1500m St	2004	Gold	Lee Ladd	4.47.87
1500m St	2005	Gold	Lee Ladd	4.37.6
1500m St	2006	Bronze	Geraint Mansfield	5.02.62
1500m St	2010	Bronze	Ronan Llyr	5.02.61
1500m St	2013	Gold	Nikita Neary	4.35.90
1500m St	2014	Gold	Dwayne Griffiths	4.53.86
			U17 Men 100m Hurdles	
100mH	1970	Silver	A Daniels	14.8
100mH	1972	Silver	R Jones	14.6
100mH	1973	Silver	B Jones	14.6
100mH	1973	Bronze	Paul Trincas	14.7
100mH	1977	Gold	Tim Lewis	13.7w
100mH	1977	Bronze	Philip Lewis	14.1w
100mH	1980	Silver	Wynn Harris	
100mH	1984	Bronze	Wayne Thomas	15.1
100mH	1988	Bronze	Wayne Proctor	14.3
100mH	1991	Silver	James Archampong	14.0
100mH	1993	Gold	Steven Edwards	14.1
100mH	1994	Silver	Peter Broom	14.16w
100mH	2002	Silver	Steven Boyles	15.05
100mH	2003	Silver	Steven Boyles	14.14
100mH	2004	Gold	Daniel Evans	14.11
100mH	2004	Silver	Owen Jones	14.12
100mH	2005	Gold	Daniel Evans	14.34
100mH	2006	Silver	Dafydd Walters	14.24
100mH	2007	Silver	Dafydd Walters	13.78
100mH	2007	Bronze	Josh Madden	13.80
100mH	2010	Silver	Daniel Blain	14.35
100mH	2011	Gold	Daniel Blain	13.59
100mH	2012	Silver	Aled Price	14.04
			U17 Men 400m Hurdles	
400mH	1984	Silver	Sean O'Malley	58.6
400mH	1996	Bronze	Gavin Jones	58.80
400mH	1997	Gold	Dean Hood	59.22

400mH	2001	Bronze	Rhys Jones	67.39
400mH	2002	Silver	Steven Boyles	62.68
400mH	2003	Gold	Owen Jones	61.81
400mH	2003	Silver	Steven Boyles	61.82
400mH	2003	Bronze	Huw Jones	61.86
400mH	2010	Silver	Aaron Willmott	61.00
400mH	2011	Silver	Aaron Willmott	59.73
400mH	2013	Bronze	Achraf Liles	60.39
400mH	2014	Gold	Achraf Liles	60.51
U17Men High Jump				
HJ	1972	Silver	H Thomas	1.62
HJ	1976	Gold	Phil Lewis	1.74
HJ	1977	Gold	Phil Lewis	1.76
HJ	1990	Silver	Wayne Davies	1.85
HJ	1997	Gold	Alun Davies	1.80
HJ	1997	Bronze	Kim Harland	1.75
HJ	1998	Silver	Kim Harland	1.90
HJ	1998	Bronze	Chris Harries	1.85
HJ	2001	Gold	Gareth Haines	1.70
HJ	2004	Bronze	Royston Davies	1.75=
HJ	2005	Gold	Daniel Davies	1.75
HJ	2006	Silver	Josh Madden	1.65
HJ	2007	Bronze	Josh Madden	1.75
U17M Long Jump				
LJ	1971	Gold	Steve Kohut	6.39
LJ	1972	Gold	Steve Kohut	6.10
LJ	1975	Gold	Cerith Williams	6.36
LJ	1977	Silver	Julian Barrington	6.16
LJ	1985	Gold	Mark Harries	6.44
LJ	1991	Gold	Wayne Bannister	6.45
LJ	2001	Silver	Matthew Jacobs	6.22
LJ	2004	Bronze	Owen Jones	5.84
LJ	2006	Gold	Christian Davies	5.79
LJ	2007	Bronze	Dafydd Williams	5.66
LJ	2008	Bronze	Dafydd Williams	5.66
LJ	2012	Gold	Aled Price	6.57
U17 Men Triple Jump				
TJ	1996	Silver	Gavin Jones	12.20
TJ	1996	Bronze	Aled Walters	11.51
TJ	1997	Silver	Aled Walters	11.14
TJ	2000	Gold	Matthew Jacobs	12.22
TJ	2001	Gold	Matthew Jacobs	13.25
TJ	2002	Silver	Daniel Mason	12.45
TJ	2003	Gold	Owen Jones	13.21
