

Rheon and Eiliw James

Rheon James

Personal Bests

**SP 6K 14.12m (2010); SP 5K 15.41m (2009);SP 4K 14.54m (2007); SP 3.25K 10.72m (2005)
DT 1.75K 35.33m (2010);DT 1.5K 43.88m (2008); DT 1.25K 27.83 (2005)
JT600 50.14 2007)**

Coaches Carmarthen Harriers Coaches Richard Wyer (d) and Ralph Siggery

Rheon joined Carmarthen and District Athletics Club as a twelve year old and was coached by Richard Wyer and Ralph Siggery

He was educated at Ysgol Gynradd Hafodwenog Trelech Carmarthenshire and at Ysgol Bro Myrddin in Carmarthen

Rheon was an exceptionally fine shot ,discus and javelin athlete and won all his Welsh competitions as a second year under 13 and under 15 athlete

He won 19 Welsh Schools and Welsh championship gold medals (11 in the shot,7 in the discus and 1 in the javelin event)

Won gold medal in the discus in the 2007 Celtic Games. Competed for Welsh schools in the SIAB 2008 and 2009 schools international matches

In the 2006 under 15 UK championships in Don Valley Sheffield Rheon came second in the shot, fourth in the discus and sixth in the javelin event

Rheon is also a fine rugby player and played for Wales in the center at under 20 level

Rheon's younger sister Eiliw is also a fine athlete winning 8 gold medals in Welsh championships in the shot, discus and hammer events. She competed for Welsh schools in the hammer event in the SIAB Schools international match in Cardiff in 2010

Details of Eiliw's achievements are also listed below

Rheon James's Milestones in his Athletics Career (100 Recorded Performances)

2004 First Year Under 13 Carmarthen Harriers

SP	1	9.28	Colwyn Bay	Welsh U13 Championships	20 June 2004
DT		29.42			

2005 Second Year Under 13 Carmarthen Harriers (19 Recorded Performances)

SP	1	9.98	Cardiff	Welsh U13 Championships	18 Jun 2005
SP	1	9.78i	Cardiff	Welsh U13 Indoor Championships	8 Jan 2005
SP	1	9.77	Brecon	Welsh Junior League Cup Final	21 Aug 2005
DT	1	23.42	Brecon	Welsh Junior League Cup Final	21 Aug 2005
DT	1	27.63	Cardiff	Welsh U13 Championships	18 Jun 2005
JT	1	41.04	Brecon	Welsh Junior League Cup Final	21 Aug 2005

2006 First Year Under 15 Carmarthen Harriers (11 Recorded Performances)

SP	1	13.31	Haverfordwest	Gerald Codd Trophy Meeting	13 Aug 2006
SP	3	11.49	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
DT	2	37.54	Brecon	Welsh Inter Regional Championships	27 Aug 2006
DT	2	32.02	Carmarthen	Welsh Under 15 Championship	8 Jul 2006
JT		38.84	Swansea	Louise Arthur League Match	16 Jul 2006

2007 Second Year Under 15 Carmarthen Harriers (41 Recorded Performances)

SP	1	14.64	Swansea	Louise Arthur League Match	1 Jul 2007
SP	4	14.55	Don Valley	England U15 Championships	12 Aug 2007
SP	1	13.85	Connah's Quay	Welsh Inter Regional Championships	26 Aug 2007
SP	1	13.84	Swansea	Welsh U15 Championships	17 Jun 2007
SP	1	13.29	Brecon	Welsh Junior League Cup Final	19 Aug 2007
SP	1	12.31i	Cardiff	Welsh U15 Indoor Championships	28 Jan 2007
DT	2	43.06	Don Valley	UK U15 Championships	12 Aug 2007
DT	1	42.75	Antrim NI	Celtic Junior Games	4 Aug 2007
DT	1	42.75	Connah's Quay	Welsh Inter Regional Championships	26 Aug 2007
DT	1	40.48	Aberdare	Welsh Junior League Cup Final	19 Aug 2007
DT	1	40.60	Brecon	Welsh Schools Championships	7 Jul 2007
DT	1	39.91	Swansea	Welsh U15 Championships	17 Jun 2007
DT	1	32.45	Carmarthen	Dyfed Schools Championships	9 Jun 2007
JT	6	50.14	Don Valley	UK U15 Championships	11 Aug 2007

