

Heather Jones

Heather Jones was one of Carmarthen and District Harriers Athletics Club coach Ossie Morgan's outstanding athletes

Heather joined Carmarthen Harriers as an under 13 athlete and remained with Carmarthen Harriers throughout her junior career

She attended Tregib Secondary school in Llandeilo Carmarthenshire and then studied at Cardiff Met University

She has had outstanding results as a high hurdler under the guidance of her coach

- Winner of four UK championships hurdles gold medals (3 indoor and 1 outdoor)**
- Competed for GB in the 2005 U20 European championships in Kaunas Lithuania (5TH IN HURDLES FINAL IN 13.77)**
- Competed in many international competitions both in Britain and abroad**
- Winner of many Welsh championships**
- Competed for Wales and Welsh Schools in many international events**
- Holder of the Welsh U15 girls 75m hurdles record (10.86)**
- Four times winner of the Carmarthenshire Sports Personality Junior Female Award**
- Three times winner of the Carmarthen Town Junior Female Award**
- Recorded 32 performances under 14 seconds in the 100m hurdles event with a best time of 13.65 (13.54w)**

Heather Jones is the holder of all the Carmarthen Harriers Junior Female High Hurdles records

U13	70H	11.8	1999
U15`	75H	10.86	2001
U17	80H	11.27	2003
U20	100H	13.65	2005

A reliable and consistent club athlete who had several injuries during her athletics career

Personal Bests

60 8.05i (200); 100 12.2 (2008); 2 25.1 (2006); 300 40.64 (2005); 400 58.03i (2007); 60H 8.67i (2008); 75H 10.86 (2001); 80H 11.27 (2003).100H 13.65, 13.54w (2005)

HEATHER JONES CAREER MILESTONES

1999 U13 Carmarthen Harriers

70H 11.8

2000 U15 Carmarthen Harriers (1 recorded performance)

75H 1 11.1 Don Valley AAA U15 Championships 30 Jul 2000

2001 U15 Carmarthen Harriers (4 Recorded Performances)

60H	1	8.79i	Birmingham	AAA U15 Indoor Championships	25 Feb 2001
75H	1	10.86	Cardiff	Welsh U15 Championships	17 Jun 2001
75H	1	10.95	Sheffield	AAA U15 Championships	12 Aug 2001
75H	1(sf)	10.97	Sheffield	AAA U15 Championships	12 Aug 2001

2003 U17 Carmarthen Harriers (1 recorded performance)

80H	1	11.27	Cardiff	Welsh U17 Championships	21 Jun 2003
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2004 U17 Carmarthen Harriers (no performances listed)**2005 U20 Carmarthen Harriers (28 performances recorded)**

200	1	25.46	Cardiff	Welsh Schools Championships	12 Jul 2005
300	4	40.54	Tullamore	SIAB Schools International	16 Jul 2005
100H	4	13.54	Bratislava SVK	Cena	7 Jun 2005
100H	5	13.65	Loughborough	Loughborough International	22 May 2005
100H	1	13.66	Bedford	AAA U20 Championships (h)	3 Jul 2005
100H	1	13.67	Cardiff	Welsh U20 Championships	29 Aug 2005
100H	1	13.69	Bedford	CAU Inter counties Championships (h)	29 May 2005
100H	4	13.70	Bangor NI	North Down International Games	24 Jun 2005
100H	1	13.70	Bedford	AAA U20 Championships	3 Jul 2005
100H	3	13.71	Bedford	CAU Inter Counties Championships	29 May 2005
100H	6	13.71	Sportcity	AAA Senior Championships	9 Jul 2005
100H	3	13.71	Kaunas LTU	European Championships (sf)	22 Jul 2005
100H	5	13.77	Kaunas LTU	European Championships	23 Jul 2005
100H	3	13.94	Sportcity	AAA Senior Championships (h)	9 Jul 2005
100H	1	13.98	Derby	U23 Inter Territorial Cup	14 Aug 2005
100H	1	13.99	Abingdon	SEAA Inter Regional Match	4 Sep 2005
100H	1	14.0	Bedford	DE Montfort University Open	16 Apr 2005
100H	1	14.20	Cardiff	Welsh Schools Championships	12 Jul 2005
100H	4	14.21	Kaunas LTU	European Junior Championships (h)	2 Jul 2005
100H	1	14.22	Carmarthen	Welsh Inter Regional Championships	27 Aug 2005

2006 U23 Carmarthen Harriers/ Cardiff Met University (15 Recorded Performances)

60	6	8.05	Cardiff	Jeff White International Trophy	5 Feb 2006
60H	2	8.64i	Cardiff	Jeff White International Trophy	5 Feb 2006
60H	1	8.65i	Cardiff	UK Indoor City Cup Semi Final	4 Feb 2006
60H	3	8.68i	Cardiff	Welsh Senior Indoor Championships	29 Jan 2006
60H	7	8.88	Sheffield	BUSA Indoor Championships	26 Feb 2006
100H	2	13.98	Birmingham	BUSA Championships	1 May 2006
100H	2	14.7	Cosford	Representative match	22 Apr 2006
HJ	2	1.60	Cosford	Representative match	22 Apr 2006