TJ	2004	Gold	Owen Jones	13.79w
TJ	2006	Gold	Daniel Davies	12.71
TJ	2007	Silver	Dafydd Williams	11.76
TJ	2008	Gold	Dafydd Williams	
U17 Men Pole Vault				
PV	1964	Bronze	David Thomas	3.20

PV	1972	Silver	Islwyn Rees	3.10
PV	1973	Gold	Islwyn Rees	3.79
PV	1974	Gold	P Davies	3.05
PV	1977	Gold	Mark Howells	3.43
PV	1978	Gold	Mark Howells	3.40
PV	1978	Silver	Robert Hughes	3.35
PV	1979	Gold	Robert Hughes	3.05
PV	1983	Gold	Richard Davies	3.40
PV	1990	Bronze	Aled Howells	2.40
PV	2005	Silver	Dafydd Rees	3.30
PV	2008	Gold	Emyr Jones	3.60
PV	2009	Silver	Emyr Jones	3.90
			U17M Shot Putt	
SP	1954	Bronze	W Williams	
SP	1977	Gold	Peter Rees	15.56
SP	1977	Silver	John Daniels	13.29
SP	1978	Silver	John Daniels	14.72
SP	1989	Bronze	Peter Maitland	12.41
SP	1990	Bronze	Craig Thomas	10.67
SP	1991	Gold	Justin Jones	13.18
SP	2000	Silver	Gavin Elliott	12.95
SP	2001	Silver	Jake Evans	13.00
SP	2002	Gold	Jake Evans	13.48
SP	2004	Gold	Matthew Evans	15.11
SP	2005	Gold	Matthew Evans	15.45
SP	2005	Silver	Michael John	12.50
SP	2006	Silver	Trystan Davies	12.50
SP	2007	Silver	Tomos Edwards	12.58
SP	2008	Gold	Tomos Edwards	15.87
SP	2008	Silver	Rheon James	13.76
SP	2009	Gold	Rheon James	15.40
SP	2009	Bronze	Jon Llewelyn	12.08
			U17M Discus Throw	
DT	1957	Bronze	Robert Simpson	
DT	1974	Gold	J Brace	36.58
DT	1975	Gold	J Brace	36.62
DT	1977	Bronze	Peter Rees	37.13
DT	1978	Silver	John Daniels	39.28
DT	1991	Gold	Justin Jones	38.52
DT	1995	Bronze	Eifion Robinson	36.12
DT	1996	Silver	Eifion Robinson	39.12
DT	2004	Gold	Matthew Evans	35.88
DT	2005	Gold	Matthew Evans	46.52
DT	2006	Silver	Trystan Davies	35.00
DT	2007	Bronze	Tomos Edwards	37.48
DT	2008	Gold	Tomos Edwards	44.76
DT	2009	Gold	Rheon James	43.22
DT	2011	Bronze	Lee Taylor	38.08
DT	2014	Bronze	Sam Bleach	34.94
			U17Men Javelin Throw	

JT	1960	Bronze	W Clarke	
JT	1972	Silver	Robert Jones	46.24
JT	1973	Silver	Robert Jones	49.70
JT	1991	Silver	Stuart Loughran	47.10
JT	1992	Gold	Stuart Loughran	56.88
JT	1995	Gold	Derek Hermann	52.18
JT	2004	Gold	Garth Loughran	59.38
JT	2005	Gold	Michael John	49.61
JT	2006	Gold	Michael John	56.51
JT	2006	Silver	Josh Madden	49.99
JT	2007	Gold	Josh Madden	54.96
JT	2008	Gold	Jon Llewelyn	41.87
JT	2009	Gold	Jon Llewelyn	50.78
JT	2011	Silver	Aled Price	45.63
JT	2012	Silver	Aled Price	48.52
JT	2013	Silver	Sam Bleach	48.66
JT	2014	Bronze	Sam Bleach	45.49
JT	2017	Bronze	Joshua Thomas	49.85
JT	2019	Silver	Morgan Batten	46.02
			U17 Men Hammer	
HT	1977	Silver	Andy Edwards	38.00
HT	2001	Silver	David Proctor	44.66
HT	2004	Gold	Matthew Evans	45.32
			U17 Men Pentathlon/Octathlon	
Pentathlon	1976	Bronze	N Jones	2119
Octathlon	1991	Gold	Justin Jones	4311
Octathlon	1993	Bronze	Craig Millard	4030w
