

Awen Rosser

**Lead Coach Paul Jensen 2011-
Previous Lead Richard Wyer(d) -2011**

Personal Bests

**SP6k 10.97 (2013); SP4K 12.88i(2014); SP 3.25K 12.34(2010); SP 2.72K 9.57 (2008)
DT1K 45.66 (2014); DT 0.75K 20.98 (2008)
HT4K 31.11 (2014)**

Awen joined Carmarthen and District Harriers Athletics Club as an under 13 athlete in 2008 and for three years was coached at Carmarthen by Richard Wyer the Carmarthen Harriers throws coach

She was a pupil at Ysgol y Strade School in Llanelli and continued her education at University of Wales St Davids Carmarthen

Awen was an excellent member of Carmarthen Harriers, Dyfed Schools and Swansea Harriers and was a faithful member of the teams at all competitions. She was throughout her athletics career a keen supporter of the Carmarthen Throws Competitions organized by Ralph Siggery

She competed for Welsh Schools and Wales in many international events

A summary of her success in athletics is listed below

- **23 Welsh Schools or Welsh Championships gold medals**
- **Competed 3 times for Welsh Schools in SIAB Schools International matches (Glasgow 2010, Cardiff 2011 and Ashford 2012)**
- **Twice second in the discus in UK CHAMPIONSHIPS**
- **Winner of discus event in the 2012 UK School Games in the Olympic Park London**
- **Competed for Wales in international matches at least 10 times**

Hedydd Davies 24 October 2020

Awen Rosser's Milestones in her Athletics Career (301 Recorded Performances) – Main Results

2008 Second Year Under 13 Carmarthen Harriers (25 Recorded Performances)

SP	1	9.57	Swansea	Louise Arthur League Match	29 Jun 2008
SP	1	9.39	Carmarthen	UK YA Midlands League Match	4 May 2008
SP	1	9.33	Swansea	Welsh U13 Championships	15 Jun 2008
SP	1	9.21	Carmarthen	Welsh Junior League Match	29 May 2008
SP	1	9.21	Carmarthen	Dyfed Schools Championships	7 Jun 2008
SP	1	9.06	Carmarthen	West Wales Championships	11 May 2008

SP	1	8.77	Carmarthen	UK YA Midlands League Match	20 Jul 2008
DT	1	20.98	Brecon	Welsh Junior League Cup Final	24 Aug 2008
DT		16.98	Carmarthen	West Wales Championships	11 May 2008
DT		16.35	Carmarthen	Welsh Junior League Match	26 May 2008
DT		14.74	Carmarthen	Louise Arthur League Match	26 Apr 2008

2009 First Year Under 15 Carmarthen Harriers (32 Recorded Performances)

SP	1	10.95	Carmarthen	Carmarthen Throws Competition	20 Aug 2009
SP	1	10.49	Brecon	Welsh Junior League Cup Final	23 Aug 2009
SP	1	10.28	Carmarthen	Dyfed Schools Y7&8 Championships	24 Jun 2009
SP	1	10.04	Cardiff	Welsh U15 Championships	11 Jul 2009
SP	1	9.99	Carmarthen	Dyfed Schools Championships	13 Jun 2009
SP	1	9.92	Swansea	Welsh Inter Regional Championships	30 Aug 2009
SP	2	9.87	Cardiff	Welsh Schools Championships	4 Jul 2009
SP	1	9.55	Carmarthen	Louise Arthur League Match	25 Jul 2009
DT	1	25.86	Carmarthen	Carmarthen Throws Competition	20 Aug 2009
DT	1	25.62	Swansea	Welsh Inter Regional Championships	30 Aug 2009
DT	1	25.17	Carmarthen	Dyfed Schools Y7&8 Championships	24 Jun 2009
DT	2	24.39	Cardiff	Welsh U15 Championships	11 Jul 2009
DT	3	23.49	Carmarthen	Louise Arthur League Match	25 Jul 2009

