

## Tomos Edwards

Coached by Richard Wyer (d)

### Personal Bests

**SP 7.25K 10.88 (2008); SP 6K 15.21 (2009); SP 5K 15.98 (2008); SP 4K 13.71 (2006).  
DT 2K 32.83 (2008); DT 1.75K 43.03 (2008); DT 1.5K 46.27 (2008); DT 1.25K 41.40 (2006)**

In 2007 Carmarthen and District Harriers Athletics Club was the top Throws Club (all ages, male and female) in UK

Tomos Edwards was one of the athletes who contributed to the success of the Club in 2007

Tomos lived in Cross Hands Carmarthenshire, a small village eleven miles from the athletics track in Carmarthen.

He was a pupil at Maes Yr Yrfa secondary school in Cefneithin and joined Carmarthen Harriers when he was twelve years of age where he was coached by Richard Wyer

Tomos soon became a particularly good shot and discus competitor and his record in major events is as follows

- **13 Welsh Championship gold medals**
- **Competed for Welsh Schools in 2 SIAB schools' athletics international matches (Newport 2007 and Bedford (captain of the Welsh schools team) in 2008)**
- **Competed 3 times for Wales in the Celtic junior international athletics matches (Antrim in 2007, Dunfermline in 2008 and Cardiff in 2010)**

Tomos was an exceptionally good Club athlete with Carmarthen Harriers and an excellent competitor for Dyfed schools and West Wales teams

His younger brother Jac also won the Welsh U15 indoor shot championship

### Tomos Edwards Milestones in his Athletics Career (136 Recorded Performances – Main Results)

#### 2004 Second Year Under 13 Carmarthen Harriers

SP	2	8.80	Colwyn Bay	Welsh U13 Championships	20 June 2004
DT		21.03			

### 2005 First Year Under 15 Carmarthen Harriers (2 Recorded Performances)

SP	1B	11.02	Brecon	Welsh Junior League Cup Final	21 Aug 2005
DT	3	21.41	Cardiff	Welsh U15 Championships	18 Jun 2005

### 2006 Second Year Under 15 Carmarthen Harriers

SP	1	13.71	Telford	UK Midlands YA League Match	4 Jun 2006
<b>SP</b>	<b>1</b>	<b>13.52</b>	<b>Carmarthen</b>	<b>Welsh U15 Championships</b>	<b>8 Jul 2006</b>
SP	1	13.49	Carmarthen	Dyfed Schools Championships	10 Jun 2006
<b>SP</b>	<b>1</b>	<b>13.23</b>	<b>Cardiff</b>	<b>Welsh Inter Regional Championships</b>	<b>27 Aug 2006</b>
SP	2	13.21	Brecon	Welsh Schools Championships	1 Jul 2006
SP	1	12.87	Carmarthen	Welsh Junior League Match	27 May 2006
SP	2	11.18i	Cardiff	Welsh U15 Indoor Championships	28 Jan 2006
<b>DT</b>	<b>2</b>	<b>41.40</b>	<b>Waterford IRE</b>	<b>Celtic Junior Games</b>	<b>12 Aug 2006</b>
<b>DT</b>	<b>1</b>	<b>39.70</b>	<b>Cardiff</b>	<b>Welsh Inter Regional Championships</b>	<b>27 Aug 2006</b>
<b>DT</b>	<b>1</b>	<b>38.34</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>1 Jul 2006</b>
DT	1	38.04	Carmarthen	Dyfed Schools Championships	10 Jun 2006
DT	1	37.11	Carmarthen	West Wales Championships	13 May 2006
DT	2	35.46	Carmarthen	Welsh U15 Championships	8 Jul 2006

### 2007 First Year Under 17 Carmarthen Harriers

SP	1	14.68	Aberdare	Welsh Throwing Circle Competition	8 Sep 2007
<b>SP</b>	<b>2</b>	<b>14.47</b>	<b>Antrim NI</b>	<b>Celtic Junior Games</b>	<b>4 Aug 2007</b>
SP	1	14.27	Brecon	Welsh Junior League Cup Final	19 Aug 2007
SP	1	13.82	Carmarthen	Dyfed Schools Championships	9 Jun 2007
<b>SP</b>	<b>4</b>	<b>13.78</b>	<b>Newport</b>	<b>SIAB Schools International Match</b>	<b>21 Jul 2007</b>
<b>SP</b>	<b>1</b>	<b>12.89i</b>	<b>Cardiff</b>	<b>Welsh Indoor U17 Championships</b>	<b>28 Jan 2007</b>
SP	2	12.58	Swansea	Welsh U17 Championships	17 Jun 2007
DT	2	40.96	Aberdare	Welsh Throwing Circle Competition	8 Sep 2007
<b>DT</b>	<b>6</b>	<b>40.12</b>	<b>Newport</b>	<b>SIAB Schools International Match</b>	<b>21 Jul 2007</b>
DT	2	40.00	Brecon	Welsh Schools Championships	7 Jul 2007
DT	3	37.48	Swansea	Welsh U17 Championships	17 Jun 2007
DT	1B	34.83	Brecon	Welsh Junior League Cup Final	19 Aug 2007
<b>HT</b>		<b>38.92</b>	<b>Coventry</b>	<b>UK School Games</b>	<b>25 Aug 2007</b>

