

Carmarthen Harriers members competing for Welsh schools in the Schools international athletics match (SIAB)

Carmarthen Harriers members won 349 (200 men and 149 women) Welsh schools vests competing for Welsh schools in SIAB international matches

10 Carmarthen Harriers athletes won 12 individual SIAB international athletics events

1959 John Williams 880y

1960 Brian Davies 100y and 220y

1967 Alun James 220y hurdles

1982 Delyth Evans SP

1982 and 1983 Alyson Evans 400mH

1982 Ellie Palmer 800m

2003 Heather Jones 80mH

2003 Owen Jones TJ

2007 Josh Madden JT

2009 Jon Llewelyn JT

Results are not available for the relay events

The first match was held in 1959 at Eirias Park Colwyn Bay which was a match between Welsh schools and Scottish schools

In 1999 the SIAB international athletics match was held in Carmarthen

Event	Year	Name	Position	Performance
		Men 100y/100m		
100y	1959	D Ken Jones	2	10.2
100y	1960	Brian Davies	1	10.6
100y	1962	John Arrowsmith		
100y	1965	John Bradshaw	6	10.3
100y	1965	Nicholas Williams		
100y	1966	Mike Walters	6	10.7
100m	1978	Mal Owen	3B	11.5
100m	1988	Steven Rees	6	11.5
100m	1988	Huw Summers	8	11.9
100m	1989	Huw Summers	8	11.7
100m	1992	Jamie Henthorn	5	11.2
100m	1993	Jamie Henthorn	3	10.84
100m	1995	Ben Harland	6	11.82
100m	1996	Iestyn Lewis	6	11.4
100m	2008	Tomas Coleman	3	10.92
100m	2012	Shaun Pearce	4	11.29
100m	2013	Shaun Pearce	2	10.97
		Men 200y/200m		
200y	1959	D Ken Jones	4	23.9
200y	1960	Brian Davies	1	22.4
200y	1965	Nicholas Williams	4	23.5
200y	1965	D Mike Thomas		
200m	1988	Steven Rees	4A	23.2
200m	1988	Matthew Roderick	4B	23.4

200m	1993	Jamie Henthorn	4	22.66
200m	1995	Ben Harland	7	23.83
200m	1996	Ben Harland	4	22.8
200m	1996	Iestyn Lewis	6	23.6
200m	2000	Alex Eatly	8	23.38
200m	2003	Bruce Tasker	6	23.45
200m	2008	Paul Bennett	7	23.01
200m	2010	Mathew Davies	7	22.72
200m	2012	Shaun Pearce	8	23.44
200m	2013	Shaun Pearce	2	21.62
		Men 440y/400m		
440y	1967	Haydn Curran	5	50.3
440y	1968	Haydn Curran	4	50.5
400m	1972	Robert Hughes	4	51.4
400m	1977	Mike Owen	4A	51.5
400m	1984	Derrick Wyke	7	52.0
400m	1985	Derrick Wyke	6	52.7
400m	1988	Peter Maitland	4A	53.1
400m	1989	Peter Maitland	3	49.5
4000m	1992	Lewis Richards	6	52.9
400m	2003	Bruce Tasker	3	49.34
400m	2004	Bruce Tasker	2	48.35
400m	2009	Paul Bennett	2	48.99
400m	2018	Iwan Glynn	8	51.13
400m	2019	Iwan Glynn	4	50.71
		Men 880y/800m		
880y	1959	John Williams	1	1.55.5
880y	1963	Philip Williams	5	1.59.5
880y	1967	Vincent James	2	1.55.9
880y	1968	Vincent James		
800m	1981	Grant Howells	4	1.59.27
800m	1989	Jason Murphy	7	2.00.2
800m	1990	Jason Murphy	4	1.55.91
800m	1997	Daniel Forbes	5	1.59.71
800m	2012	Rhys Granville	4	1.57.08
		Men 1500m		
1500m	1980	Grant Howells	7	4.18.9
1500m	1991	David Rowley	6	4.09.77
1500m	2011	Kyran Roberts	4	3.59.17
1500m	2012	Kyran Roberts	3	3.57.01
		Men 3000m		
3000m	1990	Rhodri Llewelyn	7	9.21.19
3000m	1992	Alan Jones	5	9.28.9
3000m	1999	David Jones	5	9.10.05
3000m	2000	David Jones	2	8.40.00
3000m	2002	Daniel Evans	7	9.16.46
3000m	2003	Wynne Evans	6	9.11.28
3000m	2006	Dewi Griffiths	4	8.47.89
3000m	2007	Adam Bitchell	4	8.59.63
3000m	2008	Nicky Morrell	6	8.41.15

