

2020 Dyfed Schools AA Hon Secretary Report

This is an interim report on schools events in Dyfed before the lock down on 23 March 2020.

Full results and reports appear in Nathan Jones's excellent reports on the Carmarthen Harriers web site and in all local Dyfed weekly news papers

Carmarthenshire Primary Schools cross country Championships at the United Counties Showground Nant y Ci Carmarthen on Thursday 19 September 2019

1061 competitors took part in the 32nd annual event

First 12 in the Year 6 races will be of interest to Carmarthenshire Secondary Schools

Year 6 Girls

1 1 Jessica Norman Llansteffan; 2 Soffia-Mai Davies Nantgaredig; 3 Martha Morgan Teilo Sant
4 Nia Seren Thomas Nantgaredig; 5 Erin Powell Model; 6 Tirion Yate Dewi Sant; 7 Macy Blue Y
Dderwen; 8 Beatrice Morgan Llangadog; 9 Lotti Thomas Griffith Jones; 10 Chloe Rudge Griffith Jones;
11 Adrianna Sopos Swiss Valley; 12 Jessica Hughes Llangynnwr

Year 6 Boys

1 William Coles Llangadog; 2 Gwilym Jac Jones Nantgaredig; 3 Sam Griffiths Llangynnwr
4 Oscar Facciuto-Edwards Bynea; 5 Noa Prendiville Llangennech; 6 Joseph Harrington Dewi Sant
7 Tristan Warrender Plascrug; 8 Nic John Griffith Jones; 9 Ceirian Jones Y Dderwen
10 Joseph Thomas Llansteffan; 11 Wil Davies Nantgaredig; 12 Liam Walters Y Castell

Combined Welsh inter schools cross country championships and Welsh inter Regional Cross Country Championships at Brecon on Saturday 16 November 2019

This is the first time for the competition to be a combined event. For many years before 2019 it had been a stand on its own Welsh inter schools cross country championships

Only three Dyfed schools/colleges finished scoring teams this year and they all won medals. Ysgol Aberaeron easily won the U13 Boys (Y7 and 8) schools team event. Bro Myrddin were second in the U15 boys (Y9 and 10) and Coleg Sir Gar won Senior boys silver team medals

Under 13 boys schools event (Y7 and 8)

Teams

1 Aberaeron 39; 2 Cardiff High 127; 3 Cwm Rhymni (Y Gwyndy) 134

1 Finlay Tarling Aberaeron; 2 Iwan Thomas Glan y Mor; 4 Macsen Toogood Bro Dinefwr
8 Ifan Bowen Bro Myrddin; 7 Brychan Hopkins Aberaeron; 9 Llyr Jones Aberaeron; 16 Jake Lynock
Bro Dinefwr; 20 Joshua Barnett Haverfordwest High; 21 Finlay Bruce Preseli; 22 Zeke Dias-Jones
Aberaeron; 48 James Sloyan QE High; 78 Liam Upton-Boorman QE High

Under 13 Girls schools event (Y7 and 8)

6 Frances Mackie Glan y Mor; 10 Ana Joyce Penweddig; 11 Holly John Haverfordwest High
34 Amelie Champion Bryngwyn

Under 15 Boys Schools event (Y9 and 10)

1 Frank Morgan Bro Myrddin; 18 Zach Elvey Bro Myrddin; 21 Euros Lloyd Penweddig; 23 Jack Bruce Preseli; 24 Scott Price Bro Dinefwr; 25 Jack Thomas QE High; 43 Steffan Davies Bro Myrddin; 58 Rogan Cox Bro Myrddin

1 Monmouth School 68; 2 Bro Myrddin 87; 3 YG Gwyr 112

Under 15 Girls Schools event (Y9 and 10)

14 Ffion Ousley Preseli; 17 Amy Greatrick QE High; 27 Amy White Haverfordwest High

Senior Boys (Y11,12 and 13)

6 Dafydd Jones Bro Myrddin; 8 Liam Edwards Bro Myrddin; 13 Iori Humphreys Harri Tudur
21 Dafydd Lloyd Coleg Sir Gar; 22 Callum Champion Coleg Sir Gar; 26 Dafydd Brown Pembrokeshire College; 33 Lewis Jones Coleg Sir Gar; 36 Iwan Lilley Haverfordwest High; 40 James Oulsham Coleg Sir Gar; 41 Osian Williams Coleg Sir Gar; 56 Cameron Tallis Pembrokeshire College

1 NPTC 75; 2 Coleg Sir Gar 101; Cardiff High 102

Senior Girls (Y11,12 and 13)

3 Eva Edwards Bro Myrddin; 13 Jessica Morris Harri Tudur; 21 Megan Poupard Haverfordwest High

Brianne Schools Cross Country championships at Ammanford on Monday 20 January 2020

Results first 10 in each race

Year 7 Girls

1 Mared Jones Bro Myrddin; 2 Marged Jones Bro Myrddin; 3 Megan Williams QE High; 4 Libby Morris Dyffryn Aman; 5 Melody Devereaux Dyffryn Aman; 6 Daisy Webb-Asher Bro Dinefwr; 7 Ffion Clayton Maes y Gwendraeth; 8 Luned Defis Bro Myrddin; 9 Florence Williams QE High