2007 U23 Carmarthen Harriers/ Cardiff Met University (17 Recorded Performances)

400	1(h)	58.03i	Cardiff	Welsh Open Indoor Championships	13 Jan 2007
400	2	58.36i	Cardiff	Welsh Open Indoor Championships	13 Jan 2007
100H	4	13.80	Bratislava SVK	Cena Slovenska	5 Jun 2007
100H	4	14.04	Bratislava SVK	Cena Slovenska	5 Jun 2007
100H	1	14.20	Cwmbran	Welsh Senior Championships	14 Jul 2007
100H	3(h)	14.21	Bedford	CAU Inter County Championships	27 May 2007
100H	5	14.36	Bedford	CAU Inter County Championships	27 May 2007
100H	7	14.57	Stavanger NOR	England International	13 Jun 2007

2008 U23 Carmarthen Harriers/Swansea Harriers/ Cardiff Met University (28 Recorded Performances)

100	1	12.2	Aberdare	Welsh Senior League	18 Aug 2008
200	3	25.20i	Birmingham	Inter Varsity Match	20 Feb 2008
60H	2	8.57i	Cardiff	Celtic Cup	3 Feb 2008
60H	6	8.66i	Sheffield	UKA Indoor City Challenge Final	17 Feb 2008
60H	5h	8.71i	Sheffield	UK indoor Championships	10 Feb 2008
60H	1	8.72i	Cardiff	Welsh Indoor Championships	26 Jan 2008
60H	4	8.72i	Birmingham	Inter Varsity Match	20 Feb 2008
60H	1	8.74i	Cardiff	UWIC Grand Prix Series	5 Jan 2008
100H	6	13.68	Birmingham	UK Championships	13 Jul 2008
100H	5	13.69	Loughborough	LEAP	17 Jul 2008
100H	5	13.71	Bedford	England U23 Championships	22 Jun 2008
100H	3(h)	13.79	Bedford	England U23 Championships	22 Jun 2008
100H	4(h)	13.79	Loughborough	LEAP	17 Jul 2008
100H	1	13.8	Brecon	Welsh Senior League	4 May 2008
100H	2	13.86	Carshalton	UK Women's League	3 Aug 2008
100H	3	14.06	Bedford	CAU Inter Counties Championships	5 May 2008
100H	3	14.15	Bedford	BUSA Championships	4 May 2008
100H	4	14.17	Loughborough	Loughborough International	18 May 2008
100H	1	14.35	Swansea	Welsh Senior Championships	15 Jun 2008

2009 SENIOR Carmarthen Harriers/ Swansea Harriers (11 Recorded Performances)

100	1	12.44	Swansea	Welsh Senior League	28 Jun 2009
100H	3	13.70	Loughborough	McCain Loughborough International	17 May 2009
100H	4	13.70	Cardiff	UKA Super 8	10 Jun 2009
100H	5	13.76	Cork IRE	Cork City Games	4 Jul 2009
100H	3(h)	13.90	Birmingham	Aviva British Senior Championships	12 Jul 2009
100H	1	13.98	Cardiff	Welsh senior Championships	13 Jun 2009
100h	1	14.00	Cardiff	Uk Women's League	6 Jun 2009
100h	1	14.09	Neath	West Wales Championships	10 May 2009
100H	1	14.11	Swansea	Welsh Senior League	28 Jun 2009
100H	2(h)	14.14	Bedford	CAU Inter County Championships	24 May 2009
100H	7	14.63	Bedford	CAU Inter County Championships	24 May 2009

2010 SENIOR Swansea Harriers/Carmarthen Harriers (15 Recorded Performances)

100	1	12.55	Newport	Welsh Senior League	17 Jul 2010
200	1	26.5	Swansea	West Wales Championships	9 May 2010
60H	4	8.81i	Cardiff	Celtic International	21 Feb 2010
60H	1	8.95i	Cardiff	Welsh Senior Indoor Championships	23 Jan 2010
100H	2	13.59w	Bedford	CAU Inter County Championships	30 May 2010
100H	2(h)	13.74w	Bedford	CAU Inter County Championships	30 May 2010
100H	5	13.86w	Loughborough	Loughborough International	23 May 2010
100H	1	13.9w	Swansea	West Wales Championships	9 May 2010
100H	7	14.09	Glasgow	Super 8 City Competition	7 Jul 2010
100H	1	14.15	Cardiff	Welsh Senior Championships	12 Jun 2010
100H	3(h)	14.16	Birmingham	British Championships	26 Jun 2010
100H	2	14.25	Cardiff	UK Women's League	5 Jun 2010
100H	6	14.50	Cork IRE	Cork City Games	3 Jul 2010

2011 SENIOR Swansea Harriers/Carmarthen Harriers

No competition following ankle operation

2012 SENIOR Swansea Harriers/Carmarthen Harriers (7 Recorded Performances)

100	2	13.1	Connah's Quay	Welsh Senior League	22 Apr 2012
200	3	27.05	Cwmbran	Welsh Senior League	27 May 2012
100H	1	14.49	Swansea	Welsh Senior League	10 Jun 2012
100H	1	14.55	Connah's Quay	Welsh Senior League	22 Apr 2012
100H	2	14.79	Cardiff	Welsh Senior Championships	3 Jun 2012
100H	1	16.8	Neath	Welsh Inter Regional Championships	13 May 2012