

2010 Under 17 and Under 20 Championships in Carmarthen on Saturday 10 July 2010

The last Welsh championship to be hosted by Carmarthen and District Harriers Athletics Club at the Carmarthen Athletics Track was on Saturday 10 July 2010

On that day Carmarthen Harriers athletes won 26 medals – 10 gold, 12 silver and 4 bronze

Gold

Under 13

Nikita Neary	1500m	4.44.33
Jordan Richards	1000m walk	6.01.37

Under 15

Kyran Roberts	1500m	4.18.47
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Under 17

Carys Mansfield	Javelin	39.76m CBP
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Under 20

Dafydd Walters	110mH	15.50
Paul Bennett	400mH	54.46
Kueni Igbagiri	Long Jump	6.76m
Angharad Davies	800m	2.17.83
Catrin Lewis	1500m SC	6.16.51
Ffion Rees	Long Jump	5.24m

Silver

Under 13

Jordan Richards	1500m	4.50.80
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Under 17

Daniel Blain	100mH	14.35
Aaron Willmott	400mH	61.00
Enfys Jones	Pole Vault	2.40m
Awen Rosser	Shot	10.62m
Awen Rosser	Discus	31.89m

Under 20

Gerwyn Slinger	800m	1.58.58
Dewi Griffiths	1500m	4.06.35
Emyr Jones	Pole Vault	4.10m
Jon Llewelyn	Javelin	54.35m
Angharad Davies	400mH	65.94
Ffion Rees	Triple Jump	10.11m

Bronze**Under 17**

Ronan Llyr	1550m SC	5.02.61
Catrin Rees	100m	13.33
Catrin Rees	80mH	12.84
Emma Evans	Hammer	30.59m