2010 Second Year Under 15 Carmarthen Harriers (43 Recorded Performances)

SP4K	2	10.62	Carmarthen	Welsh U17 Championships	10 Jul 2010
SP3.25K	1	12.34	Aberdare	NACYP Championships	26 Jun 2010
SP	2	12.19	Brecon	Welsh Schools Championships	3 Jul 2010
SP	1	12.15	Swansea	West Wales Regional championships	9 May 2010
SP	3	12.03	Bedford	England U15 Championships	22 Aug 2010
SP	2	11.99i	Birmingham	England Indoor U15 Championships	28 Feb 2010
SP	1	11.98	Carmarthen	Dyfed Schools Championships	19 Jun 2010
SP	2	11.89i	Cardiff	Welsh Indoor U15 Championships	31 Jan 2010
SP	2	11.84	Cardiff	Welsh U15 Championships	12 Jun 2010
SP	1	11.82	Carmarthen	UK YA League Match	2 May 2010
SP	1	11.76	Carmarthen	Eric Paton Memorial Trophy	26 Aug 2010
SP	2	11.72	Cardiff	Welsh Inter regional Championships	29 Aug 2010
SP	1	11.65	Carmarthen	Louise Arthur League Match	24 Apr 2010
SP	1	11.61	Carmarthen	Carmarthen Throws Competition	9 Sep 2010
SP	1	11.52	Carmarthen	Carmarthen Throws Competition	22 Jul 2010
SP	1	11.51	Carmarthen	UK YA League Match	16 May 2010
DT	1	34.78	Brecon	Welsh Schools Championships	3 July 2010
DT	1	34.75	Haverfordwest	Gerald Codd Trophy	15 Aug 2010
DT	4	34.42	Glasgow	SIAB Schools International Match	17 Jul 2010
DT	1	34.02	Carmarthen	Dyfed Schools Championships	19 Jun 2010
DT	2	33.94	Bedford	England U15 Championships	22 Aug 2010
DT	1	33.23	Carmarthen	Carmarthen Throws Competition	22 Jul 2010
DT	1	33.12	Cardiff	Welsh U15 Championships	12 Jun 2010
DT	1	32.45	Carmarthen	UK YA League Match	2 May 2010

DT	3	31.89	Carmarthen	Welsh U17 Championships	10 Jul 2010
DT	2	31.56	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
DT	1	30.40	Carmarthen	Louise Arthur League Match	24 Apr 2010
DT	1	30.19	Carmarthen	UK YA League Match	16 May 2010
DT	1	29.62	Swansea	West Wales Regional Championships	9 May 2010
DT	1	29.28	Carmarthen	Carmarthen Throws Competition	9 Sep 2010

2011 First Year Under 17 Carmarthen Harriers (36 Recorded Performances)

SP	2	11.72i	Cardiff	Indoor Celtic Cup	30 Jan 2011
SP	2	11.41	Wrexham	Welsh U17 Championships	11 Jun 2011
SP	1	11.27i	Cardiff	Welsh Indoor U17 Championships	22 Jan 2011
SP	1	11.35	Carmarthen	Carmarthen Throws Competition	26 May 2011
SP	5	11.12	Cardiff	SIAB Schools International Match	16 Jul 2011
SP	1	10.99	Carmarthen	West Wales Regional Championships	15 May 2011
SP	7	10.67	Bedford	England U17 Championships	20 Aug 2011
DT	1	40.67	Antrim NI	Celtic Junior Games	13 Aug 2011
DT	1	40.34	Brecon	Welsh Schools Championships	2 Jul 2011
DT	1	39.48	Carmarthen	West Wales Championships	15 May 2011
DT	2	38.35	Bedford	England U17 Championships	20 Aug 2011
DT	1	37.74	Wrexham	Welsh U17 Championships	11 Jun 2011
DT	2	37.06	Don Valley	UK School Games	4 Sep 2011
DT	5	36.41	Cardiff	SIAB Schools International	16 Jul 2011
DT	3	35.98	Cardiff	Welsh Senior Championships	16 Jun 2011