Pentathlon	2006	Gold	Joshua Madden	2780
Pentathlon	2006	Silver	Daniel Davis	2612
Octathlon	2007	Silver	Joshua Madden	4874
Octathlon	2011	Gold	Aled Price	3653
Octathlon	2012	Gold	Aled Price	4815
			U17 Men 4x100m Relay	
4x100y	1954	Bronze		
4x100y	1958	Gold		46.2
4x100y	1961	Bronze		47.0
4x100m	1971	Gold		45.0
4x100m	1973	Gold		45.3
			UNDER 20 MEN	
			U20 Men 100m	
100y	1952	Bronze	Mile Phillips	
100y	1963	Silver	John Arrowsmith	10.4
100y	1965	Silver	Mike Thomas	10.4
100y	1966	Silver	Mike Walters	10.4
100y	1967	Gold	Mike Walters	10.1
100m	1969	Silver	Graham Morris	11.3
100m	1969	Bronze	Clive Rees	11.4
100m	1970	Silver	Clive Rees	11.1
100m	1970	Bronze	Derek Miles	11.3
100m	1975	Silver	Steve Perks	

100m	1976	Gold	Malcolm Owen	11.3
100m	1977	Bronze	I Owen	11.2
100m	1994	Gold	Jamie Henthorn	10.78w
100m	1995	Gold	Jamie Henthorn	11.30
100m	1996	Gold	Jamie Henthorn	10.54
100m	1996	Bronze	Graham Thomas	11.13
100m	1997	Gold	Iestyn Lewis	10.91w
100m	1997	Silver	Ben Harland	11.02w
			U20 Men 200m	
220y	1965	Silver	Mike Thomas	23.3
220y	1967	Gold	Mike Walters	22.7
200m	1969	Gold	Clive Rees	23.2
200m	1970	Silver	Derek Miles	22.9
200m	1975	Silver	Steve Perks	22.1
200m	1986	Bronze	Eifion Lewis	23.72
200m	1994	Silver	Jamie Henthorn	22.06
200m	1995	Gold	Jamie Henthorn	22.35
200m	1996	Gold	Jamie Henthorn	21.46
200m	1997	Gold	Ben Harland	22.50
200m	1997	Silver	Iestyn Lewis	23.17
200m	2012	Bronze	Mathew Davies	23.37
			U20 Men 400m	
440y	1952	Gold	JK Owen	54.9
440y	1953	Bronze	JJ Davies	53.7
440y	1966	Gold	Wayne Lewis	51.8
440y	1967	Gold	Haydn Curran	49.9
400m	1970	Gold	Mike Lewis	50.6
400m	1973	Bronze	Robert Hughes	53.6
400m	1981	Bronze	Nigel Price	52.5
400m	1983	Gold	David Green	51.1
400m	1987	Silver	Derrick Wyke	49.64
400m	1990	Silver	Peter Maitland	50.63
400m	1993	Silver	Lewis Richards	49.88
400m	1999	Bronze	Daniel Forbes	50.5
400m	2000	Gold	Daniel Forbes	50.9
400m	2000	Silver	Geraint Bevan	52.2
400m	2001	Bronze	Geraint Bevan	49.9
400m	2006	Gold	Bruce Tasker	48.14
			U20 Men 800m	
880y	1958	Gold	John Williams	1.57.1
880y	1959	Gold	John Williams	1.59.7
880y	1963	Bronze	JDG Jones	2.07.0
880y	1967	Gold	Vincent James	1.57.1
800m	1971	Silver	D Jones	2.10.9
800m	1977	Gold	Roger Barrett	1.55.9
800m	1978	Gold	Roger Barrett	1.55.1
800m	1979	Silver	Roger Barrett	2.00.9
800m	1995	Gold	Matthew McHugh	1.58.09
800m	2009	Silver	Gerwyn Slinger	2.01.79
800m	2010	Silver	Gerwyn Slinger	1.58.58

800m	2015	Bronze	Dwayne Griffiths	2.02.33
800m	2018	Gold	Iestyn Williams	1.57.92
			U20 Men 1500m	
1 mile	1957	Silver	Brian Orman	4.37.1
1 mile	1962	Gold	Fred Bell	4.22.5
1500M	1970	Bronze	T Allen	4.20.2
1500M	1992	Bronze	Ben Antwis	4.11.57
1500M	2005	Silver	Wynne Evans	4.05.63