Year 7 Boys

1 Macsen Toogood Bro Dinefwr; Alex Coles Bro Dinefwr; 3 Aron Hedd Jones Bro Myrddin
4 James Sloyan QE High; 5 Josh Barnett Dyffryn Taf; 6 Corin Maxwell QE High; 7 Liam Upton-Boorman QE High; 8 Steffan Bennett Maes y Gwendraeth; 9 Cai Thomas Dyffryn Aman
10 Eshan Patil QE High

Junior Girls (Y8 and 9)

1 Amy Greatrick QE High; 2 Jasmine Jones Llandovery College; 3 Erin Morgan Bro Myrddin
4 Mille Patterson Bro Myrddin; 5 Emma Ferns Dyffryn Aman; 6 Ellie Fuller Dyffryn Taf; 7 Storm Evans QE High; 8 Jessica Lee Dyffryn Taf; 9 Nel Davies Maes y Gwendraeth

Junior Boys (Y8 and 9)

1 Zach Elvey Bro Myrddin; 2 Ifan Bowen Bro Myrddin; 3 Jack Thomas QE High; 4 Osian Herbert Dyffryn Aman; 5 Steffan Davies Bro Myrddin; 6 Rory Gravelle QE High; 7 Jake Lynock Bro Dinefwr

8 Harry Billingham Dyffryn Taf; 9 Brynmor Peters Bro Myrddin; 10 Tian Sparrow Dyffryn Aman

Middle Girls (Y10 and 11)

1 Kasia Cook Llandovery College; 2 Awen Roberts Maes y Gwendraeth; 3 Tanwen Moon Maes y Gwendraeth; 4 Abbi Bowen Maes y Gwendraeth; 5 Mari Davies Maes y Gwendraeth; 6 Kyra Evans Maes y Gwendraeth; 7 Seren Morgan Maes y Gwendraeth; 8 Jade Morgans QE High

Middle Boys (Y10 and 11)

1 Dafydd Jones Bro Myrddin; 2 Liam Edwards Bro Myrddin; 3 Frank Morgan Bro Myrddin; 4 Arnav Patil QE High; 5 Oliver Wray Maes y Gwendraeth; 6 Scott Price Bro Dinefwr; 7 Josh Thomas Llandovery College; 9 Lewis Jones Maes y Gwendraeth; 10 Ifan Davies Maes y Gwendraeth

Ceredigion Schools cross country championships at Aberaeron on Thursday 23 January 2020

Y7 Girls

1 Anna Joyce Penweddig; 2 Lily Moralee-Hughes Penglais; 3 Lleucu Mathias Bro Teifi; 4 Ffion Thomas Bro Teifi; 5 Casi Gregson Bro Pedr; 6 Eilidh Jones Aberaeron; 7 Georgia Smith Bro Teifi; 8 Elan Edwards Penweddig; 9 Florence Plair Aberteifi; 10 Tirian Sedgwick Penweddig

Y7 Boys

1 Steffan Gilles Penweddig; 2 Cayden Bliss Aberaeron; 3 Gwydian Dafis Bro Teifi; 4 Daniel Warrender Penglais; 5 Liam Regan Bro Pedr; 6 Tylor Moore Bro Pedr; 7 Tomos Afan Penweddig; 8 Dian Regan Henry Richard; 9 Llifon Evans Bro Teifi; 10 Ioan James Bro Teifi

Junior Girls (Y8 and 9)

1 Bessy Hill Emllyn; 2 Elen Morgan Penweddig; 3 Cerys Lawson Penweddig; 4 Violet Caulkett Bro Pedr; 5 Tia Wicks Penglais; 6 Jessica Jones Bro Pedr; 7 Elin Morgan Penweddig; 8 Sarah Jane Penweddig; 9 Seren Davies Aberaeron; 10 Leisa Thomas Bro Teifi

Junior Boys (Y8 and 9)

1 Finlay Tarling Aberaeron; 2 Brychan Hopkins Aberaeron; 3 Rhys Jenkins Aberaeron; 4 Caleb Lewis Bro Teifi; 5 Josh Tudbull ABERAERON; 6 CAI MCEVAY ABERAERON; 7 LLYR JONES ABERAERON; 8 RHYS WILLIAMS BRO PEDR; 9 TOMOS EVANS BRO TEIFI; 10 TAITGH MULLINS BRO PEDR

Middle Girls (Y10 and 11)

1 Catrin Evans Penweddig; 2 Lowri Richards Aberaeron; 3 Lucy Beddowes Aberaeron; 4 Alaw Jones Bro Pedr; 5 Niamh Duggan Aberaeron; 6 Poppy Evans Aberaeron; 7 Alaw Davies Penweddig; 8 Lydia Powell Penweddig; 9 Mari Morgan Penweddig; 10 Bronwen Hull Bro Pedr

Middle Boys (Y10 and 11)

1 Josh Tarling Aberaeron; 2 Jonathan Price Bro Teifi; 4 Lewis Jackson Peck Emllyn; 5 Rephaeb Caldwell Aberteifi; 6 Euros Lloyd Penweddig; 7 Dylan Gwynne Jones Aberaeron; 8 Jac Crompton Aberaeron; 9 Michael Wilcox Aberteifi; 10 Iestyn Lawson Penweddig

Senior Boys (Y12 and 13)

1 Jamie Walker Aberaeron; 2 Dafydd Wright Aberaeron; 3 Ben Davies Aberaeron; 4 Daniel Williams Aberaeron; 5 Iestyn Thomas Penweddig; 6 Endaf Williams Aberaeron; 7 Rhun Crimes Aberaeron

Llanelli Schools Cross Country championships at Pembrey Country Park on Friday 24 January 2020

