

Michael John

Coaches Ralph Siggery and Richard Wyer

Personal Bests

HJ 1.75 (2006)

TJ 11.84 (2006)

SP 7.26K 10.45 (2007); SP 6K 11.75 (2007); SP 5K 12.81 (2006)

DT 1.75K 29.06 (2008)

JT 800 56.96 (2008); JT 700 57.39 (2006); JT 600 50.94 (2004)

Carmarthen Harriers javelin coach Ralph Siggery in the period 2005 -2015 had a talented squad of young javelin throwers who all became Welsh champions and represented Wales or Welsh schools in major international events

One of these was Tregib schoolboy Michael John who achieved the following successes with the javelin

- **10 Welsh championship gold medals**
- **Competed for Welsh Schools in 2 SIAB Schools internationals (2nd in Grangemouth Scotland in 2006 and 3rd in Tullamore Ireland in 2005)**
- **Competed for Wales in Celtic Games in Waterford Ireland in 2006 (2nd)**
- **Competed for Welsh Schools in UK School Games in Glasgow in 2006 (4th)**
- **Twice 3rd in UK championships (2004 and 2005)**

Michael was a particularly good club member. He would always help his Club , Dyfed Schools and West Wales in the shot and discus events whenever asked

Hedydd Davies

3 September 2020

Michael John's Career milestones (115 Recorded Performances)

2004 Second Year Under 15 Carmarthen Harriers (15 Recorded Performance)

SP	1	Newport	Welsh B and G Clubs Champs	5 June 2004
SP	2	Colwyn Bay	Welsh U15 Championships	19 June 2004
SP	2	Newport	NACYP Championships	25 June 2004
SP	3	11.87 Brecon	Welsh Schools Championships	3 Jul 2004
SP	2	12.26 Brecon	Welsh Junior League Cup Final	23 Aug 2004
SP	1	13.08 Brecon	Welsh Inter Regional Champs	28 Aug 2004
DT	2	Colwyn Bay	Welsh U15 Championships	19 June 2004

DT	3		Newport	NACYP Championships	25 June 2004
DT	1	27.82	Brecon	Welsh Junior League Cup Final	23 Aug 2004
JT	1		Newport	Welsh B and G Clubs Champs	5 June 2004
JT	1		Colwyn Bay	Welsh U15 Championships	20 June 2004
JT	1		Newport	NACYP Championships	25 June 2004
JT	3	50.94	Birmingham	AAA U15 Championships	15 Aug 2004
JT	1	47.15	Brecon	Welsh Junior League Cup Final	23 Aug 2004
JT	1	46.53	Brecon	Welsh Inter Regional Champs	28 Aug 2004

2005 First Year Under 17 Carmarthen Harriers (16 Recorded Performances)

SP	2	12.56	Neath	West Wales Championships	14 May 2005
SP	2	12.50	Cardiff	Welsh U17 Championships	18 Jun 2005
J%	1	52.52	Carmarthen	Carmarthen Throws Meeting	10 Jul 2005
JT	1	52.50	Brecon	Welsh Junior Cup Final	21 Aug 2005
JT	1	52.49	Carmarthen	Welsh Inter Regional Champs	27 Aug 2005
JT	3	52.43	Tullamore IRE	SIAB Schools International	16 Jul 2005
JT	3	51.97	Birmingham	AAA U17 Championships	14 Aug 2005
JT	2	51.94	Carmarthen	Carmarthen Throws Meeting	6 Sep 2005
JT	1	49.70	Brecon	Welsh Schools Championships	7 Jul 2005
JT	1	49.61	Cardiff	Welsh U17 Championships	18 Jun 2005

2006 Second Year Under 17 Carmarthen Harriers (16 Recorded Performances)

SP	1	12.81	Carmarthen	West Wales Championships	13 May 2006
SP	3	12.52	Cardiff	Welsh Inter Regional Champs	27 Aug 2006
JT	2	57.39	Grangemouth SCO	SIAB Schools International	15 Jul 2006
JT	1	57.03	Carmarthen	West Wales Championships	13 May 2006
JT	1	56.51	Cardiff	Welsh U17 Championships	9 Jul 2006
JT	4	55.96	Glasgow	UK School Games	9 Sep 2006
JT	1	55.62	Brecon	Welsh Schools Championships	1 Jul 2006
JT	1	55.01	Cardiff	Welsh Inter Regional Champs	27 Aug 2006
JT	2	54.83	Waterford IRE	Celtic Junior Games	12 Aug 2006
JT	1	54.11	Carmarthen	Dyfed Schools Championships	10 Jun 2006
JT	1	53.08	Carmarthen	Carmarthen Throws Meeting	27 Jul 2006
JT	1	49.86	Carmarthen	Welsh Junior League Match	27 May 2006

2007 First Year Under 20 Carmarthen Harriers (28 Recorded Performances)

SP		10.45	Carmarthen	Welsh Junior League	23 Jun 2007
JT	1	54.51	Brecon	Welsh Junior League	11 Aug 2007
JT	4	52.80	Cwmbran	Welsh Senior Championships	14 Jul 2007
JT	1	52.33	Hendon	Inter Territorial Match	2 Sep 2007
JT	3	52.75	Connah's Quay	Welsh Inter Regional Champs	26 Aug 2007
JT	4	52.74	Aberdare	Welsh Schools v AAW Match	18 Jul 2007
JT	2	51.94	Carmarthen	Welsh Junior League	23 Jun 2007

2008 Second Year Under 20 Carmarthen Harriers (25 Recorded Performances)

JT	1	56.96	Brecon	Welsh Inter Regional Champs	31 Aug 2008
JT	1	52.93	Brecon	Welsh Junior League Cup Final	24 Aug 2008
JT	1	52.18	Carmarthen	West Wales Championships	11 May 2008
JT	1	50.47	Carmarthen	Carmarthen Throws Meeting	8 Jun 2008
JT	1	48.38	Carmarthen	Carmarthen Throws Meeting	26 May 2008

2009 First Year Under 23 Carmarthen Harriers (4 Recorded Performances)

JT	1	53.74	Wrexham	Welsh Senior League	8 Aug 2009
JT	5	52.89	Cardiff	Welsh Open Senior Champs	13 Jun 2009