

## Ralph Siggery

Ralph Siggery was a very good sprinter at school. His interest in athletics continued particularly when his daughters Alison and Sara took up javelin throwing

In the late 1990's he started coaching the javelin at the Carmarthen Harriers track in Johnstown Carmarthen

His squad of javelin throwers grew and grew over the years and in 2020 he still coaches at the track on two evenings a week

Over the years Ralph has coached very many young javelin throwers to go on to win Welsh championships and to go on to represent Wales

The following list is some of the athletes he has coached in the javelin event to win Welsh championships or and represent Wales in international competition

Morgan Batten

Victoria Buxton

Kylie Clarke

Amy Humble

Natalie Griffiths

Danielle Hamer

Derek Hermann

Julian Howells

Sion Howells

Michael John

Huw Jones

Lydia Jones

Jon Llewelyn SIAB Schools International javelin champion

Garth Loughran

Stuart Loughran

Joshua Madden SIAB Schools International javelin champion

Carys Mansfield (Competed for GB in European Youth Olympic Games in 2011 in Turkey and Wales in the Commonwealth Youth Games in the Isle of Man)

Aaron Morgan

Alison Siggery

Sara Siggery

Robert Smith

Joshua Thomas

Cordelia Walker

Mary Wilson

Carrie Williams

In the last 11 years Ralph has organized the Carmarthen throws competition (javelin, shot and discus) on the last Thursday of the month during the summer

The competition initially was to help young athletes from West Wales. However, it has become so popular that top athletes from all over Wales come regularly to compete in Ralph's events in Carmarthen

Ralph Siggery has received well deserved awards from Welsh Athletics, Carmarthen Town Council and Carmarthen Harriers