1500M	2008	Gold	Adam Bitchell	4.00.18
1500M	2008	Bronze	Dewi Griffiths	4.03.35
1500M	2010	Silver	Dewi Griffiths	4.06.35
			U20 Men 3000m	
3000m	1969	Silver	J Evans	9.12.0
3000m	1995	Gold	Andres Jones	8.46.52
3000m	2001	Gold	David Jones	8.52.15
3000m	2005	Bronze	Jack Davey	9.48.0
3000m	2010	Gold	Michael Kallenburg	8.53.78
			U20 Men 5000m	
5000m	2003	Bronze	Brian Black	19.47.94
5000m	2008	Gold	Adam Bitchell	15.12.39
			U20 Men 10000m	
10000m	2009	Gold	Michael Kallenburg	33.13.9
			U20 Men 2000m steeplechase	
1 mile ST	1958	Gold	Hedydd Davies	5.06.0
1500m St	1959	Silver	Hedydd Davies	4.36.4
2000m St	1970	Bronze	N Thomas	7.12.8
2000m St	1971	Bronze	N Dowling	6.49.4
2000m St	1994	Bronze	Felipe Jones	6.29.24
2000m St	1998	Gold	Paul Clarke	6.20.9
2000m St	1999	Gold	Paul Clarke	6.12.1
2000m St	2005	Gold	Lee Ladd	6.14.84
2000m St	2009	Gold	Michael Kallenburg	6.33.7
			U20 Men 110m Hurdles	
120y	1954	Gold	GV Jones	22.4
120y	1963	Bronze	D0 James	16.5
120y	1967	Gold	Alun James	15.0
110mH	1971	Gold	Roger Rees	15.5
110mH	1977	Silver	Julian Nicholas	17.3
110mH	1978	Bronze	Tim Lewis	14.7
110mH	1979	Gold	Tim Lewis	15.41
110mH	1989	Silver	Wayne Proctor	15.96
110mH	1993	Silver	James Archampong	14.24
110mH	1994	Gold	James Archampong	14.26w
110mH	1994	Silver	Stephen Edwards	15.10w
110mH	1995	Gold	James Archampong	14.3w
110mH	1995	Silver	Stephen Edwards	15.1w
110mH	1996	Gold	Stephen Edwards	15.08
110mH	2005	Gold	Steven Boyles	17.4
110mH	2006	Gold	Steven Boyles	16.36
110mH	2006	Silver	Owen Jones	17.95

110mH	2008	Gold	Dafydd Walters	14.98
110mH	2009	Silver	Dafydd Walters	14.87
110mH	2010	Gold	Dafydd Walters	15.50
110mH	2012	Gold	Daniel Blain	15.00
110mH	2013	Silver	Daniel Blain	15.35
			U20 Men 400mH	
400mH	1969	Silver	Mike Lewis	60.6
400mH	1977	Gold	Robert Davies	57.5
400mH	1977	Silver	Robert Sherman	59.0
400mH	1984	Gold	Sean O'Malley	58.0
400mH	1989	Gold	Wayne Proctor	56.65
400mH	1993	Gold	James Archampong	55.04
400mH	1998	Silver	Gavin Jones	57.18
400mH	2006	Gold	Owen Jones	64.10
400mH	2010	Gold	Paul Bennett	54.46
400mH	2012	Gold	Aaron Willmott	59.20
			Under 20 Men High Jump	
HJ	1952	Gold	Orton Evans	1.65
HJ	1967	Bronze	Stuart Gough	1.75
HJ	1969	Gold	Brynmor Williams	1.75
HJ	1973	Bronze	Carwyn Jones	1.80
HJ	1975	Bronze	Neil Thomas	1.85
HJ	1992	Bronze	Wayne Davies	1.90
HJ	1997	Bronze	Richard V Roberts	1.85
HJ	1999	Gold	Kim Harland	1.97
HJ	2001	Silver	Kim Harland	1.95
HJ	2002	Silver	Gareth Haines	1.85
HJ	2003	Gold	Matthew Jacobs	1.70
HJ	2005	Silver	Craig Davies	1.80
HJ	2006	Gold	Craig Davies	1.90
HJ	2016	Gold	William Edwards	1.90
HJ	2017	Gold	William Edwards	1.95
			U20 Men Long Jump	
LJ	1960	Gold	Terry Davies	6.60
LJ	1978	Gold	Phil Lewis	6.69