3000m	2011	Lloyd Heckler	5	9.08.57
3000m	2013	Christian Lovatt	6	9.00.89
		Men 1500m steeplechase		
1500m St	1993	Alan Jones	5	4.34.35
1500m St	1995	Tobben Tymons	4	4.35.10
1500m St	1999	Stephen Clarke	5	5.56.14
1500m St	2001	Charles Harvey	6	4.41.43
1500m ST	2003	Lee Ladd	4	4.39.15
1500m St	2004	Lee Ladd	3	4.25.01
1500m St	2010	Lloyd Heckler	7	4.50.68
1500m St	2013	Nikita Neary	8	4.40.67
1500m St	2014	Ashraf Liles	7	4.41.17
1500m St	2016	Ben Thomas	4	4.35.81
1500m St	2017	Ben Thomas	2	4.29.31
1500m St	2018	Tomos Rees	3	4.35.44
1500m St	2019	Dafydd Jones	3	4.34.15
		Men 100m Hurdles		
110yH	1964	Alan Bergiers	DQ	
110yH	1965	Alan Bergiers	4	15.6
110yH	1966	Alun James	3	15.4
110yH	1967	Alun James	2	15.0
100mH	1991	James Archampong	7	14.32
100mH	1991	James Archampong	7	14.1
100mH	1994	Peter Broom	7	14.80
100mH	1995	Neil Maliphant	8	15.09
100mH	2003	Steven Boyles	7	14.73
100mH	2004	Daniel Evans	4	14.00
100mH	2004	Owen Jones	7	14.40
100mH	2005	Daniel Evans	5	13.87
100mH	2006	Dafydd Walters	4	13.99
100mH	2007	Dafydd Walters	5	13.66
100mH	2010	Daniel Blain	6	14.38
100mH	2011	Daniel Blain	4	13.67
		Men 220yH/400mH		
220yH	1966	Mike Walters	4	23.6
220yH	1967	Alun James	1	23.1
400mH	1969	George Clues	4	58.5
400mH	1984	Sean O'Malley	7	57.9
400mH	1988	Wayne Proctor	2B	55.9
400mH	1993	Graham Thomas	4	55.29
400mH	1996	Gavin Jones	8	59.1
400mH	2002	Steven Boyles	7	60.15
400mH	2003	Steven Boyles	7	60.23
400mH	2007	Dafydd Walters	6	59.08
400mH	2010	Aaron Willmott	8	62.50
400mH	2011	Aaron Willmott	7	59.20
		Men High Jump		
HJ	1969	Brynmor Williams	5	1.73
HJ	1970	Brynmor Williams	2	1.75
HJ	1973	Carwyn Jones	8	1.65