2012 Second Year Under 17 Carmarthen Harriers (43 Recorded Performances)

SP	1	11.84i	Cardiff	Cardiff Met Grand Prix	8 Dec 2012
SP	1	11.49	Carmarthen	Carmarthen Throws Competition	28 Jun 2012
SP	2	11.41	Brecon	Welsh Schools Championships	7 Jul 2012
SP	1	11.27	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
SP	3	11.27	Bedford	England U17 Championships	18 Aug 2012
SP	1	11.18	Carmarthen	Eric Paton Memorial Trophy	26 Jul 2012
SP	2	11.06	Cardiff	Welsh U17 Championships	3 Jun 2012
SP	3	11.06	Ashford	SIAB Schools International Match	21 Jul 2012
SP	1	10.93	Carmarthen	Dyfed Schools Championships	16 Jun 2012
SP	1	11.15	Carmarthen	Carmarthen Throws Competition	26 Apr 2012
DT	1	40.89	Swansea	Swansea Junior Games	26 Aug 2012
DT	1	40.04	Olympic Park	UK School Games	9 May 2012
DT	3	39.58	Ashford	SIAB Schools International Match	21 Jul 2012
DT	3	39.23	Cardiff	Welsh Athletics International	18 Jul 2012
DT	7	38.57	Bedford	England U17 Championships	18 Aug 2012
DT	1	38.03	Carmarthen	Carmarthen Throws Competition	28 Jun 2012
DT	1	37.86	Neath	West Wales Championships	13 May 2012
DT	1	37.78	Carmarthen	Eric Paton Memorial Trophy	26 Jul 2012
DT	2	37.46	Brecon	Welsh Schools Championships	7 Jul 2012
DT	1	36.36	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
DT	2	36.23	Cardiff	Welsh U17 Championships	4 Jun 2012
DT	1	34.34	Carmarthen	Dyfed Schools Championships	16 Jun 2012

2013 First Year Under 20 Swansea Harriers (30 Recorded Performances)

SP5K	2	10.97	Bath	Bath Field Fest Open	14 Apr 2013
SP4K	1	11.91i	Cardiff	Welsh Indoor U20 Championships	17 Feb 2013
SP	4	11.69i	Cardiff	Welsh Athletics Indoor International	10 Mar 2013
SP	1	11.65i	Swansea	West Wales Indoor Championships	20 Jan 2013
SP	1	11.61	Cardiff	Welsh Schools Championships	6 Jul 2013
SP	1	11.39	Swansea	West Wales Championships	25 May 2013
SP	8	11.18	Cardiff	Welsh Athletics International Match	31 Jul 2013
SP	2	10.70	Newport	Welsh Inter Regional Championships	1 Sep 2013
SP	2	10.61	Swansea	Welsh U20 Championships	22 Jun 2013
DT	1	41.26	Swansea	Welsh U20 Championships	22 Jun 2013
DT	1	41.15	Cardiff	Welsh Schools Championships	6 Jul 2013
DT	1	40.21	Swansea	West Wales Championships	25 May 2013
DT	1	36.59	Newport	Welsh Inter Regional Championships	1 Sep 2013
HT	3	26.60	Cardiff	Welsh Schools Championships	6 Jul 2013