Year 7 Girls

1 Ellie-May John Strade; 2 Amalie Campion Bryngwyn; 3 Scarlett Evans Strade; 4 Grace Owen SJL5
Keira Penn O'Ware SJL; 6 Ruby Davies Strade; 7 Mali Edwards Strade; 8 Lily Watkins Bryngwyn
9 Maya Plasecka Coedcae; 10 Grace Williams Strade

Year 7 Boys

1 Thomas Dalziel Bryngwyn; 2 Caio Ifans Strade; 3 Iestyn Messen SJL; 4 Max Williams Strade
5 Ianto Evans Strade; 6 George Williams St Michaels; 8 Finley Jones Bryngwyn; 9 Jack Morgan Strade
10 Liam Davies Coedcae

Junior Girls (Y8 and 9)

1 Frances Mackie Glan y Mor; 2 Chloe Simmonite Coedcae; 3 Courtney Brown Coedcae; 4 Charlotte Powell Coedcae; 5 Bethan Adams Strade; 6 Catrin Hughes Strade; 7 Chloe Campion Bryngwyn
8 Brooklyn Pritchard Coedcae; 9 Rhianna Phillips SJL; 10 Hannah Forkuah Coedcae

Junior boys (Year 7 and 8)

1 Iwan Thomas Glan y Mor; 2 Ryan Esney Glan y Mor; 3 Cai Prendiville Strade; 4 Iwan Wilson Strade
5 Jordan Blasberry Strade; 6 Ieuan Price Coedcae; 7 Jaydon Campell Glan y Mor; 8 Ryan Jones Coedcae; 9 Finn Walton St Michaels; 10 Owen Morris Bryngwyn

Middle Girls (Y 10 and 11)

1 Bethany Bennett Bryngwyn; 2 Amy Tucker SJL; 3 Ffion Robertson Strade; 4 Casey Rumbelow Coedcae; 5 Iona Melrose Bryngwyn; 6 Amy Rowlands Coedcae; 7 Katie John SJL; 8 Aysa Cutler Coedcae; 9 Curia Bakousha Coedcae; 10 Joanne Hockinay Bryngwyn

Middle Boys (Year 10 and 11)

1 Adam Beer Glan y Mor; 2 Josh Essen Coedcae; 3 Dominic Davies Coedcae; 4 James Harries Glan y Mor; 5 Kori Jones Coedcae; 6 Leon Bonjano SJL; 7 Ewan Williams Bryngwyn; 8 Alfie Lloyd Coedcae
9 Finley Davies Bryngwyn

Dyfed schools cross country championships at the Lower Racecourse Haverfordwest on Tuesday 28 January 2020

This year for the first time Area schools were asked to organise the championships and to organise Dyfed schools teams for the Welsh schools cross country championships

Sincere thanks to Lucy Griffiths of Milford Haven School for organising the event and all the Pembrokeshire Schools PE colleagues who helped on the day. Steve Jones WSAA and Andrew Jenkins WA assisted on the day

First 10 in each race

Year 7 Girls

1 Mared Jones Bro Myrddin; 2 Ana Joyce Penweddig; 3 Marged Jones Bro Myrddin; 4 Ellie-May John Strade; 5 Amelie Campion Bryngwyn; 6 Lleucu Mathias Bro Teifi; 7 Ffion Thomas Bro Teifi
8 Ffion Bowen Preseli; 9 Scarlett Evans Strade; 10 Anna Bradley Caer Elen

Year 7 Boys

1 William Harries Haverfordwest High; 2 Rowan Dixon Milford Haven; 3 Gordon Clement Castle
4 Alex Coles Bro Dinefwr; 5 Josh Barnett Dyffryn Taf; 6 Tomos Dalziel Bryngwyn; 7 Steffan Gillies
Penweddig; 8 Josh Barrett Haverfordwest High; 9 Caio Ifans Strade
10 Daniel Isaac Haverfordwest High

Junior Girls (Y8 and 9)

1 Holly John Haverfordwest High; 2 Ffion Ouseley Preseli; 3 Amy Greatrick QE High; 4 Mila Blackwell
Greenhill; 5 Eleanor White Haverfordwest High; 6 Frances Mackie Glan y Mor; 7 Erin Morgan Bro
Myrddin; 8 Jasmine Jones Llandovery College; 9 Carys Wood Greenhill; 10 Katie David Haverfordwest
High

Junior Boys (Y8 and 9)

1 Iwan Thomas Glan y Mor; 2 Zach Elvey Bro Myrddin; 3 Morgan Williams Harri Tudur
4 Finlay Tarling Aberaeron; 5 Ifan Bowen Bro Myrddin; 6 Rhys Caygill Preseli; 7 Ryan Esney Glan y
Mor; 8 Brychan Hopkins Aberaeron; 9 Rhys Gravelle QE High; 10 Cai Prendiville Strade

Middle girls (Y9 and 10)

1 Jessica Morris Harri Tudur; 2 Amy White Haverfordwest High; 3 Awen Roberts Maes y
Gwendraeth; 4 Tanwen Moon Maes y Gwendraeth; 5 Amy Tucker St John Lloyd; 6 Lucy Davies Bro
Pedr; 7 Lucy Beddoes Aberaeron; 8 Kasia Cook Llandovery College; 9 Megan Poupard Haverfordwest
High; 10 Bethany Bennett Bryngwyn

Middle Boys (Y9 and 10)