HJ	1997	Alun Davies	5	1.90
HJ	1998	Kim Harland	7	1.85
HJ	2000	Gareth Haines	8	1.70
HJ	2001	Gareth Haines	4	1.83
HJ	2015	Aled Rees	7	1.83
		Men Long Jump		
LJ	1960	Terry Davies	2	6.53
LJ	1977	Julian Barrington	3	6.60
LJ	1985	Mark Harries	4	6.64
LJ	1989	Simon Lewis	7	6.34
LJ	1990	Simon Lewis	3	6.60
Lj	1998	Kim Harland	6	6.27
Lj	2001	Matthew Jacobs	6	6.34
Lj	2005	Daniel Davis	7	6.15
LJ	2006	Kueni Igbagiri	8	6.07
Lj	2007	Kueni Igbagiri	2	6.59
		Men Triple Jump		
TJ	1967	D Spencer Jones	4	13.09
TJ	1969	Roy Bergiers	6	12.74
TJ	1994	Charles Madeira Cole	3	13.73
TJ	2001	Matthew Jacobs	5	13.32
TJ	2003	Owen Jones	1	14.04
TJ	2004	Owen Jones	3	14.39
TJ	2006	Daniel Davis	6	12.96
TJ	2008	Dafydd Williams	4	13.11
		Men Pole Vault		
PV	1972	Islwyn Rees	2	3.70
PV	1973	Islwyn Rees	2	3.83
PV	1974	Islwyn Rees	2	3.80
PV	1976	Mark Howells	3	3.45
PV	1977	Robert Hughes	5	3.20
PV	1977	Mark Howells	6	3.20
PV	1978	Mark Howells	3	3.45
PV	1978	Robert Hughes	5	3.25
PV	1979	Robert Hughes	3	3.92
PV	1983	Richard Davies	2	3.50
PV	1987	Egryn Jones	4	3.50
PV	2009	Emyr Jones	5	3.80
		Men Shot Putt		
SP	1962	Denis Day	6	13.12
SP	1991	Justin Jones	8	12.50
SP	1992	Justin Jones	8	12.85
SP	2004	Matthew Evans	6	15.70
SP	2005	Matthew Evans	2	15.79
SP	2006	Trystan Davies	8	12.29
SP	2007	Tomos Edwards	4	13.78
SP	2008	Tomos Edwards	3	15.98
SP	2008	Rheon James	5	14.94
SP	2009	Rheon James	6	14.38
SP	2012	Kallum Lee Evans	7	12.69

SP	2017	Joe Worrall	8	11.43
		Men Discus Throw		
DT	1961	Denis Day	5	41.02
DT	1962	Denis Day	3	44.30
DT	1990	Damon McGarvey	4	42.44
DT	1991	Justin Jones	5	39.78
DT	1992	Justin Jones	6	38.94
DT	1995	Eifion Robinson	6	36.52
DT	1996	Eifion Robinson	5	39.18
DT	2004	Matthew Evans	4	42.84
DT	2005	Matthew Evans	3	46.20
DT	2006	Owain Williams	8	36.89
DT	2007	Tomos Edwards	6	40.12
DT	2008	Tomos Edwards	3	46.27
DT	2009	Rheon James	6	38.11
DT	2011	Lee Taylor	6	38.51
DT	2013	Sam Bleach	8	33.98
DT	2014	Sam Bleach	8	34.96
		Men Hammer Throw		
HT	2004	Matthew Evans	4	46.58
HT	2005	Matthew Evans	7	49.40
		Men Javelin Throw		
JT	1986	Julian Howells	3	54.12
JT	1991	Stuart Loughran	4	55.50
JT	1992	Stuart Loughran	2	56.04
JT	1993	Barry Walters	6	52.18
JT	1995	Derek Hermann	5	51.86
JT	2004	Garth Loughran	3	58.41
JT	2005	Michael John	3	58.41
JT	2006	Michael John	3	57.39
JT	2006	Josh Madden	5	49.23
JT	2007	Josh Madden	1	57.75
JT	2008	Jon Llewelyn	3	50.30
JT	2009	Jon Llewelyn	1	62.32
JT	2011	Aled Price	5	47.52
JT	2016	Carwyn Morris	6	46.96
JT	2017	Joshua Thomas	8	50.12
		Ladies events		
		Ladies 100m		
100m	1976	Diane Thorne	3B	12.3
100m	1977	Diane Thorne	2A	12.6
100m	1983	Alison Rees	5	13.5
100m	1983	Alison Rees	5	12.5
100m	1989	Anna Turner	8	13.0
100m	1993	Emma Jones	8	12.77
100m	1996	Gail Evans	7	12.6
100m	2000	Aimee John	8	12.70
100m	2006	Emily Mitchell	5	12.62
		Ladies 200m		

