

## Ben Lewis Thomas

Lead Coach Luke Gunn 2019- Other Coach Neil Thomas 2019-  
Previous Lead Carol Jones -2015; Neil Thomas 2015-2019

### Personal Bests

**100 15.6 (2013); 150 22.8 (2013); 300 41.50 (2015); 400 55.98 (2016); 800 1.59.3 (2017); 1500 3.58.44 (2019); 3000 9.05 68 (2017)  
1500SC 4.22.51 (2017); 2000SC 5.53.47 (2018); 3000SC 9.07.78 (2019)**

Ben Thomas was a pupil at Ysgol y Strade Llanelli and is at present in his second year at Birmingham University

His first athletics club was Llanelli AAC and then joined Carmarthen and District Harriers Athletics Club. At both clubs he was a faithful member and competed regularly for the clubs

His successes so far in his athletics career is recorded below

- **Competed for Great Britain in the 2000m steeplechase in the 2018 under 18 European Championships in Gyor Hungary, coming 9<sup>th</sup> in the final and finishing the season ranked 10<sup>th</sup> in Europe and 14<sup>th</sup> in the World.**
- **Won the UK under 20 2000m steeplechase in 2019; second in the UK under 17 1500m steeplechase in 2017 and 3<sup>rd</sup> in the UK under 20 2019 3000m steeplechase championship**
- **Won 8 Welsh schools or Welsh championships**
- **Competed for Welsh schools in 4 London mini marathon races**
- **Competed for Welsh schools in 2 SIAB Schools international cross country events**
- **Competed for Welsh schools in 2 SIAB Schools international athletics events**
- **Competed for Wales in 2 Celtic Junior internationals**

Younger brother Iwan was a Welsh schools Y7 cross country champion and is at present the Welsh under 13 cross country champion

**Ben Thomas Athletics Milestones so far (November 2020)- 244 recorded performances**

**2011 Second Year Under 11 Llanelli AAC (5 Recorded Performances)**

150	1	26.1	Swansea	Louise Arthur League Match	26 Jun 2011
800	1	2.50.1	Swansea	Louise Arthur League Match	26 Jun 2011
LJ	2	3.00	Swansea	Louise Arthur League Match	26 Jun 2011
XC	4	5.38	Swansea	Gwent Cross Country League Match	4 Dec 2011

**2012 First Year Under 13 Llanelli AAC (22 Recorded Performances)**

200	4	31.4	Llanelli	Swansea v Neath v Llanelli	4 Jul 2012
800	2	2.33.5	Brecon	Louise Arthur League Match	21 Jul 2012
1500	1	5.17.6	Swansea	UKA YA League Match	20 May 2012
LJ	4	3.48	Brecon	Louise Arthur League Match	21 Jul 2012
XC	11	9.09	Builth Wells	Welsh Inter Regional Championships	8 Dec 2012
XC	5	9.57	Brecon	Welsh Inter Schools Championships	17 Nov 2012

**2013 Second Year Under 13 Llanelli AAC (54 Recorded Performances)**

100	4	14.77	Brecon	Welsh U15 Cup Final Match	15 Sep 2013
150	1	22.8	Plymouth	UKA YA League Match	7 Apr 2013
200	7	30.3	Yate	UKA YA League Match	13 Jul 2013
800	1	2.29.6	Swansea	West Wales Championships	25 May 2013
<b>800</b>	<b>1</b>	<b>2.32.70i</b>	<b>Cardiff</b>	<b>Welsh U13 Indoor Championships</b>	<b>26 Jan 2013</b>
800	7	2.32.9	Carmarthen	Dyfed Schools Championships	8 Jun 2013
800	3	2.34.5	Carmarthen	Dyfed Schools Relays	29 Apr 2013
1500	5	5.01.95	Cardiff	Welsh U13 Championships	30 Jun 2013
<b>1500</b>	<b>1</b>	<b>5.10.4i</b>	<b>Cardiff</b>	<b>Welsh U13 Indoor Championships</b>	<b>27 Jan 2013</b>
75H	3	16.2	Bath	UKA YA League Match	4 May 2013
HJ	3B	1.20	Yate	UKA YA League Match	13 Jul 2013
Lj	10	3.65	Swansea	Louise Arthur League Match	9 Jun 2013
SP	6	4.67	Yeovil	UKA YA Midlands League Match	1 Jun 2013
1M	2	5.20	Cardiff	Welsh U13 Mile Championship	5 Oct 2013
3K	6	11.06	Swansea	Swansea Bay Road Race	22 Sep 2013
XC	2	7.54	Llandeilo	Dyfed Schools Championships	5 Feb 2013
XC	2	9.44	Brecon	Welsh Inter Schools Championships	16 Nov 2013
XC	2	9.57	Builth Wells	Welsh Inter Regional Championships	14 Dec 2013
XC	5	10.07	Brecon	Welsh Schools Championships	23 Feb 2013
XC	10	11.04	Crickhowell	Welsh Championships	16 Feb 2013

