

## **Carys Jones**

Carys lives in Drefach Llanelli, a small village about seven miles from the county town of Carmarthen Carmarthenshire

She was educated at Drefach and Gorslas primary schools and then went on to Tregib/Bro Dinefwr secondary school in Llandeilo. She is now at the University of West of England at Bristol

**Carys is the holder of two Welsh pole vault records, which were set several years ago**

**U13G 2.40m Stoke Gifford 3 Aug 2011**  
**U15G 3.20m Bedford 31 Aug 2013**

She is from a very sporting family. Her mother Carol competed for Welsh schools at cross country and for the last twenty years she has been coaching young Carmarthen Harriers endurance athletes who have gone on to win UK and Welsh championship titles. She is also a team manager with Welsh schools and Welsh teams. Carol travels thousands of miles every year supporting her athletes at competitions. Has received awards for her contribution to athletics.

Both Carys's brother Emyr and elder sister Enfys are Welsh schools pole vault internationals. Emyr was also a Welsh pole vault champion and helps coaching young Carmarthen Harriers pole vaulters

Carys started with Carmarthen and District Harriers Athletics Club at the age of ten and remained a faithful member of the Club throughout her junior athletics career

She has won many Welsh schools and Welsh pole vault titles and represented Welsh schools or Wales on many occasions. Carys also finished second in an UK championship

Like many other young athletes, she has had injuries but has come back to record a personal best early in 2020

Edward Thompson has been her lead coach for many years

### **Personal Bests**

60m 10.1i (2010); 75m 12.1 (2010); 100m 13.6 (2013); 200m 35.02 (2010); 70mH 13.11 (2012); HJ 1.30m (2012); LJ 3.96m (2013); PV 3.81i (2020); U13 SP 6.44m (2013)

### **Milestones in Carys Jones's Athletics Career (125 recorded performances)**

#### **2010 U13 Carmarthen Harriers (13 Results)**

60	3h	10.1i	Swansea	West Wales Indoor Championships	17 Jan 2010
75	5	12.1	Carmarthen	McCain YA League Match	2 May 2010
100	6	16.5	Neath	Louise Arthur League Match	22 May 2010
200	4	35.02	Cardiff	Welsh Junior Cup West	7 Aug 2010
PV	5	1.80i	Cardiff	UWIC Open Meeting	11 Dec 2010
PV	2	1.70	Connahs Quay	Danny Evans Memorial Meeting	6 Jun 2010
PV	6	1.70	Swansea	Welsh U15 Championships	12 Jun 2013

**2011 U13 Carmarthen Harriers (14 Results)**

<b>PV</b>	<b>2</b>	<b>2.40</b>	<b>Stoke Gifford</b>	<b>Avon AA Open</b>	<b>3 Aug 2011</b>
PV	8	2.40i	CARDIFF	UWIC GRAND PRIX	11 DEC 2011
PV	6	2.30	CARDIFF	WELSH U15 CHAMPIONSHIPS	23 JUL 2011
PV	1	2.30	CONNAH'S QUAY	DANNY EVANS MEMORIAL	4 JUN 2011
PV	4	2.10	CARMARTHEN	WEST WALES CHAMPIONSHIPS	15 MAY 2011
PV	5	2.00i	Cardiff	Welsh U15 Indoor Championships	29 Jan 2011
PV	1	1.90i	Swansea	West Wales U13 Indoor Championships	16 Jan 2011h

**2012 U15 Carmarthen Harriers (18 Results)**

<b>PV</b>	<b>1</b>	<b>3.05</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>7 Jul 2012</b>
<b>PV</b>	<b>4</b>	<b>3.00</b>	<b>Ashford</b>	<b>SIAB Schools International Match</b>	<b>21 Jul 2012</b>
<b>PV</b>	<b>1</b>	<b>2.96</b>	<b>Cardiff</b>	<b>Welsh U15 Championships</b>	<b>2 Jun 2012</b>
PV	1	2.95	Neath	Louise Arthur League	26 May 2012
PV	1	2.90	Carmarthen	Midlands YA League Match	6 May 2012
PV	1	2.90	Swansea	Midlands YA League Match	20 May 2012
PV	1	2.81	Neath	West Wales Championships	13 May 2012
PV	2	2.81	Wrexham	Wrexham Open Games	11 Aug 2012
<b>PV</b>	<b>1</b>	<b>2.76i</b>	<b>Cardiff</b>	<b>Welsh U15 Indoor Championships</b>	<b>21 Jan 2012</b>
PV	1	2.64i	Swansea	West Wales Indoor Championships	15 Jan 2012
PV	1	2.61i	Cardiff	Cardiff Open Meeting	22 Aug 2012
PV	1	2.60	Carmarthen	Louise Arthur League Match	28 Apr 2012
PV	15	2.60	Bedford	England U15 Championships	18 Aug 2012
PV	5	2.56i	Cardiff	UWIC Indoor Grand Prix	8 Jan 2012