200m	1976	Diane Thorne	4B	25.6
200m	1977	Diane Thorne	3A	25.9
200m	1984	Alison Rees	5	25.6
200m	1995	Gail Evans	8	26.86
200m	1995	Gail Evans	8	26.7
200m	2001	Heather Jones	8	26.49
200m	2005	HANNAH THOMAS	8	26.29
200m	2006	Emily Mitchell	7	25.53
		Ladies 400m/300m		
400m	1976	Angela Pennington	3A	59.1
400m	1982	Alyson Evans	2	57.7
300m	1992	Sian Bradshaw	5	42.0
300m	1993	Kate Williams	3	41.34
300m	1994	Michelle John	7	41.02
300m	2000	Aimee John	7	42.84
300m	2005	Hannah Jones	4	40.54
300m	2006	Hannah Jones	3	39.71
		Ladies 800m		
800m	1983	Ellie Palmer	1	2.19.5
800m	1988	Mari Prys Jones	5	2.18.4
800m	1999	Gemma Thomas	8	2.26.55
800m	2006	Katie Parkes	5	2.13.77
		Ladies 1500m		
1500m	1977	Gillian Irvine	6	4.48.4
1500m	1978	Gillian Irvine	5	4.48.3
1500m	1981	Jackie Thomas	6	4.44.65
1500m	1986	Nicola Morgan	5	4.46.01
1500m	1987	Rebecca Evans	4	4.39.8
1500m	1987	Nicola Morgan	6	4.46.9
1500m	1988	Rebecca Evans	8	4.57.0
1500m	1990	Angharad Howells	8	5.01.76
1500m	1991	Angharad Howells	8	5.08.37
1500m	1996	Jessica P Williams	6	5.01.1
1500m	2006	Kayleigh Brown	8	4.50.94
1500m	2014	Caitlin Page	7	4.56.84
		Ladies 3000m		
3000m	1986	Vicky Harmer	6	11.01.27
3000m	1987	Vicky Harmer	3	10.18.0
3000m	1990	Daisy Maund	8	11.39.64
3000m	1994	Heledd Gruffydd	6	10.28.64
3000m	1999	Claire Evans	8	11.43.0
3000m	2005	Kayleigh Brown	7	10.54.38
3000m	2007	Aneura Phillips	6	10.51.39
3000m	2008	Aneura Phillips	8	10.44.73
3000m	2011	Kari O'Neill	8	11.32.31
		Ladies 80m Hurdles		
80mH	1981	Julia Charlton	4	11.93
80mH	1982	Julia Charlton	4	12.1
80mH	1986	Marguerite Davies	7	12.13
80mH	1990	Marie Humphries	7	12.52