LJ	1979	Silver	Phil Lewis	6.51
Lj	1986	Silver	Mark Harries	6.51
LJ	1988	Silver	Andrew Harries	6.55
LJ	1992	Bronze	Wayne Bannister	6.59w
LJ	1993	Silver	Justin Jones	6.44
LJ	1995	Gold	Charles M Cole	6.75
LJ	1995	Silver	Gareth James	6.68
LJ	1996	Bronze	Charles M Cole	6.63
LJ	2001	Silver	Kim Harland	6.53
LJ	2002	Gold	Matthew Jacobs	6.30w
LJ	2010	Gold	Kueni Igbagiri	6.76
LJ	2013	Gold	Aled Price	6.67w
			U20 Men Triple Jump	
TJ	1977	Silver	Aled Williams	13.45
TJ	1995	Silver	Charles M Cole	13.84

TJ	1996	Gold	Charles M Cole	13.35
TJ	1997	Gold	Gavin Jones	12.87w
TJ	1999	Bronze	Steven Alvey	13.86
TJ	2000	Bronze	Dylan Garner	11.93
TJ	2001	Silver	Tom James	12.37
TJ	2002	Silver	Matthew Jacobs	13.19
TJ	2003	Silver	Matthew Jacobs	13.70
TJ	2003	Bronze	Daniel Mason	12.40w
TJ	2006	Gold	Owen Jones	12.49w
U20 Men Pole Vault				
PV	1965	Gold	David T Thomas	3.20
PV	1969	Gold	KS James	3.05
PV	1975	Gold	Islwyn Rees	4.20
PV	1976	Silver	Islwyn Rees	4.00
PV	1980	Gold	Robert Hughes	3.55
PV	1981	Gold	Robert Hughes	3.70
PV	1984	Silver	Richard Davies	3.70
PV	1986	Silver	Richard Davies	3.50
PV	2010	Silver	Emyr Jones	4.10
PV	2011	Bronze	Emyr Jones	3.90
U20 Men Shot Putt				
SP	1939	Gold	WH Ludwig	8.99
SP	1978	Silver	Peter Rees	14.21
SP	1979	Silver	Peter Rees	13.49
SP	1991	Bronze	Damien McGarvie	12.02
SP	1994	Gold	Justin Jones	12.90
SP	2006	Gold	Matthew Evans	15.52
SP	2009	Silver	Tomos Edwards	14.98
U20 Men Discus Throw				
DT	1991	Silver	Damian McGarvie	37.62
DT	1993	Silver	Justin Jones	36.62
DT	1994	Silver	Justin Jones	38.32
Dt	2005	Bronze	Wayne Jones	32.72
DT	2006	Silver	Wayne Jones	32.84
DT	2003	Silver	Dominic Day	43.06
DT	2006	Gold	Matthew Evans	43.76
DT	2009	Silver	Tomos Edwards	42.14
U20 Men Hammer Throw				
HT	2002	Gold	David Proctor	47.22
HT	2003	Gold	David Proctor	50.99
Under20 Men Javelin Throw				
JT	1988	Gold	Julian Howells	54.02
JT	1992	Gold	Stuart Loughran	52.76
JT	1993	Silver	Stuart Loughran	55.68
JT	1994	Gold	Stuart Loughran	53.70
JT	1995	Gold	Stuart Loughran	56.86
JT	1997	Bronze	Richard V Roberts	36.64
JT	1998	Silver	Derek Hermann	53.50
JT	2003	Silver	Aron May	48.04
JT	2007	Gold	Garth Loughran	60.15

JT	2007	Bronze	Michael John	52.81
JT	2008	Gold	Josh Madden	54.70
JT	2010	Silver	Jon Llewelyn	54.53
JT	2016	Bronze	Sam Bleach	44.44
U20 Men Decathlon				
Decathlon	1992	Bronze	Justin Jones	4934
Decathlon	1993	Gold	Justin Jones	5524
Decathlon	1996	Silver	Charles M Cole	5485
Decathlon	2013	Gold	Aled Price	6050
U20 Men 4x 100m Relay				
Relay	1951	Gold		47.8
Relay	1959	Gold		44.5
Relay	1960	Bronze		45.4
Relay	1965	Bronze		45.0
Relay	1969	Silver		44.4
Relay	1970	Gold		45.4
Relay	1973	Gold		45.4
Relay	1974	Gold		44.8
Relay	1976	Gold		45.3