**2014 First Year Under 15 Carmarthen Harriers (29 Recorded Performances)**

200	4	28.15	Neath	Louise Arthur League Match	18 May 2014
300	4	43.23	Brecon	Louise Arthur League Match	12 Jul 2014
800	5	2.20.11	Neath	Louise Arthur League Match	18 May 2014
1500	8	4.42.46	Swansea	Welsh U15 Championships	3 Aug 2014
1500	1	4.48.15	Brecon	NASUWT Welsh Schools Cup Final	9 Jul 2014
3000	6	10.08.86	Cardiff	Welsh U15 Championships	15 Jul 2014
3000	3	10.29.22	Swansea	Welsh Inter Regional Championships	31 Aug 2014

HJ	8	1.40	Swansea	Louise Arthur League Match	8 Jun 2014
LJ	7	4.44	Swansea	Louise Arthur League Match	8 Jun 2014
1M	5	5.14	Cardiff	Welsh U15 1 Mile Road Championship	4 Oct 2014
XC	3	10.41	Llandeilo	Welsh U15 Championships	15 Feb 2014
<b>3M</b>	<b>31</b>	<b>17.17</b>	<b>London</b>	<b>London Mini Marathon</b>	<b>13 Apr 2014</b>
XC	8	15.16	Brecon	Welsh Schools Inter Schools Champs	15 Nov 2014
XC	6	15.25	Brecon	Welsh Inter Regional Championships	13 Dec 2014
XC	19	16.27	Brecon	Welsh Schools Championships	1 Feb 2014

### 2015 Second Year Under 15 Carmarthen Harriers (40 Recorded Performances)

200	2	26.95	Carmarthen	Louise Arthur League Match	10 May 2015
300	2	41.50	Neath	West Wales Championships	24 May 2015
800	7	2.10.96	Cardiff	Welsh U15 Championships	27 Jun 2015
800	7	2.11.01	Cardiff	Welsh Schools Championships	4 Jul 2015
800	1	2.13.1	Cardiff	UK Boys and Girls Clubs Champs	13 Jun 2015
800	1	2.14.41	Neath	West Wales Championships	24 May 2015
1500	4	4.32.02	Newport	BMC Regional Races	22 Jul 2015
<b>3000</b>	<b>1</b>	<b>10.00.89</b>	<b>Connah's Quay</b>	<b>Welsh Inter Regional Championships</b>	<b>29 Aug 2015</b>
3000	3	10.17.03i	Cardiff	Welsh Indoor U15 Championship	11 Jan 2015
LJ	4	4.78	Swansea	Louise Arthur League Match	2 Aug 2015
<b>1M</b>	<b>1</b>	<b>5.10</b>	<b>Cardiff</b>	<b>Welsh 1 mile Road Championship</b>	<b>3 Oct 2015</b>
XC	9	10.04	Liverpool	BA Cross Challenge	28 Nov 2015
<b>XC</b>	<b>19</b>	<b>13.56</b>	<b>Dublin IRE</b>	<b>SIAB Schools International Match</b>	<b>21 Mar 2015</b>
XC	8	16.55	Corwen	Welsh Cross Country Championships	21 Feb 2015
<b>XC</b>	<b>1</b>	<b>16.17</b>	<b>Builth Wells</b>	<b>Welsh Inter Regional Championships</b>	<b>12 Dec 2015</b>
XC	10	16.06	Brecon	Welsh Schools Championships	11 Feb 2015
XC	2		Oakwood	Dyfed Schools Cross Country Champs	20 Jan 2015

### 2016 First Year Under 17 Carmarthen Harriers (32 Recorded Performances)

400	1	55.98	Stoke Gifford	Avon AAA Open Meeting	24 May 2016
800	2	2.02.33	Yeovil	UKA YA League Match	24 Jul 2016
1500	8	4.17.15	Glasgow	BMC Regional Races	29 Jul 2016
1500	1	4.22.33	Swansea	West Wales Championships	15 May 2016
3000	2	9.13.27	Street	BMC PB Classic	2 May 2016
3000	4	9.31.89i	Cardiff	Welsh U17 Indoor Championships	16 Jan 2016
<b>1500SC 4</b>	<b>4</b>	<b>4.35.81</b>	<b>Ashford</b>	<b>SIAB Schools International</b>	<b>18 Jul 2016</b>
<b>1500SC 1</b>	<b>1</b>	<b>4.40.96</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>2 Jul 2016</b>
1500SC 1		4.41.62	Carmarthen	UKA YA Midlands League Match	28 Jun 2016
<b>2000SC 2</b>	<b>2</b>	<b>6.19.15</b>	<b>Swansea</b>	<b>Celtic Junior Games</b>	<b>6 Aug 2016</b>
<b>1M</b>	<b>1</b>	<b>4.41</b>	<b>Cardiff</b>	<b>Welsh U17 1 mile Road Championship</b>	<b>1 Oct 2016</b>
XC	4	17.03	Cardiff	Cardiff U17 Cross Challenge	24 Jan 2016
<b>3M</b>	<b>31</b>	<b>16.01</b>	<b>London</b>	<b>London Mini Marathon</b>	<b>24 Apr 2016</b>
5K	1	16.27	Swansea	Swansea Bay U17 5K	18 Sep 2016
XC	7	17.44	Builth Wells	Welsh Inter Regional Championship	10 Dec 2016
XC	1	19.05	Brecon	Welsh Inter Schools Championships	26 Nov 2016
XC	5	21.23	Brecon	Welsh Schools Championships	10 Feb 2016