1 Adam Beer Glan y Mor; 2 Dafydd Jones Bro Myrddin; 3 Frank Morgan Bro Myrddin
4 Iori Humphreys Harri Tudur; 5 Rhys Llewelyn Haverfordwest High; 6 Josh Tarling Aberaeron
7 Oliver George Preseli; 8 Lewys Jones Maes y Gwendraeth; 9 Josh Essen Coedcae; 10 Scott Price Bro
Dinefwr

Senior Girls (Y12 and 13)

1 Eva Edwards Bro Myrddin; 2 Alice Evans Haverfordwest High; 3 Ella Townsend Haverfordwest High
4 Katie Fear Llandovery College

Senior Boys (Y12 and 13)

1 Callum Campion Coleg Sir Gar; 2 Dafydd Lloyd Coleg Sir gar; 3 Joshua Jones Coleg Sir Gar; 4 Jamie
Walker Aberaeron; 5 Daniel Jones Coleg Sir Gar; 6 Lewis Jones Coleg Sir Gar; 7 James Oulsham Coleg
Sir Gar; 8 Osian Williams Coleg Sir Gar; 9 Ben Davies Aberaeron; 10 Dafydd Waite Aberaeron

Carmarthenshire Secondary schools sportshall athletics championships at Llanelli Leisure Centre on Friday 31 January 2020

This was the first time in 28 years for the event to be held at the Llanelli Leisure Centre. Llanelli Schools took on the responsibility this year of organising the event. Berian Davies Strade, Daryl Rees St Michaels, Chris Lovell St John Lloyd and all the Llanelli PE teachers did an excellent job and it was a well-supported event.

The results indicated that there was the potential for the Dyfed team to perform well in the Welsh sportshall final.

Year 7/8 Girls

2 lap A Final 1 Eva Phillips Strade 23.2; 2 Maddy Jones Bro M 23.3; 3 Leilany Gregory Bro D 23.6
4 laps 1 Daisy Webb Bro D 51.2; 2 Francis Matthew GYM 52.3; 3 Luned Devis Bro M 52.9
Long Jump 1 Sian Jones Bro D 2.08; Leilani Gregory Bro D 2.06; 3 Sandra Juchner Bryngwyn 2.06
Shot Putt 1 Mia Crowley DA 8.36; 2 India Stone Bro M 8.09; 3 Connie Crook Bro M 7.61
Triple Jump 1 Amnah Anderson DA 5.48; 2 Frances Mackie GYM 5.10; 3 Emma Heseltine Bro D 4.70
Speed Bounce 1 Luned Defis Bro M 71; 2= Erin Morgan Bro M 70; 2= Lily Borsden Bryngwyn 70

Year 7/8 Boys

2 laps A Final 1 Jay Smith Bryngwyn; 2 Corey Morgan Coedcae; 3 Zach Harris Bryngwyn
4 laps 1 Josh Esen Coedcae 46.0; 2 Tian Sparrow DA 46.7; 3 Zach Elvey Bro M 47.4
Long Jump 1 Corey Morgan Coedcae 2.44; 2 Timothy Pena DA 2.36; 3 Jay Rumbelow Coedcae 2.34
Shot Putt 1 Josh Morse Bro D 12.84; 2 Levi Morgan GYM 11.54; 3 Corey Morgan Coedcae 10.17
Triple Jump 1 Zach Harris Bryngwyn 7.34; 2 Jay Smith Bryngwyn 7.02; 3 Noah Shepperd Coedcae 6.84
Speed Bounce 1 Tiann Sparrow DA 70; 2 Sam Rose Bro D 66; 3 Max Watson Bro M 65

Year 9/10 Girls

2 laps 1 Chloe Simmonite Coedcae 22.9; 2 Hannah Carpenter Bryngwyn 23.4; 3 Courtney Brown Coedcae 23.7
4 laps 1 Catherine Winder Llan Coll 50.6; 2 Maisie Howells GYM 51.0; 3 Amy Tucker SJL 51.6
Shot Putt 1 Celyn Davies Bryngwyn 8.53; 2 Elen Williams Bro D 8.44; 3 Gwenno Pritchard Bro D 7.78
Long Jump 1 Leah Williams Coedcae 2.13; 2 Sophia Reid Thomas BM 2.13; 3 Gwenno Pritchard BD 2.08
Speed Bounce 1= Chloe Smith GYM 68; 1= Katie John SJL 68; 3 Amy Tucker SJL 67

Year 9/10 Boys

2 laps 1 Isaac Campilla Bryngwyn; 2 Tyler Morgan GYM; 3 Junel Fastino SJL
4 laps 1= Cai Prendiville Strade 48.8; 1= Osian Herbert DA 48.8; 3 Rhodri Evans Bro D 50.2
Long Jump 1 Daniel Price DA 2.37; 2 Tony Yann Bryngwyn 2.31; 3 Isaac Campilla Bryngwyn 2.22
Triple Jump 1 Tony Yann Bryngwyn 6.92; 2 Matthew Yip LI Coll 6.12; 3 Isaac Campilla Bryngwyn 6.05
Shot Putt 1 Alex Ridgeway GYM 9.77; 2 Jake Nottingham DA 9.70; 3 Ioan Thomas Bro D 9.23
Speed Bounce 1 Ben Hanson ST M 79; 2 Tony Yann Bryngwyn 73; 3= Tomos Lewis Bro M 70; 3= Isaac Campilla Bryngwyn 70

Welsh Sportshall Athletics Final at Cwmbran Leisure Centre on Sunday 8 March 2020