80mH	1991	Marie Humphries	6	12.39
80mH	1997	Nia Maynard	5	12.15
80mH	2001	Elen Evans	6	11.98
80mH	2002	Heather Jones	3	11.69
80mH	2003	Heather Jones	1	11.62
80mH	2004	Samantha Jones	6	12.31
80mH	2005	Rebecca Gatehouse	7	12.56
		Ladies 400mH/300mH		
400mH	1982	Alyson Evans	1	63.2
400mH	1983	Alyson Evans	1	65.7
400mH	1988	Emma Lyle	4B	73.4
300mH	1994	Michelle John	6	45.53
300mH	1995	Martha Jones	7	47.94
300mH	2000	Anwen Rees	7	46.40
300mH	2001	Anwen Rees	7	47.49
300mH	2005	Caryl Granville	3	43.1
300mH	2006	Caryl Granville	2	42.95
300mH	2008	Ffion Rees	6	48.06
		Ladies High Jump		
HJ	1978	Julia Charlton	3	1.55
HJ	1979	Julia Charlton	5	1.65
HJ	1980	Julia Charlton	4	1.85
HJ	1984	Lisa Lewis	7	1.70
HJ	1985	Carol Whiteway	8	1.50
HJ	1986	Carol Whiteway	4	1.63
HJ	1999	Claire Shaw	8	1.55
HJ	2001	Elen Evans	7	1.54
HJ	2013	Lauryn Davey	8	1.50
HJ	2014	Lauryn Davey	8	1.45
HJ	2017	Lili Church	7	1.55
HJ	2018	Lili Church	7	1.61
HJ	2019	Lili Church	7	1.61
		Ladies Long Jump		
LJ	1981	Julia Charlton	2	5.61
LJ	1983	Kathryn Evans	2	5.30
LJ	1983	Lisa Lewis	6	4.93
LJ	1984	Lisa Lewis	8	5.64
Lj	1992	Karina Williams	6	5.20
Lj	1993	Karina Williams	4	5.49
Lj	1997	Rachel Lewis	7	4.88
Lj	2002	Vicky Lloyd	7	4.92
Lj	2011	Erin Walters	5	5.27
LJ	2012	Erin Walters	3	5.71
LJ	2013	Erin Walters	5	5.28
LJ	2019	Jessica Lee	6	5.33
		Ladies Triple Jump		
TJ	2001	Vicky Lloyd	7	10.57
TJ	2005	Caryl Granville	3	11.08
TJ	2006	Caryl Granville	3	11.23
TJ	2008	Ffion Rees	7	10.56

TJ	2010	Sophie Lane	8	10.52
TJ	2012	Ffion Walters	7	10.34
TJ	2013	Ffion Walters	7	10.33
TJ	2015	Lauryn Davey	3	11.42
TJ	2018	Beca Roberts	7	10.75
TJ	2019	Beca Roberts	4	11.19
		Ladies Pole Vault		
PV	2000	Jacqui Lloyd	5	2.20
PV	2000	Sioned Rees	6	2.05
PV	2011	Enfys Jones	8	2.50
PV	2012	Carys Jones	4	3.00
PV	2013	Carys Jones	6	2.90
PV	2014	Carys Jones	3	3.33
		Ladies Shot Putt		
SP	1981	Delyth Evans	3	11.19
SP	1982	Delyth Evans	1	11.79
SP	1996	Angharad Lloyd	5	10.40
SP	1997	Angharad Lloyd	4	11.85
SP	2001	Vicky Lloyd	8	9.04
SP	2002	Vicky Lloyd	8	9.47
SP	2006	Catherine Goldsmith	8	9.38
SP	2007	Catherine Goldsmith	5	10.04
SP	2011	Awen Rosser	5	11.12
SP	2012	Awen Rosser	3	11.06
SP	2019	Nia Williams	8	10.62
		Ladies Discus Throw		
DT	1989	Ruth Mason	8	28.66
DT	1991	Donna James	7	30.46
DT	1998	Samantha Thomas	7	30.35
DT	1999	Samantha Thomas	4	33.20
DT	2002	Delyth Jones	7	28.93
DT	2010	Awen Rosser	4	34.42
DT	2011	Awen Rosser	5	36.41
DT	2012	Awen Rosser	4	39.58
DT	2016	Danielle Jones	6	31.87
DT	2017	Danielle Jones	4	35.08
		Ladies Hammer Throw		
HT	2002	Delyth Jones	8	21.94
HT	2003	Claire Williams	7	34.87
HT	2011	Elliw James	7	29.16
		Ladies Javelin Throw		
JT	1990	Joanne Evans	3	37.12
JT	2002	Carrie Williams	6	32.76
JT	2003	Kylie Clarke	6	34.09
JT	2004	Kylie Clarke	2	38.28
JT	2004	Victoria Buxton	6	33.50
JT	2005	Danielle Hamer	3	36.77
JT	2005	Victoria Buxton	4	36.01
JT	2006	Danielle Hamer	3	36.90
JT	2006	Lydia Jones	6	34.94

JT	2007	Danielle Hamer	2	39.81
JT	2008	Mary Wilson	3	34.93
JT	2011	Carys Mansfield	3	39.29
JT	2014	Amy Humble	8	30.04