**2013 U15 Carmarthen Harriers (20 Results)**

<b>PV</b>	<b>2</b>	<b>3.20</b>	<b>Bedford</b>	<b>England U15 Championships</b>	<b>31 Aug 2013</b>
<b>PV</b>	<b>1</b>	<b>3.11</b>	<b>Cardiff</b>	<b>Welsh U15 Championships</b>	<b>29 Jun 2013</b>
<b>PV</b>	<b>1</b>	<b>3.09</b>	<b>Swansea</b>	<b>Welsh U17 Championships</b>	<b>27 Jun 2013</b>
PV	1	3.06	Bath	Midlands YA League Match	4 May 2013
<b>PV</b>	<b>1</b>	<b>3.05</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>6 Jul 2013</b>
PV	2	2.91i	Sportcity	Vault Manchester 2013	9 Mar 2013
PV	2	2.91	Colwyn Bay	Celtic Games	3 Aug 2013
PV	6	2.90	Dublin IRE	SIAB Schools International	20 Jul 2013
PV	1	2.85	Swansea	West Wales Championships	25 May 2013
PV	5	2.80i	Birmingham	England U15 Indoor Championships	24 Feb 2013
PV	1	2.80	Carmarthen	Dyfed Schools Championships	8 Jun 2013
PV	1	2.76	Carmarthen	Louise Arthur League Match	17 Aug 2013
<b>PV</b>	<b>1</b>	<b>2.63i</b>	<b>Cardiff</b>	<b>Welsh U15 Indoor Championships</b>	<b>17 Feb 2013</b>
PV	1	2.50	Yeovil	Midlands YA League Match	1 Jun 2013

#### 2014 U17 Carmarthen Harriers (10 Results)

PV	4	3.40	Bedford	England U17 Championships	31 Aug 2013
PV	3	3.33	Cardiff	SIAB Schools International	19 Jul 2014
<b>PV</b>	<b>1</b>	<b>3.31</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>5 Jul 2014</b>
<b>PV</b>	<b>2</b>	<b>3.20</b>	<b>Dublin IRE</b>	<b>Celtic Games</b>	<b>9 Aug 2014</b>
<b>PV</b>	<b>1</b>	<b>3.13</b>	<b>Cardiff</b>	<b>Welsh U17 Championships</b>	<b>14 Jun 2014</b>
PV	1	3.10	Carmarthen	West Wales Championships	25 May 2014
PV	6	3.05	Cardiff	Welsh Senior Championships	1 Jun 2014
PV	1	3.00	Carmarthen	Dyfed Schools Championships	7 Jun 2014
PV	4	2.95i	Cardiff	Vault Cardiff	1 Feb 2014
PV	2	2.80	Gloucester	Midlands YA League Match	27 Apr 2014

#### 2015 U17 Carmarthen Harriers (9 Results)

PV	5	3.41i	Cardiff	Vault Cardiff	18 Jan 2015
PV	6	3.34i	Bath	Bath Christmas Pole Vault	20 Dec 2015
PV	6	3.31i	Cardiff	Cardiff Met Christmas Classic	13 Dec 2015
PV	8	3.30i	Sheffield	England U17 Indoor Championships	1 Mar 2015
<b>PV</b>	<b>1</b>	<b>3.22i</b>	<b>Cardiff</b>	<b>Welsh U17 Indoor Championships</b>	<b>24 Jan 2015</b>
<b>PV</b>	<b>1</b>	<b>3.16i</b>	<b>Cardiff</b>	<b>Welsh U20 Indoor Championships</b>	<b>15 Feb 2015</b>
PV	3	2.80	Cardiff	Welsh Schools Championships	4 Jul 2015
PV	NH		Newport	Welsh U20 Championships	16 Aug 2015