Carmarthenshire Schools team again represented Dyfed Schools

Hedydd Davies organised the first sportshall athletics championships in Carmarthen in 1992 and every year the Dyfed team did well in the Welsh final and went on to represent Wales many times in the UK final. In 2017 Radix a pupil at St Michaels School won the UK Under 15 combined event

This year Dyfed schools had a depleted team at the Welsh final but should with the experience of this year do better in the future

Many thanks to Chris Lovell of St John Lloyd for organising the Dyfed team

Under 13 Girls

1 North West Wales 584; 2 Afan Nedd Tawe 568; 3 Powys 542; 4 Cardiff And Vale 528; 5 Dyfed 368

Dyfed Results

Eva Phillips Strade 10 2 lap 27.8; 5 VJ 47
Maddy Jones Bro Myrddin 1 2lap 26.4; 3 VJ 48
Connie Crook Bro Myrddin 8 6 lap 1.39.9; 5 Shot 6.83
Leioni Gregory Bro Dinefwr 5 LJ 2.04;
Sian Jones Bro Dinefwr 1 Lj 2.18
Daisy Asher Webb Bro Dinefwr 5 4 lap 61.1
Amnah Anderson Dyffryn Aman 1 TJ 5.96
Emily Tucker SJL 8 Speed Bounce 61
4 Obstacle Relay; 3 4 x 1 Relay; 5 4 x2 laps Relay

Under 13 Boys

1 Powys 664; 2 North West Wales 559; 3 Afan Nedd Tawe 509; 4 Cardiff and Vale 448; 5 Dyfed 288

Dyfed Results

Tony Yann Bryngwyn 1 TJ 7.40;
Alex Roseway Glan y Mor 2 Shot 11.66
Jake Nottingham Dyffryn Aman 4 Shot 10.42
Osian Herbert Dyffryn Aman 4 laps 2 55.2; 9 Lj 1.86
Junel Fastino SJL 3 2 lap 25.5; 7 Speed Bounce 59
2 Obstacle Relay and 4x1 lap Relay

Under 15 Girls

1 Powys 678; 2 North West Wales 592; 3 Afan Nedd Tawe 530; 4 Cardiff and Vale 402; 5 Dyfed 304

Dyfed Results

Sophia Reid Thomas Bro Myrddin 2 2 lap 26.1; 12 Speed Bounce 56; 10 LJ; 17th Overall
Anna Duffey 12 2 lap 28.2; 11 Speed Bounce 62; 8 Lj 2.10 23rd overall
Josephine Wickes 6 2 lap 27.7; 8 Speed Bounce 65; 13 LJ 1.92; 20th overall

Under 15 Boys

1 North west Wales 656; 2 Powys 645; 3 Cardiff and Vale 5614 Afan Nedd Tawe 524; 5 Dyfed 99

Dyfed Result

Zach Elvey Bro Myrddin 9 4 lap 54.1; 8= Speed Bounce 67; 11 TJ 5.90

Welsh Schools cross country championships at Brecon on Wednesday 11 March 2020

Dyfed schools have an excellent record in this event, winning the Welsh schools overall inter district team title 25 times since 1991. Cardiff and Vale Schools teams have been extraordinarily strong in recent years

Dyfed did reasonably well this year at Brecon finishing second to a particularly good Cardiff and Vale schools teams

Dyfed won three team events (Y7 Boys, Junior Boys, and middle boys)

The girls teams were not particularly strong this year and only four senior girls competed. This was the first time for a very long time for Dyfed not to have a scoring team

Many thanks to Lucy Griffiths Milford Haven School for all her hard work with the Dyfed teams both before and on the day. Other Dyfed schools teachers helped also on the day at Brecon

Overall Team Result

1 Cardiff and Vale Schools 111; 2 Dyfed Schools 94; 3 Eryri 91; 3 Glamorgan Valleys 91; 5 South East Wales 77; 6 Afan Nedd Tawe 71; 7 North East Wales 64; 8 Powys 63

Year 7 Girls (fifth)

1 Cardiff and Vale 78; 2 Powys 86; 3 North east Wales 98; 4 South East Wales 166; 5 Dyfed 172; 6 Afan Nedd Tawe 193; 7 Glamorgan Valleys 265; 8 Eryri 285

8 Ana Joyce Penweddig; 18 Mared Jones Bro Myrddin; 22 Marged Jones Bro Myrddin; 33 Elli-May John Y Strade; 45 Scarlett Evans Y Strade; 46 Lleucu Mathias Bro Teifi; 50 Megan Williams QE High
52 Amelia Campion Bryngwyn; 53 Anna Bradley Caer Elen; 71 Ffion Bowen Y Preseli

Junior Girls (fourth)

**1 Cardiff and Vale 48; 2 Glamorgan Valleys 118; 3 South East wales 145; Dyfed 148; 5 Eryri 155
6 North East Wales 184; 7 Afan Nedd Tawe 298; 8 POWYS 317**

12 Mila Blackwell Greenhill; 21 Eleanor White Haverfordwest High; 22 Jasmine Jones Llandovery College; 25 Frances Mackie Glan y Mor; 29 Ffion Ouseley Y Preseli; 39 Amy Greatrick QE High; 40 Erin Morgan Bro Myrddin; 56 Emma Ferns Dyffryn Aman; 65 Katie David Haverfordwest High

Middle Girls (sixth)

