

Angharad Davies

Angharad Davies is from Llandovery, a small town which is 28 miles from the county town of Carmarthen in Carmarthenshire and the nearest athletics track

She went to the local Llandovery primary school and then on to Llandovery College. Angharad went to study French and Spanish at Bath University. During her course she spent a year in France. She is now resident in La Coruna Galicia Spain and works for the VAR company in Spanish football

She joined Carmarthen and District Harriers Athletics Club as a primary school child and competed for the Club in the novice girls race of the Gwent Cross Country League match at Pembrey Country Park where she finished in 15th position

It was not an outstanding start, but she soon developed into an outstanding all round athlete winning 14 Welsh championship titles on the track and at cross country

Winner of Welsh schools' championship gold medals at cross country and on the track and represented Welsh schools in 4 SIAB schools' international cross country matches and 2 London mini marathons

Won three Welsh inter regional cross country individual titles

Has had several injuries and in the period 2016-19 did little competition

In 2020 at the age of twenty eight Angharad set personal bests for the 800m (2.13.02) and the 1500m (4.32.17), both performances achieved the same afternoon in the Galicia championships

An exceptionally good and reliable Club member and a fine ambassador for the sport

Personal Bests

100 13.7 (2006); 200 27.3 (2007); 300 44.0 (2007); 400 61.5(2007); 800 2.13.02 (2020); 1200 4.09.4 (2004); 800 2.13.02 (2020); 1500 4.32.17 (2020); 3000 10.25.69i (2012); 5000 18.27.51 (2011); 400H 65.94 (2010); 1500Sc 5.24.32 (2007)

Angharad Davies Athletics Milestones (162 Recorded Performances) main results from 2004 onwards

2004 U13 Carmarthen Harriers (4 Recorded Performances)

1200	1	4.09.4	Stourport	UKA Midlands League Match	6 Jun 2004
1500	1	5.18.9	Liverpool		28 Jun 2004
1500	2	5.18.38	Colwyn Bay	Welsh U13 Championships	19 Jun 2004
1500	1	5.19.7	Newport	Welsh Junior League Match	31 Jul 2004
KSC	3		David James Swansea	Boys and Girls Championships	23 Nov 2003
KSC	9		Cardiff	Schools Cross Country Challenge	18 Jan 2004
KSC	10		Brecon	Welsh Schools Y7 Championships	13 Mar 2004
RR	1	7.34	Swansea	Fastest U13G leg of the day	26 Sep 2004
KSC	2		Bridgend	Boys and Girls Clubs Champs	28 Nov 2004

KSC	1	8.39	Wrexham	Welsh Inter Regional Champs	11 Dec 2004
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2005 U15 Carmarthen Harriers (10 Recorded Performances)

800	1	2.19.95	Cardiff	Welsh U15 Championships	18 Jun 2005
800	1	2.23.8	Carmarthen	Welsh Junior League Match	9 Jul 2005
1500	5	4.59.30	Cardiff	BMC	30 May 2005
1500	2	5.01.82	Brecon	Welsh Schools Championships	2 Jul 2005
1500	1	5.09.27	Carmarthen	Welsh Inter Regional Champs	27 Aug 2005
Mile	7	5.38.35	Crystal Palace	BMC Grand Prix	6 Aug 2005
KSC	14		Cardiff	Schools Cross Country Challenge	23Jan 2005
KSC	5		Cardiff	Welsh U13 Championship	20 Feb 2005
KSC	6		Brecon	Welsh Schools JG Championships	19 Mar 2005
KSC	29		Northop NW	SIAB Schools International	2 Apr 2005
KSC	1		Brecon	Welsh Inter Schools Champs	12 Nov 2005
KSC	1		Brecon	Welsh U15 Inter Regional Champ	11 Dec 2005
2.6MR	52	17.22	London	London Mini Marathon	17 Apr 2005

2006 U15 Carmarthen Harriers (12 Recorded Performances)

800	2	2.21.83	Brecon	Welsh Schools Championships	1 Jul 2006
800	5	2.23.49	Carmarthen	Welsh U15 Championships	8 Jul 2006
800	5h	2.23.9	Birmingham	AAA U15 Championships	5 Aug 2006
1500	4	5.01.12	Cardiff	Welsh U15 Championships	18 Jun 2006
KSC	1	15.53	Pembrey	Welsh U15 Championship	23 Feb 2006
KSC	7	12.30	Brecon	Welsh Schools Championships	25 March 2006
KSC	30		Stowe School	SIAB Schools International	8 Apr 2006
2.6M	27		London	London Mini Marathon	23 Apr 2006