#### 2016 U20 Carmarthen Harriers (10 Results)

PV	4	3.45	Bedford	England U20 Championships	18 Jun 2016
<b>PV</b>	<b>1</b>	<b>3.44i</b>	<b>Cardiff</b>	<b>Welsh U20 Indoor Championships</b>	<b>17 Jan 2016</b>
PV	1	3.40	Bath	Bath Field Fest	17 Apr 2016
PV	4	3.40	Swansea	UK Women's League	4 Jun 2016
PV	6	3.35i	Cardiff	Welsh International	7 Feb 2016
PV	1	3.25	Newport	Midlands YA League Match	29 May 2016
PV	9	3.30	Cardiff	Welsh Senior Championships	11 Jun 2016
<b>PV</b>	<b>1</b>	<b>3.30</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>2 Jul 2016</b>
PV	2	3.27i	Cardiff	Welsh Senior Indoor Championships	31 Jan 2016
PV	6	3.26i	Cardiff	Vault Cardiff	24 Jan 2016

#### 2017 U20 Carmarthen Harriers (8 Results)

PV	1	3.52i	Cardiff	Cardiff Met Christmas Classic	10 Dec 2017
PV	4	3.46i	Cardiff	John Collins Memorial Pole Vault	2 Sep 2017
PV	2	3.40	Wrexham	Welsh U20 championships	19 Aug 2017
PV	4	3.35	Cardiff	Welsh International	12 Jul 2017
<b>PV</b>	<b>1</b>	<b>3.30</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>1 Jul 2017</b>
PV	1	3.30	Swansea	Welsh Athletics League	29 Jul 2017
PV	8	3.10	Cardiff	Run with the Wind Meeting	21 Jun 2017

**2018 U23 Carmarthen Harriers/ Swansea Harriers (7 Results)**

PV	11	3.60i	Cardiff	Cardiff Met Christmas Classic	10 Dec 2018
PV	4	3.40i	Cardiff	Cardiff Met New Year	14 Jan 2018
PV	2	3.30	Grangemouth SCO	UK Women's League Match	7 Jul 2018
PV	1	3.30	Cheltenham	Cheltenham Midsummer Meeting	25 Jul 2018
PV	7	3.15	Cardiff	Welsh Senior Open Championships	14 Jul
2018					
PV	NH		Bedford	England U23 Championships	17 Jun 2018

**2019 U23 Swansea Harriers/ University of West of England Bristol (12 Results)**

PV	4	3.73i	Cardiff	Vault Cardiff	10 Mar 2019
<b>PV</b>	<b>3</b>	<b>3.72</b>	<b>Cardiff</b>	<b>Welsh International</b>	<b>24 Jul 2019</b>
<b>PV</b>	<b>3</b>	<b>3.70i</b>	<b>Sheffield</b>	<b>BUCS Indoor Championships</b>	<b>16 Feb 2019</b>
PV	2=	3.65i	Cardiff	Welsh Senior Indoor Championships	25 Jan 2019
PV	6	3.65i	Cardiff	Welsh Indoor International	3 Mar 2019
PV	4=	3.60	Hendon	UK Women's League Match	9 Jun 2019
PV	4	3.60	Stevenage	UK Women's League Match	6 Jul 2019
PV	5	3.55	Cardiff	Welsh Senior Championships	14 Jul 2019
PV	6	3.50	Bedford	BUCS Championships	6 May 2019
PV	11	3.50	Bedford	England U23 Championships	23 Jun 2019
PV	3	2.75	Neath	Welsh Athletics League Match	19 May 2019

**2020 U23 Swansea Harriers/ University of West of England Bristol**

<b>PV</b>	<b>1</b>	<b>3.81i</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>25 Jan 2020</b>
PV	9	3.72i	Cardiff	Vault Cardiff	8 Mar 2020
PV	3	3.61i	Cardiff	Non Thomas New Year Classic	19 Jan 2020
PV	8	3.55i	Glasgow	British Indoor Championships	22 Feb 2020