1 Cardiff and Vale 44; 2 South east Wales 102; 3 Glamorgan Valleys 117; 4 Eryri 153; 5 North East Wales 216; 6 Dyfed 255; 7 Afan Nedd Tawe 286; 8 Powys 286

0 Amy White Haverfordwest High; 34 Awen Roberts Maes y Gwendraeth; 43 Lucy Davies Bro Pedr
49 Bethany Bennett Bryngwyn; 53 Jessica Morris Henri Tudur; 56 Megan Poupard Haverfordwest High; 62 Lucy Beddoes Aberaeron; 68 Lowri Richards Aberaeron; 70 Amy Tucker St John Lloyd

Senior Girls (fourth)

**1 Cardiff and Vale 50; 2 Eryri 107; 3 Afan Nedd Tawe; 4 Dyfed; 5 Glamorgan Valleys; 6 Powys
7 North East Wales; 8 South East Wales**

5 Eva Edwards Bro Myrddin; 9 Alice Evans Haverfordwest High; 19 Ella Townsend Haverfordwest High; 27 Katie Fear Llandovery College

Year 7 Boys (first)

**1 Dyfed 45; 2 Glamorgan Valleys 121; 3 Eryri 129; 4 Afan Nedd Tawe 155; 5 Cardiff and Vale 172
6 South East Wales 236; 7 North East Wales 257; 8 Powys 299**

1 William Harries Haverfordwest High; 2 Gordon Clement Castle; 3 Macsen Toogood Bro Dinefwr
4 Josh Barnett Dyffryn Taf; 15 Rowan Dixon Milford Haven; 20 Alex Coles Bro Dinefwr; 28 Steffan Gilles Penweddig; 29 Thomas Dalziel Bryngwyn; 39 Daniel Isaacs Haverfordwest High; 44 Colin Maxwell QE High; 56 Joshua Barrett Haverfordwest High

Junior Boys (first)

**1 Dyfed 80; 2 Powys 105; 3 South East Wales 125; 4 Cardiff and Vale 164; 5 Glamorgan Valleys 190;
6 Eryri 192; 7 Afan Nedd Tawe 210; 8 North East Wales 225**

6 Finlay Tarling Aberaeron; 7 Zach Elvey Bro Myrddin; 8 Iwan Thomas Glan y Mor; 11 Ifan Bowen Bro Myrddin; 22 Rory Gravelle QE High; 26 Rhys Caygill Y Preseli; 29 Jake Lynock Bro Dinefwr; 34 Jake Thomas QE High; 43 Finlay Bruce Y Preseli; 46 Osian Herbert Dyffryn Aman; 52 Brychan Hopkins Aberaeron

Middle Boys (first)

**1 Dyfed 28; 2 Cardiff and Vale 111; 3 Glamorgan Valleys 137; 4 Eryri 158; 5 North East Wales 164
6 South East Wales 182; 7 Afan Nedd Tawe; 8 POWYS**

1 Adam Beer Glan y Mor; 3 Dafydd Jones Bro Myrddin; 4 Frank Morgan Bro Myrddin; 5 Rhys Llewelyn Haverfordwest High; 7 Iori Humphreys Henri Tudor; 8 Liam Edwards Bro Myrddin; 19 Oliver George Y Preseli; 31 Lewis Jones Maes y Gwendraeth; 51 Cian Harries Haverfordwest High; 62 Oliver Wray Maes y Gwendraeth

Senior Boys (fourth)

**1 Glamorgan Valleys 83; 2 Cardiff and Vale 93; 3 Afan Nedd Tawe 146; 4 DYFED 148; 5 ERYRI 162; 6
POWYS; 7 SOUTH EAST WALES; 8 NORTH EAST WALES**

9 Callum Champion Coleg Sir Gar; 19 James Oulsham Coleg Sir Gar; 26 Joshua Jones Coleg Sir Gar
27 Osian Williams Coleg Sir Gar; 33 Dafydd Lloyd Coleg Sir Gar; 34 Lewis Jones Coleg Sir Gar
39 Daniel Jones Coleg Sir Gar; 44 Jamie Walker Aberaeron; 47 Dafydd Wright Aberaeron
48 Ben Davies Aberaeron; 50 George Gould Aberaeron; 51 Daniel Williams Aberaeron

The following Dyfed schools athletes were chosen to compete for Welsh schools in the SIAB Schools cross country international in Scotland on Saturday 21 March 2020

Junior Boys

Finlay Tarling Aberaeron; Zach Elvey Bro Myrddin; Iwan Thomas Glan y Mor

Middle Boys

Adam Beer Glan y Mor; Dafydd Jones Bro Myrddin; Frank Morgan Bro Myrddin, Rhys Llewellyn Haverfordwest High; Iori Humphreys Harri Tudur, Liam Edwards Bro Myrddin

Unfortunately, due to coronavirus lockdown the SIAB match was cancelled

The selected team were invited to compete for Welsh Schools in the Cardiff Cross Challenge event in Cardiff in October 2020 (if event is held)

Welsh Schools AA at the end of March 2020 informed the eight Welsh school districts that there would be no schools athletics competitions in Wales during the 2020 summer term

Dyfed secondary schools athletics championships at Haverfordwest High School on Wednesday 3 June 2020 was cancelled

The event was scheduled to be held at the Carmarthen Athletics Track but was transferred to Haverfordwest as the Carmarthen Track was being refurbished

Dyfed NASUWT Final at Haverfordwest High School on Wednesday 17 June 2020 cancelled

Welsh Schools athletics championships at Cardiff on Saturday 4 July 2020 was cancelled