### 2008 Second Year Under 17 Carmarthen Harriers (34 Recorded Performances)

<b>SP</b>	<b>3</b>	<b>15.98</b>	<b>Bedford</b>	<b>SIAB Schools International Match</b>	<b>19 Jul 2008</b>
<b>SP</b>	<b>1</b>	<b>15.57</b>	<b>Connah's Quay</b>	<b>Welsh U17 Championships</b>	<b>12 Jul 2008</b>
SP	1	15.84	Brecon	Welsh Junior League Cup Final	24 Aug 2008
<b>SP</b>	<b>1</b>	<b>15.69</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>5 Jul 2008</b>
<b>SP</b>	<b>3</b>	<b>15.67</b>	<b>Birmingham</b>	<b>UK U17 Championships</b>	<b>9 Aug 2008</b>
SP	1	15.51	Carmarthen	Dyfed Schools Championships	7 Jun 2008
<b>SP</b>	<b>1</b>	<b>15.49</b>	<b>Dunfermline SCO</b>	<b>Celtic Junior Games</b>	<b>2 Aug 2008</b>
<b>SP</b>	<b>1</b>	<b>14.47i</b>	<b>Cardiff</b>	<b>Welsh Indoor U17 Championships</b>	<b>12 Jan 2008</b>

<b>DT</b>	<b>3</b>	<b>46.27</b>	<b>Bedford</b>	<b>SIAB Schools International Match</b>	<b>19 Jul 2008</b>
<b>DT</b>	<b>1</b>	<b>44.76</b>	<b>Connah's Quay</b>	<b>Welsh U17 Championships</b>	<b>12 Jul 2008</b>
DT	1	44.59	Brecon	Welsh Junior League Cup Final	24 Aug 2008
<b>DT</b>	<b>4</b>	<b>43.92</b>	<b>Birmingham</b>	<b>UK U17 Championships</b>	<b>9 Aug 2008</b>
<b>DT</b>	<b>1</b>	<b>41.73</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>5 Jul 2008</b>
DT	1	40.55	Carmarthen	Dyfed Schools Championships	7 Jun 2008
DT	1	36.61	Carmarthen	UKA YA Midlands League Match	4 May 2008
HT	1	40.43	Carmarthen	UKA YA Midlands League Match	4 May 2008

#### **2009 First Year Under 20 Carmarthen Harriers (28 Recorded Performances)**

SP	1	15.21	Carmarthen	Dyfed Schools Championships	13 Jun 2009
<b>SP</b>	<b>1</b>	<b>15.20</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>4 Jul 2009</b>
SP	2	15.05i	Cardiff	Welsh U20 Indoor Championships	7 Feb 2009
SP	2	14.98	Newport	Welsh U20 Championships	7 Jun 2009
<b>SP</b>	<b>1</b>	<b>14.32</b>	<b>Swansea</b>	<b>Welsh Inter Regional Championships</b>	<b>30 Aug 2009</b>
DT	1	43.03	Derby	UKA National Midland Premier Match	24 May 2009
DT	4	42.14	Newport	Welsh U20 Championships	7 Jun 2009
DT	2	39.97	Cardiff	Welsh Schools Championships	4 Jul 2009
<b>DT</b>	<b>1</b>	<b>35.00`</b>	<b>Swansea</b>	<b>Welsh Inter Regional Championships</b>	<b>30 Aug 2009</b>
HT	2	36.70	Cardiff	Welsh Schools Championships	4 Jul 2009

#### **2010 Second Year Under 20 Carmarthen Harriers (10 Recorded Performances)**

<b>SP</b>	<b>1</b>	<b>15.12i</b>	<b>Cardiff</b>	<b>Welsh Indoor U20 Championships</b>	<b>31 Jan 2010</b>
<b>SP</b>	<b>2</b>	<b>15.09</b>	<b>Cardiff</b>	<b>Celtic International Match</b>	<b>21 Feb 2010</b>
SP	2	13.70	Brecon	Welsh Junior Cup Final	22 Aug 2010
DT	2	36.96	Brecon	Welsh Junior Cup Final	22 Aug 2010
HT	3	24.99	Brecon	Welsh Junior Cup Final	22 Aug 2010
JT	1	26.68	Brecon	Welsh Junior Cup Final	22 Aug 2010