2008 First Year Under 17 Carmarthen Harriers (12 Recorded Performances)

SP	5	14.54	Bedford	SIAB Schools International Match	19 Jul 2008
SP	1	14.66	Brecon	Welsh Junior League Final	24 Aug 2008
SP	2	14.51	Brecon	Welsh Schools Championships	5 Jul 2008
SP	2	14.32i	Cardiff	Welsh U17 Indoor Championships	12 Jan 2008
SP	1	13.85i	Cardiff	Celtic Cup	3 Feb 2008

SP	2	13.82	Carmarthen	Dyfed Schools Championships	7 Jun 2008
SP	1	13.79	Brecon	Welsh Inter Regional Championships	31 Aug 2008
SP	2	13.76	Connah's Quay	Welsh U17 Championships	12 Jul 2008
DT	2	40.04	Carmarthen	Dyfed Schools Championships	7 Jun 2008
DT	1B	39.89	Brecon	Welsh Junior League Cup Final	24 Aug 2008
DT		32.59	Brecon	Welsh Inter Regional Championships	31 Aug 2008
DT		31.37	Brecon	Welsh Schools Championships	5 Jul 2008

2009 Second Year Under 17 Carmarthen Harriers (14 Recorded Performances)

SP	3	15.41	Carmarthen	Celtic Junior Games	1 Aug 2009
SP	1	15.40	Newport	Welsh U17 Championships	7 Jun 2009
SP	1	14.85	Cardiff	Welsh Schools Championships	4 Jul 2009
SP	6	14.82	Cardiff	UK School Games	6 Sep 2009
SP	6	14.38	Antrim NI	SIAB Schools International Match	18 Jul 2009
SP	1	13.81i	Cardiff	Welsh U17 Indoor Championships	7 Feb 2009
SP	1	13.25	Carmarthen	Dyfed Schools Championships	13 Jun 2009
DT	2	43.88	Carmarthen	Celtic Junior Games	1 Aug 2009
DT	1	43.22	Newport	Welsh U17 Championships	7 Jun 2009
DT	1	41.81	Cardiff	Welsh Schools Championships	4 Jul 2009
DT	1	41.81	Carmarthen	Dyfed Schools Championships	13 Jun 2009
DT	6	38.11	Antrim NI	SIAB Schools International Match	18 Jul 2009

2010 First Year Under 20 Carmarthen Harriers (4 Recorded Performances)

SP	1	14.12	Brecon	Welsh Schools Championships	3 Jul 2010
SP	1	14.03	Carmarthen	Dyfed Schools Championships	19 Jun 2010
DT	3	35.33	Brecon	Welsh Schools Championships	3 Jul 2010
DT	2	32.10	Carmarthen	Dyfed Schools Championships	19 Jun 2010

Elliw James

Coached by Richard Wyer(d) and Ralph Siggery

Personal Bests

SP 4K 8.82i (2010); SP 3.25K 10.07i (2009); SP 2.72K 10.16 (2007)
DT 1K 29.69 (2008); 0.75K 23.42 (2007)
HT 4K 32.62 (2011); HT 3K 31.46 (2009)
JT 600 24.91 (2009); JT 400 23.43 (2007)

Elliw like her brother lived on the family farm in Bryn Iwan, Cynwyl Elfed, Carmarthenshire and went to Ysgol Gynradd Hafodwenog in Trelech and Ysgol Bro Myrddin in Carmarthen

She joined Carmarthen and District Harriers Athletics Club at the age of eleven and went on to win eight Welsh championships (4 in the shot, 3 in the discus and 1 in the hammer)

Competed for Welsh Schools in the hammer event in the 2011 SIAB Schools International in Cardiff on 16 July 2011

Both Eiliw and her brother Rheon were excellent Carmarthen Harriers team members and competed with distinction with Dyfed Schools, West Wales and Wales)

Milestones in Eiliw James Athletics Career (108 Recorded Performances) – Main Results

2006 First year Under 13 Carmarthen Harriers (9 Recorded Performances)

SP	1	8.57	Newport	Welsh Junior League	29 Jul 2006
SP	1	7.67i	Cardiff	Welsh U13 Indoor Championships	29 Jan 2006
DT	1	20.74	Carmarthen	Louise Arthur League Match	11 Jun 2006
DT	1	20.25	Carmarthen	West Wales Championships	13 May 2006
JT	1	22.14	Carmarthen	West Wales Championships	13 May 2006