2014 Second Year Under 20 Swansea Harriers (32 Recorded Performances)

SP	2	12.88i	Cardiff	Welsh Indoor International	9 Mar 2014
SP	1	12.80	Wrexham	Welsh U20 Championships	14 Jun 2014
SP	3	12.50	Bedford	England U20 Championships	21 Jun 2014
SP	1	12.33	Cardiff	Welsh Schools Championships	5 Jul 2014
SP	1	12.27	Carmarthen	West Wales Championships	25 May 2014
SP	2	12.10	Swansea	Welsh Inter Regional Championships	31 Aug 2014
SP	1	11.16	Carmarthen	Carmarthen Throws Competition	28 Aug 2014
SP	1	11.08i	Swansea	West Wales Indoor Championships	19 Jan 2014
DT	2	45.66	Bedford	England U20 Championships	21 Jun 2014
DT	1	45.02	Wrexham	Welsh U20 Championships	14 Jun 2014
DT	1	44.42	Cardiff	Welsh Schools Championships	5 Jul 2014
DT	9	42.87	Birmingham	British Senior Championships	28 Jun 2014
DT	2	41.72	Swansea	Welsh Inter Regional Championships	31 Aug 2014
DT	1	40.91	Carmarthen	West Wales Championships	25 May 2014
DT	1	40.62	Carmarthen	Carmarthen Throws Competition	28 Aug 2014
DT	1	35.10	Cardiff	Welsh Senior Championships	1 Jun 2014
HT	4	31.11	Cardiff	Welsh Schools Championships	5 Jul 2014

2015 Under 23 Swansea Harriers/ University of Wales St Davids (20 Recorded Performances)

SP	2	11.82i	Cardiff	Cardiff Met Grand Prix	8 Feb 2015
SP	3	11.81i	Cardiff	Welsh Senior Championships	25 Jan 2015
SP	2	11.53	Neath	West Wales Regional Championships	24 May 2015
SP	2	11.51i	Swansea	West Wales Indoor Championships	18 Jan 2015
SP	7	10.63	Bedford	BUCS Championships	4 May 2015
DT	7	43.94	Loughborough	Loughborough International Match	17 May 2015
DT	1	42.34	Neath	West Wales Regional Championships	24 May 2015
DT	5	42.05	Bedford	BUCS Championships	4 May 2015

DT	1	40.86	Carmarthen	Carmarthen Throws Competition	30 Apr 2015
DT	3	40.71	Bedford	England U23 Championships	20 Jun 2015
DT	1	39.54	Cardiff	Welsh Senior Championships	28 Jun 2015

2016 Under 23 Swansea Harriers/University of Wales St Davids Carmarthen (22 Recorded Performances)

SP	5	12.87	Sportcity Manchester	Manchester International Match	17 Aug 2016
SP	1	12.25	Brecon	Welsh Inter Regional Championships	27 Aug 2016
SP	1	12.22	Carmarthen	Carmarthen Throws Competition	28 Jul 2016
DT	4	44.20	Lee Valley	UK Women's League Match	2 Jul 2016
DT	4	44.04	Sportcity	Manchester International	17 Aug 2016
DT	1	42.17	Brecon	Welsh Inter Regional Championships	27 Aug 2016
DT	1	41.21	Carmarthen	Carmarthen Throws Competition	26 May 2016
DT	1	41.12	Carmarthen	Carmarthen Throws Competition	23 Jun 2016
DT	1	40.23	Swansea	Welsh Inter Regional Championships	27 Aug 2016
DT	2	40.16	Cardiff	Welsh Senior Championships	11 Jun 2016
DT	1	40.14	Carmarthen	Carmarthen Throws Competition	25 Apr 2016

2017 Under 23 Swansea Harriers/ University of Wales St Davids Carmarthen (17 Recorded Performances)

SP	1	12.79	Carmarthen	West Wales Championships	14 May 2017
SP	1	12.08i	Swansea	West Wales Indoor Championships	21 Jan 2017
DT	7	43.16	Loughborough	Loughborough International Match	21 May 2017
DT	1	42.67	Brecon	Welsh Inter Regional Championships	26 Aug 2017
DT	7	42.53	Sportcity	England Manchester International	16 Aug 2017
DT	1	41.55	Carmarthen	West Wales Championships	14 May 2017
DT	1	40.96	Cardiff	Welsh Senior Championships	10 Jun 2017
DT	1	40.03	Carmarthen	Carmarthen Throws Competition	27 Apr 2017

2018 Senior Swansea Harriers (1 Recorded Performance)

DT	1	39.94	Cardiff	Welsh Athletics League Match	22 Apr 2018
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Hedydd Davies
24 October 2020