Welsh NASUWT Cup and Plate Final at Brecon on Wednesday 8 July 2020 was cancelled

SIAB Athletics International on Saturday 18 July 2020 was cancelled

DYFED SECONDARY SCHOOLS CHAMPIONSHIP RECORDS As at 1 January 2020

YEAR 7 GIRLS

100 metres	12.8 secs	Anna McGovern	1994
200 metres	27.9 secs	Ffion Walters	2009
800 metres	2m. 23.0 secs	Marie Jones	1986
1500 metres	5m. 08.2 secs	Carys Davies	2002
70m. Hurdles	11.6 secs	Danielle Selley	1996
75m. Hurdles	13.0 secs	Emma Jones	1989
4x100m. Relay	53.5 secs	Brianne	1979
High Jump	1.58 metres	Julia Charlton	1978
Long Jump	4.65 metres	Buddug Harries	1991
Shot	9.54 metres	Bethan Lewis	2011
Javelin	30.40	Cordelia Walker	2018
1000m walk	6.27.6	Harri Truman	2009

YEAR 8 GIRLS

100 metres	12.4 secs	Erin Walters	2010
200 metres	26.3 secs	Hannah Jones	2004
800 metres	2m. 20.4 secs	Lauren Bell	2008
1500 metres	4m. 55.3 secs	Carys Davies	2003
1000 walk	5.48.9	Amy White	2018
75m. Hurdles	11.8 secs	Heather Jones	2000
4x100m. Relay	54.9 secs	Brianne	1988
High Jump	1.53 metres	Lili Church	2016
Long Jump	5.23 metres	Karina Williams	1991
Pole Vault	1.90 metres	Enfys Jones	2008
Shot	9.93 metres	Amy Rothero	2014
Javelin	29.78 metres	Lleucu Lloyd	2019
Discus	27.08 metres	Ruth Mason	1987

YEAR 9 GIRLS

100 metres	12.3 secs	Danielle Selley	1998
200 metres	26.0 secs	Laura Davies	2010
800 metres	2m. 18.1secs	Lucy Thomas	1999
1500 metres	4m. 51.2 secs	Jade Williams	2007
1000 metres walk	5.26.8	Amelia Davey	2014
75m. Hurdles	11.1 secs	Heather Jones	2001
4x100m. Relay	53.1 secs	Brianne	1988
High Jump	1.75 metres	Julia Charlton	1980
Long Jump	5.27 metres	Clare Williams	1979
Triple Jump	10.05 metres	Zara Evans	2019
Pole Vault	2.80 metres	Carys Jones	2013
Shot	10.35 metres	Danielle Jones	2015
Javelin	38.03 metres	Victoria Hodgson	2014
Discus	34.02 metres	Awen Rosser	2010
Hammer	31.46 metres	Elliw James	2009

MIDDLE (Year 10/11) GIRLS

100 metres	12.0 secs	Diane Thorne	1976
200 metres	25.7 secs	Michelle John	1994
300 metres	40.9 secs	Sian Bradshaw	1992
400 metres	58.6 secs	Carol Nicholas	1978
800 metres	2m. 18.6 secs	Angharad Davies	2007
1500 metres	4m. 49.8 secs	Nicola Morgan	1986
3000 metres	10.12.1 secs	Abbie Williams	2016
1500 metres steeplechase	5.16.2 secs	Lucy Davies	2016
1000 metres walk	4.47.5 secs	Ellie Dainton	2013
80m. Hurdles	11.4 secs	Heather Jones	2003
300m. Hurdles	44.6 secs	Caryl Granville	2005
400m. Hurdles	67.4 secs	Michelle Cook	1981
4x100m. Relay	51.5 secs	Brianne	1976
High Jump	1.70 metres	Teresa Andrews	1992
Long Jump	5.49 metres	Marie Humphries	1990
Triple Jump	11.19 metres	Caryl Granville	2006
Shot	11.51 metres	Danielle Jones	2016
Javelin	31.42 metres	Amy Humble	2014
Discus	37.32 metres	Awen Rosser	2011
Pole Vault	3.00 metres	Carys Jones	2014
Hammer	35.83 metres	Claire Williams	2003
Triple Jump	10.93 metres	Caryl Granville	2005

SENIOR (Year 12/13) GIRLS

100 metres	12.2 secs	Alicia Samuel	2018
200 metres	25.7 secs	Gail Evans	1997
400 metres	57.9 secs	Rachel Donnison	2015
800 metres	2m. 16.6 secs	Katie Parkes	2007
1500 metres	4m. 56.2 secs	Nicola Morgan	1988
3000 metres	10m. 37.6 secs	Gemma Leahy	2006
100m. Hurdles	14.2 secs	Claire Jones	2004
400m. Hurdles	62.9 secs	Anwen Rees	2003
4x100m. Relay	52.0 secs	Brianne	1979
High Jump	1.58 metres	Vicky Lloyd	2005

Long Jump	5.61 metres	Vicky Lloyd	2005
Triple Jump	11.34 metres	Vicky Lloyd	2005
Pole Vault	3.45 metres	Carys Jones	2016
Shot	11.49 metres	Lucy Griffiths	2011
Javelin	41.01 metres	Danielle Hamer	2008
Discus	34.49 metres	Lucy Griffiths	2011
Hammer	36.21 metres	Helena Madan	2012