2007 Second year Under 13 Carmarthen Harriers (22 Recorded Performances)

SP	1	10.16	Swansea	Welsh U13 Championships	16 Jun 2007
SP	1	9.10	Carmarthen	Welsh Junior League Match	28 May 2007
SP	1	8.92	Brecon	Welsh Junior League Cup Final	19 Aug 2007
SP	1	8.68i	Cardiff	Welsh U13 Indoor Championships	27 Jan 2007
DT	1	23.42	Carmarthen	Welsh Junior League Match	28 May 2007
DT	1	21.30	Swansea	Welsh U13 Championships	16 Jun 2007
JT	1	23.43	Brecon	Welsh Junior Cup Final	19 Aug 2007

2008 First year Under 15 Carmarthen Harriers (38 Recorded Performances)

SP	1	9.83	Carmarthen	Dyfed Schools Championships	7 Jun 2008
SP	3	9.47	Swansea	Welsh U15 Championships	15 Jun 2008
SP	4	9.44	Carmarthen	West Wales Championships	11 May 2008
SP	1	9.32	Carmarthen	UKA Midlands YA League Match	20 Jul 2008
SP	1	9.17	Carmarthen	UKA Midlands YA League Match	4 May 2008
DT	1	29.69	Carmarthen	UKA Midlands YA League Match	20 Jul 2008
DT	1	28.71	Brecon	Welsh Schools Championships	5 Jul 2008
HT	2	28.84	Brecon	Welsh Inter Regional Championships	31 Aug 2008
HT	1	26.62	Carmarthen	Dyfed Schools Championships	7 Jun 2008
HT		22.93	Brecon	Welsh Schools Championships	5 Jul 2008
JT		23.35	Swansea	Welsh U15 Championships	14 Jun 2008
JT	1	21.31	Carmarthen	UKA Midlands YA League Match	4 May 2008
JT		20.75	Carmarthen	Welsh Junior League Match	26 May 2008

2009 Second Year Under 15 Carmarthen Harriers (23 Recorded Performances)

SP	1	10.07i	Swansea	West Wales Indoor U15 Championships	18 Jan 2009
SP	1	9.42i	Cardiff	Welsh Indoor U15 Championships	8 Feb 2009
SP	2	8.66	Cardiff	Welsh U15 Championships	11 Jul 2009

DT	1	29.24	Neath	Welsh U15 League Match	23 May 2009
DT	1	24.96	Cardiff	Welsh U15 Championships	11 Jul 2009
DT	2	23.97	Swansea	Welsh Inter Regional Championships	30 Aug 2009
HT	1	31.46	Carmarthen	Dyfed schools Championships	13 Jun 2009
HT	2	30.39	Cardiff	Welsh Schools Championships	4 Jul 2009
HT	2	29.38	Swansea	Welsh Inter Regional Championships	30 Aug 2009
HT	1	29.09	Cardiff	Welsh U15 Championships	11 Jul 2009
HT	2	27.38	Carmarthen	Louise Arthur League Match	25 Jul 2009

2010 First Year Under 17 Carmarthen Harriers (12 Recorded Performances)

SP	4	8.82i	Cardiff	Welsh U17 Indoor Championships	30 Jan 2010
SP	4	8.77	Cardiff	Celtic and U16 Schools International	21 Feb 2010
DT	1	26.30	Aberdare	NACYP Championships	26 Jun 2010
DT	1	26.27	Carmarthen	UKA YA League Match	16 May 2010
DT	5	24.35	Carmarthen	Welsh U17 Championships	10 Jul 2010
HT	5	28.45	Carmarthen	Welsh U17 Championships	10 Jul 2010
HT	4	27.53	Brecon	Welsh Schools Championships	3 Jul 2010
HT	1	24.43	Carmarthen	UKA YA League Match	16 May 2010

2011 Second Year Under 17 Carmarthen Harriers (2 Recorded Performances)

HT	2	32.62	Brecon	Welsh Schools Championships	2 Jul 2011
HT	7	29.16	Cardiff	SIAB Schools International Match	16 Jul 2011