SENIOR MEN				
Senior Men 100m				
100y	1953	Bronze	DK James	10.5
100y	1964	Bronze	Terry Davies	9.9
100y	1965	Bronze	Terry Davies	9.8
100y	1966	Bronze	Terry Davies	9.7
100m	1969	Gold	Terry Davies	10.8
100m	1970	Bronze	Terry Davies	10.7
100m	1978	Silver	Malcolm Owen	11.2
100m	1979	Gold	Malcolm Owen	11.1
100m	1993	Bronze	Peter Maitland	10.94
100m	1996	Silver	Jamie Henthorn	11.10
Senior Men 200m				
220y	1952	Bronze	Russell Davies	23.4
220y	1965	Silver	Terry Davies	22.1
220y	1966	Gold	Terry Davies	21.6
220y	1967	Gold	Terry Davies	22.3
220y	1967	Silver	Nicholas Williams	22.6
200m	1969	Silver	Terry Davies	22.0
200m	1984	Bronze	Mike Owen	22.81
200m	1985	Bronze	Mike Owen	22.7
200m	2008	Gold	Bruce Tasker	21.85
Senior Men 400m				
440y	1956	Silver	Russell Davies	51.1
440y	1960	Bronze	Wynne Oliver	50.8
440y	1967	Gold	Gwynne Griffiths	48.8
400m	1969	Bronze	Haydn Curran	49.5
400m	1970	Gold	Haydn Curran	48.5
400m	1971	Silver	Michael Lewis	50.1
400m	1984	Gold	Roger Barrett	47.84

400m	1986	Bronze	Roger Barrett	48.95
400m	1987	Gold	Roger Barrett	48.83
400m	1988	Gold	Roger Barrett	49.5
400m	2005	Bronze	Bruce Tasker	49.92
400m	2006	Silver	Bruce Tasker	48.43
400m	2007	Silver	Bruce Tasker	48.01
			Senior Men 800m	
880y	1967	Bronze	Elfyn Thomas	1.55.0
800m	1978	Bronze	Roger Barrett	1.53.2
800m	1983	Bronze	Roger Barrett	1.52.2
800m	2007	Bronze	Paul Clarke	1.57.25
800m	2009	Silver	Paul Clarke	1.58.94
800m	2013	Silver	Kyran Roberts	1.52.89
			Senior Men 1500m	
1 mile	1963	Bronze	Fred Bell	4.20.9
1 mile	1965	Silver	Fred Bell	4.09.7
1 mile	1966	Gold	Fred Bell	4.16.2
1 mile	1967	Silver	Fred Bell	4.17.7
1 mile	1968	Silver	Fred Bell	4.17.4
			Senior Men 3000m	
3000m	2010	Silver	Lee Ladd	8.41.83
			Senior Men 5000m	
3 miles	1952	Bronze	John Edwards	15.26.0
3 miles	1961	Bronze	Hedydd Davies	14.59.0
5000m	1995	Bronze	Andres Jones	15.06.42
5000m	2011	Bronze	Michael Kallenburg	15.19.60
			Senior Men 10000m	
6 miles	1962	Bronze	Bryan Davies	31.29.6
			Senior Men 3000m steeplechase	
3000m St	1960	Silver	Hedydd Davies	9.45.6
3000m St	1961	Gold	Hedydd Davies	9.31.7
3000m St	1971	Silver	Steve Gibbon	9.23.4
3000m St	2002	Gold	David Jones	10.03.12
			Senior Men 110m Hurdles	
120yH	1956	Bronze	HA Templeman	19.2
120yH	1967	Gold	Alan Bergiers	15.5
120yH	1968	Gold	Alan Bergiers	15.0
110mH	1969	Gold	ALUN JAMES	14.9
110mH	1969	Silver	Alan Bergiers	15.2
110mH	1970	Bronze	Roy Bergiers	15.8
110mH	1971	Silver	Roger Rees	15.8
110mH	1979	Bronze	Neil Thomas	15.6
110mH	2006	Gold	Steven Boyles	16.21
110mH	2008	Bronze	Dafydd Walters	16.12
110mH	2010	Silver	Dafydd Walters	16.96
110mH	2014	Silver	Glen Elsdon	14.56
110mH	2015	Gold	Glen Elsdon	14.28
110mH	2016	Gold	Glen Elsdon	15.31