YEAR 7 BOYS

100 metres	12.6 secs	Derwyn Owen	1987
200 metres	26.9 secs	Simon Hooper	2004
	26.9 secs	Matthew Richards	2006
800 metres	2m. 19.7 secs	Jason Murphy	1986
1500 metres	4m 52.4 secs	Iwan Glynn	2015
75m. Hurdles	12.3 secs	Nico Algieri	1994
4x100m. Relay	54.9 secs	Brianne	1978
High Jump	1.54 metres	James Griffiths	1991
Long Jump	4.88 metres	Gareth Gittings	1993
Triple Jump	10.16 metres	Alistair Mason	1990
Pole Vault	2.40 metres	Patrick O'Sullivan	1978
Shot	12.28 metres	Mathew Evans	2001
Discus	18.35	Shaun Rees	2009
Javelin	39.16 metres	Robert Smith	1999

YEAR 8 BOYS

100 metres	11.6 secs	Derwyn Owen	1988
200 metres	24.2 secs	Derwyn Owen	1988
300 metres	41.2 secs	James Griffiths	1992
		Aaron Bishop	2000
400 metres	56.4 secs	Nikita Neary	2011
800 metres	2m. 09.2 secs	Nikita Neary	2011
1500 metres	4m. 27.7 secs	Frank Morgan	2018
1000 metres walk	6.04.9 secs	Harry Worth	2016
80m. Hurdles	12.4 secs	Berian Davies	1986
4x100m. Relay	50.8 secs	Brianne	2009
High Jump	1.80 metres	Jamie Dalton	1993
Long Jump	5.57 metres	Simon Lewis	1987
Triple Jump	11.70 metres	Rhodri Thomas	1990
Pole Vault	2.55 metres	Craig Millard	1991
Shot	13.56 metres	Mathew Evans	2002
Javelin	41.98 metres	Matthew Roblin	1991
Discus	38.89 metres	Harry Davies	2016
Hammer	35.30 metres	Harry Davies	2016

YEAR 9 BOYS

100 metres	10.9 secs	Jamie Henthorn	1993
200 metres	24.1 secs	Richard Bunnyon	1988
300 metres	38.1 secs	Graham Thomas	1992
400 metres	54.2 secs	Liam Jones	2008
800 metres	2m. 05.1 secs	Mark Britton	1978
1500 metres	4m. 16.5 secs	Dewi Griffiths	2005
1000 metres walk	5.00.4 secs	Andrew Salmon	2016
80 m. Hurdles	11.6 secs	Graham Thomas	1992
4x100m. Relay	48.7 secs	Llanelli	1987
		Brianne	1988
High Jump	1.76 metres	Josh Madden	2005
Long Jump	6.24 metres	Josh Davies	2011
Triple Jump	12.50 metres	Owen Jones	2002
Pole Vault	3.28 metres	Robert Hughes	1977
Shot	15.26 metres	Mathew Evans	2003
Javelin	52.00 metres	Rhys Williams	1996
Discus	40.38 metres	Mathew Evans	2003
Hammer	42.88 metres	Harry Davies	2017

MIDDLE (Year 10/11) BOYS

100 metres	10.8 secs	Shaun Pearce	2013
200 metres	22.2 secs	Stephen Rees	1988
400 metres	50.5 secs	Bruce Tasker	2004
400 metres	50.5 secs	Paul Bennett	2009

800 metres	1m. 58.0 secs	Mark Britton	1978
1500 metres	4m. 09.1 secs	Peter Ward	1976
3000 metres	8m. 53.6 secs	Christian Lovatt	2013
1500m. S/Chase	4m. 33.3 secs	Peter Ward	1976
1000m Walk	4.57.1	Owain Nicholas	2016
100m. Hurdles	13.6 secs	Daniel Blain	2011
400m. Hurdles	56.5 secs	Leighton Lewis	1998
4x100m. Relay	45.5 secs	Brianne	1989
High Jump	1.91 metres	Kim Harland	1998
Long Jump	6.60 metres	Simon Lewis	1990
Triple Jump	13.52 metres	Owen Jones	2003
Pole Vault	4.00 metres	Emyr Jones	2009
Shot	15.68 metres	Peter Rees	1977
Javelin	56.71 metres	Scott Phillips	2010
Discus	47.76 metres	Harry Davies	2019
Hammer	50.16 metres	Chad Monk	2006

SENIOR BOYS (Year 12/13)

100 metres	10.6 secs	Jamie Henthorn	1994
200 metres	22.1 secs	Stephen Perks	1975
400 metres	49.7 secs	Huw Bannister	1997
800 metres	1m. 57.9 secs	Neil Lewis	1994
1500 metres	3m. 59.3 secs	Adam Bitchell	2008
3000 metres	8m. 40.8 secs	Christian Lovatt	2015
2000m. S/Chase	6m. 09.3 secs	Lee Ladd	2005
110m. Hurdles	14.2 secs	James Archampong	1993
400m. Hurdles	56.7 secs	Luke Evans	1988
		Wayne Proctor	1991
High Jump	2.00 metres	Alun Davies	1998
Long Jump	6.95 metres	Greg Bourne	1990
Triple Jump	14.23 metres	David Wood	1980
Pole Vault	4.30 metres	Islwyn Rees	1974
Shot	15.21 metres	Tomos Edwards	2009
Javelin	55.71 metres	Rhys Taylor	2000
Discus	44.36 metres	Mathew Evans	2006
Hammer	53.00 metres	John Owen	1983

Hedydd Davies

Acting Hon Secretary Dyfed Schools AA

15 June 2020