2007 U17 Carmarthen Harriers (22 Recorded Performances)

200		27.3	Brecon	Welsh League Match	11 Aug 2007
300	4	44.0	Brecon	Welsh Junior League Cup Final	19 Aug 2007
400	1	61.5	Brecon	Welsh League Match	11 Aug 2007
800	1	2.18.5	Carmarthen	Dyfed Schools Championships	9 Jun 2007
800	2	2.20.0	Birmingham	UK YA league Match	6 May 2007
800		2.25.4	Brecon	Welsh Junior League Cup Final	19 Aug 2007
1500	1	4.54.3	Swansea	West Wales Championships	13 May 2007
1500	3	4.56.4	Swansea	Welsh U17 Championships	17 Jun 2007
1500SCW	2	5.24.32	Antrim NI	Celtic Junior Games	4 Aug 2007
1500SCW	1	5.33.2	Cardiff	UK YA Junior League	1 Jul 2007
KSC	1		Brecon	Welsh Inter Schools Champs	17 Nov 2007
KSC	1	17.41	Cardiff	Welsh Inter Regional Champs	9 Dec 2007

2008 U17 Carmarthen Harriers (20 Recorded Performances)

300	1	44.7	Swansea	Welsh junior League Match	20 Apr 2008
800	1	2.21.2	Carmarthen	Welsh Junior League Match	4 May 2008

800	2	2.21.8	Swansea	Welsh Junior League Match	20 Apr 2008
1500	15	4.45.32	Street	BMC Classic	5 May 2008
1500	1	4.50.56	Carmarthen	Dyfed Schools Champs	7 Jun 2008
1500	3	4.56.0	Brecon	Welsh Schools Championships	5 Jul 2008
ZXC	1	15.38	Brecon	Welsh Inter Schools Champs	15 Nov 2008
ZXC	4	15.43	Brecon	Welsh Schools Championships	8 Mar 2008
ZXC	28	16.21	Perth SCO	SIAB Schools International	28 Mar 2008
ZXC	3	17.08	Wrexham	Welsh Inter Regional Champs	13 Dec 2008
ZXC	3	17.15	Cardiff	Inter Schools Challenge	20 Jan 2008
ZXC	7	22.30	Swansea	Welsh Cross Country Champs	24 Feb 2008

2009 U20 Carmarthen Harriers (26 Recorded Performances)

400	2	61.90	Newport	Welsh Senior League Match	12 Jul 2009
400	3	63.94	Swansea	Welsh Inter Regional Champs	30 Aug 2009
800	6	2.21.04	Cardiff	BMC	13 May 2009
800	2	2.24.89	Swansea	Welsh Inter Regional Champs	30 Aug 2009
1500	1	4.54.44i	Cardiff	Welsh Indoor U20 Champs	22 Mar 2009
1500	2	5.01.93	Cardiff	Welsh Schools Champs	4 Jul 2009
3000	1	11.06.35i	Cardiff	Welsh Indoor U20 Champs	11 Jan 2009
400H	2	71.09	Cardiff	UK YA League Match	27 Jul 2009
400H	1	71.5	Cardiff	Welsh Schools Champs	4 Jul 2009
ZXC	10	16.58	Brecon	Welsh Inter Schools Champs	14 Nov 2009
ZXC	7	19.43	Builth Wells	Welsh U20 Championships	1 Feb 2009
ZXC	4	19.28	Brecon	Welsh Schools Championships	28 Feb 2009
ZXC	23	21.00	Bangor	SIAB Schools U20 International	28 Mar 2009