110mH	2017	Gold	Glen Elsdon	14.93
			Senior Men 400m Hurdles	

440y H	1959	Bronze	Hedydd Davies	64.4
400mH	1972	Bronze	George Clues	57.2
400mH	1978	Silver	Robert Davies	55.4
Senior Men High Jump				
HJ	1954	Bronze	Morton Evans	1.75
HJ	1965	Bronze	JL Williams	1.70
HJ	1967	Silver	Alan Bergiers	1.80
HJ	1968	Gold	Alan Bergiers	1.80
HJ	1969	Silver	Alan Bergiers	1.78
HJ	1979	Silver	Neil Thomas	1.95
HJ	1980	Bronze	Neil Thomas	1.90
HJ	1992	Gold	Wayne Davies	1.95
HJ	1998	Bronze	Kim Harland	1.90
HJ	1999	Silver	Kim Harland	1.90
HJ	2007	Bronze	Craig Davies	1.80
HJ	2017	Gold	William Edwards	2.00
Senior Men Long Jump				
LJ	1961	Bronze	Terry Davies	7.03
LJ	1964	Gold	Terry Davies	7.02
LJ	1988	Bronze	Mark Harries	6.55
LJ	1996	Bronze	Gareth James	6.78
LJ	2010	Silver	Kueni Igbagiri	6.63
Lj	2013	Gold	Aled Price	6.96
LJ	2014	Silver	Aled Price	7.17w
LJ	2015	Gold	Aled Price	6.74
LJ	2016	Silver	Aled Price	6.71
Senior Men Triple Jump				
TJ	1969	Bronze	Spencer Jones	14.03
TJ	1995	Silver	Charles M Cole	13.79
TJ	1996	Gold	Charles M Cole	14.04
TJ	1997	Gold	Charles M Cole	15.32
TJ	1998	Gold	Charles M Cole	15.40
TJ	2007	Gold	Owen Jones	13.20
Senior Men Pole Vault				
PV	1955	Silver	Morton Evans	3.43
PV	1959	Silver	Royston Williams	3.66
PV	1973	Bronze	Islwyn Rees	3.66
PV	1974	Silver	Islwyn Rees	4.15
PV	1976	Silver	Islwyn Rees	4.00
PV	1977	Silver	Islwyn Rees	4.20
PV	1978	Bronze	Mark Howells	3.45
PV	1980	Silver	Islwyn Rees	4.00
PV	1988	Bronze	Islwyn Rees	4.00=
PV	1989	Silver	Islwyn Rees	4.00
PV	2012	Silver	Emyr Jones	4.36
Senior Men Shot Putt				
SP	2007	Silver	Mathew Evans	14.40
Senior Men Discus Throw				
DT	1993	Bronze	Damon McGarvie	41.54
DT	2007	Silver	Mathew Evans	42.51

Senior Men Hammer Throw				
			None	
Senior Men Javelin Throw				
JT	1961	Silver	John James	60.04
JT	1962	Bronze	John James	56.08
JT	1963	Bronze	Neville Clarke	56.64
JT	1965	Gold	John James	63.38
JT	1966	Gold	John James	62.90
JT	2000	Gold	Derek Hermann	57.41
JT	2001	Gold	Derek Hermann	57.37
JT	2006	Bronze	Michael John	47.74
JT	2007	Bronze	Michael John	53.80
JT	2009	Silver	Joshua Madden	53.91
JT	2009	Bronze	Michael John	52.80
JT	2015	Gold	Aaron Morgan	57.65
JT	2015	Silver	Aled Price	55.43
Senior Men Decathlon				
Decathlon	1955	Gold	Morton Evans	4231
Decathlon	1968	Gold	Alan Bergiers	4913
Decathlon	1970	Silver	Roy Bergiers	5391
Decathlon	1970	Bronze	Alan Bergiers	5002
Decathlon	1976	Silver	Spencer Jones	5051
Decathlon	2015	Gold	Aled Price	5992
Senior Men 4x 100m Relay				
4x100y	1955	Gold		45.5
4x100y	1959	Silver		44.8
4x100y	1965	Gold		43.4
4x100y	1966	Gold		43.5
4x100y	1967	Gold		43.1
4x100y	1968	Gold		43.5
4x100m	1969	Gold		42.6
4x100m	1970	Gold		43.0
4x100m	1971	Silver		43.8