<b>XC</b>	<b>31</b>	<b>21.53</b>	<b>Falkirk SCO</b>	<b>SIAB Schools International</b>	<b>19 Mar 2016</b>
XC	1	16.06	Llandeilo	Dyfed Schools Championships	19 Jan 2016

#### 2017 Second Year Under 17 Carmarthen Harriers (28 Recorded Performances)

800	3	1.59.3	Tipton	BMC Regional Races	20 Jun 2017
800	2	2.00.87	Newport	Welsh Athletics Endurance Open	5 Jul 2017
1500	8	4.07.13	Exeter	BMC Regional Races	29 Aug 2017
3000	6	9.05.68	Street	BMC PB Classic	1 May 2017
400H	1	61.35	Cardiff	UKA YA Midlands League Match	25 Jun 2017
1500SC	2	4.22.51	Bedford	England U17 Championships	26 Aug 2017
<b>1500SC</b>	<b>2</b>	<b>4.29.31</b>	<b>Dublin IRE</b>	<b>SIAB Schools International</b>	<b>15 Jul 2017</b>
<b>1500SC</b>	<b>1</b>	<b>4.43.08</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>1 Jul 2017</b>
<b>2000SC</b>	<b>2</b>	<b>6.16.08</b>	<b>Dublin IRE</b>	<b>Celtic Junior Games</b>	<b>5 Aug 2017</b>
<b>1M</b>	<b>1</b>	<b>4.33</b>	<b>Cardiff</b>	<b>Welsh U17 1 Mile Road Championship</b>	<b>30 Sep 2017</b>
<b>3M</b>	<b>47</b>	<b>15.28</b>	<b>London</b>	<b>London Mini Marathon</b>	<b>23 Apr 2017</b>
XC	6	17.52	Brecon	Welsh Schools Championships	18 Mar 2017
XC	9	18.50	Swansea	Welsh Cross Country Championships	25 Feb 2017
<b>XC</b>	<b>32</b>	<b>22.24</b>	<b>Margam Park</b>	<b>SIAB Schools International</b>	<b>25 Mar 2017</b>

#### 2018 First Year Under 20 Carmarthen Harriers (18 Recorded Performances)

1500	3	4.02.78	Cardiff	YKA YA Midlands League Match	27 May 2018
<b>2000SC</b>	<b>9</b>	<b>5.53.47</b>	<b>Gyor HUN</b>	<b>European U18 Championships</b>	<b>8 Jul 2018</b>
2000SC	1	5.57.81	Milton Keynes	BMC PB Classic	2 Jun 2018
2000SC	3	5.57.89	Sportcity	BMC Grand Prix	12 May 2018
<b>2000SC</b>	<b>1</b>	<b>59.70</b>	<b>Bedford</b>	<b>England U20 Championships</b>	<b>17 Jun 2018</b>
<b>2000SC</b>	<b>7h</b>	<b>6.01.47</b>	<b>Gyor HUN</b>	<b>European U18 Championships</b>	<b>6 Jul 2018</b>
<b>3K</b>	<b>1</b>	<b>9.02</b>	<b>Cardiff</b>	<b>Cardiff Festival of Running 3K</b>	<b>8 Oct 2018</b>
<b>3M</b>	<b>18</b>	<b>14.58</b>	<b>London</b>	<b>London Mini Marathon</b>	<b>22 Apr 2018</b>
XC	5	16.29	Swansea	Welsh Cross Country Championships	24 Feb 2018
XC	1	18.57	Brecon	Welsh Inter Schools Championships	17 Nov 2018
XC	6	24.22	Llandrindod Wells	Welsh Inter Regional Champs	8 Dec 2018

#### 2019 Second Year Under 20 Carmarthen Harriers (14 Recorded Performances)

1500	3	3.58.44	Millfield	BMC PB Classic	4 May 2019
2000SC	1	6.10.24	Cardiff	Welsh Schools Championships	6 Jul 2019
3000SC	3	9.07.78	Oordegem BEL	IFAM International	25 May 2019
3000SC	3	9.17.26	Bedford	England U20 Championships	22 Jun 2019
3000SC	11	9.19.54	Loughborough	Loughborough International	19 May 2019
XC	2	19.39	Brecon	Welsh Schools Championships	13 Feb 2019
XC	3	25.04	Llanelli	Welsh U20 Cross Country Champs	23 Feb 2019

#### 2020 Third Year Under 20 Carmarthen Harriers/ University of Birmingham (3 Recorded Performances)

5K	165	15.12	Armagh	Armagh International Road Races	13 Feb 2020
XC	26	25.32	Stirling	BA Cross Country Challenge	11 Jan 2020

XC 45 28.05 Edinburgh BUCS Cross Country Championships 1 Feb 2020