2010 U20 Carmarthen Harriers (27 Recorded Performances)

400	1	62.68	Brecon	Welsh Junior Cup Final	22 Aug 2010
800	1	2.17.80	Brecon	Welsh Schools Championships	3 Jul 2010
800	1	2.17.83	Carmarthen	Welsh U20 Championships	10 Jul 2010
800	2	2.19.77	Cardiff	Welsh Inter Regional Champs	29 Aug 2010
800	1	2.21.7	Carmarthen	Dyfed Schools Championships	19 Jun 2010
800	1	2.22.03	Brecon	Welsh Junior Cup Final	22 Aug 2010
1500	4	4.54.28	Derby	UK YA League Final	12 Sep 2010
400H	2	65.94	Carmarthen	Welsh U20 Championships	10 Jul 2010
400H	2	67.92	Cardiff	Welsh Inter Regional Champs	29 Aug 2010
ZXC	6	21.02	Brecon	Welsh Schools Championships	27 Feb 2010
ZXC	2	22.32	Swansea	Welsh U20 Championship	20 Feb 2010
ZXC	22	25.34	Mansfield	Home Countries International	27 Mar 2010

2011 U23 Carmarthen Harriers/ Bath University (10 Recorded Performances)

600	8	1.40.56	Swansea	Wales v WS V Harvard and Vale	22 Jun 2011
800	5h	2.19.34	Bedford	BUCS Championships	30 Apr 2011
800	7	2.19.97	Bedford	BUCS Championships	1 May 2011
1500	4	4.47.29	Cardiff	Welsh Senior Championships	18 Jun 2011

1500	4h	4.55.90	Sheffield	BUCS Championships	19 Feb 2011
5000	2	18.27.51	Cardiff	Welsh Senior Championships	18 Jun 2011
ZXC	7	28.44	Builth Wells	Welsh Inter Regional Champs	10 Dec 2011

2012 U23 Carmarthen Harriers/ Bath University (9 Recorded Performances)

1500	3	4.50.40	Cardiff	Welsh Senior Championships	4 Jun 2012
1500	5	4.52.76	Exeter	BMC Races	24 Apr 2012
3000	11	10.25.69i	Sheffield	BUCS Indoor Championships	26 Feb 2012
3000	7h	10.35.67i	Sheffield	BUCS Indoor Championships	25 Feb 2012
ZXC	39	22.48	Edinburgh	Bupa Great Edinburgh	7 Jan 2012
ZXC	18	33.14	St Fagans	Welsh Senior Championships	18 Feb 2012

2013 U23 Carmarthen Harriers/ Bath University (8 Recorded Performances)

800	3	2.23.20	Carcassonne FRA	Inter Regional Meeting	29 Jun 2013
1500	4	4.50.66	Montpellier FRA	Championship de la Mediterranee	22 Jun 2013
1500	1	4.56.80	Lunel FRA	Interclubs Languedoc	5 May 2013
3000	1	10.43.57	Arles FRA	Interclubs	19 May 2013

2014 Senior Carmarthen Harriers/ Bath University (1 Recorded Performance)

ZXC	109	26.33	Stirling	BUCS Championships	1 Feb 2014
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2015 Senior Carmarthen Harriers (2 Recorded Performances)

800	1	2.28.21	Majad ESP	Reunion Majadahonda	3 Oct 2015
5K	1	18.03.27	Madrid ESP	5km MMT Seguros Madrid	29 Mar 2015

2016 Senior Carmarthen Harriers/Spain (6 Recorded Performances)

800	1	2.20.34	Aluche ESP	Trofeo San Isidro Aluche	7 May 2016
1500	6	4.37.47	Madrid ESP	Del A a la Pista	14 May 2016
1500	5	4.39.32	Fuentabrada ESP	Trofeo Ciudad de Fuentabrada	26 May 2016
1500	7	4.41.21	Cosiada ESP	Campeonato de Madrid	10 Jul 2016
1500	7	4.42.06	Castro Urdiales ESP	Campeonato de Cantabria	16 Jul 2016
KXC	45	31.05	Madrid ESP	Cto. De Esprfia	28 Feb 2016

2020 Senior Carmarthen Harriers / Spain (5 Recorded Performances)

800	1	2.13.02	La Coruna ESP	CTO. DE Galicia Absoluto	29 Aug 2020
800	1	2.15.96	Ourense ESP	Ourense Termal Meeting	21 AUG 2020
1500	8	4.32.17	VALLHENERMOSO ESP	CAMPEONATO	12 SEP 2020
1500	1	4.32.42	LA CORUNA	CTO. DE GALICIA ABSOLUTO	29 AUG 2020
1500	8	4.38.28	OURENSE ESP	COMPEONATO	29 FEB 2020