

Liam Edwards

Coach Carol Jones

Personal Bests

**150 22.27 (2014); 200 27.11(2018); 300 42.07 (2018); 800 1.57.56 (2020); 1500 4.03.96 (2020)
Mile 4.37.45 (2019); HJ 1.35 (2018); LJ 4.44 (2018)**

Liam Edwards, like many other Carmarthenshire young athletes start their athletics career by competing in the annual Carmarthen Mayor's Road race and the annual Carmarthenshire and Dyfed primary school athletics and cross country championships held in Carmarthen every year

When Liam was a pupil at Ysgol y Dderwen Carmarthen he and his older sister Eva excelled at athletics and cross country

He joined Carmarthen and District Harriers Athletics Club as a nine year old and took part in a range of events

When he moved on to Ysgol Bro Myrddin Carmarthen he joined Carmarthen Harriers outstanding endurance coach Carol Jones's squad of talented young endurance runners

Liam is also a talented tri athlete and has represented Wales in triathlon events

Liam has trained extremely hard and he has achieved the following successes so far in athletics

- **Competed for Welsh Schools in 2 SIAB Schools international cross country events**
- **Competed for Welsh Schools in 2 London mini marathons**
- **Competed for Wales in 1 Celtic cross country international match**

On 11 March 2020, the Welsh schools cross country championships were held in Brecon

As a result of the championships Liam qualified to compete for Welsh Schools in his third SIAB Schools cross country international race in Falkirk Scotland on Saturday 21 March 2020

However, this event was cancelled because of the lockdown of all sport on 16 March 2020

The coronavirus pandemic has affected all sport in 2020 and Liam Edwards like so many other sportsmen and sportswomen did not have the opportunity to compete and represent their Country in major events

Liam's older sister Eva competed for Welsh schools in the Celtic international under 20 cross country race in Belfast on 22 January 2019

Liam Edwards's Milestones in his athletics career to date (135 Recorded Performances)

2013 First Year Under 11 Carmarthen Harriers (6 Recorded Performances)

150	4	24.9	Brecon	Louise Arthur League	20 Jul 2013
800	2	2.44.5	Brecon	Louise Arthur League	20 Jul 2013
LJ	3	3.36	Brecon	Louise Arthur League	20 Jul 2013
1K	1	3.28	Swansea	Swansea Bay 1K Road Race	22 Sep 2013
XC	6	6.31	Bridgend	Gwent Cross Country	10 Nov 2013
RD	6	5.20	Llandow	Welsh Road Relay Champs	17 Mar 2013

2014 Second Year Under 11 Carmarthen Harriers (24 Recorded Performances)

1500	1	22.50	Neath	Louise Arthur League Match	18 May 2014
150	2	22.27	Brecon	Louise Arthur League Match	12 Jul 2014
800	2	2.34.7	Haverfordwest	Gerald Codd Trophy	17 Aug 2014
800	3	2.35.27	Newport	Welsh U15 League Cup Final	17 Aug 2014
SP	3	5.80	Swansea	Louise Arthur League Match	8 Jun 2014
JT	3	15.07	Neath	Louise Arthur League Match	18 May 2014
XC	3	5.33	Brecon	Gwent Cross Country	6 Dec 2014
XC	6	6.09	Bridgend	Gwent Cross Country	12 Oct 2014
XC	5	7.00	Cardiff	Gwent Cross Country	9 Nov 2014

2015 First Year Under 13 Carmarthen Harriers (17 Recorded Performances)

1500	6	5.13.35	Brecon	Louise Arthur League Match	12 Jul 2015
1500	6	5.18.20	Newport	Welsh U15 League Final	23 Aug 2015
75H	6B	16.24	Newport	Welsh U15 League Final	23 Aug 2015
SP	18	4.21	Brecon	Louise Arthur League Final	12 Jul 2015
XC	5	6.31	Corwen	Welsh Championships	21 Feb 2015
XC	12	8.30	Llandaff Fields	Gwent Cross Country	8 Nov 2015
XC	7	6.12	Bristol	Gwent Cross Country	8 Feb 2015
XC	10	9.31	Blaise Castle	Gwent Cross Country	5 Dec 2015

2016 Second Year Under 13 Carmarthen Harriers (26 Recorded Performances)

200	2	31.52	Carmarthen	Louise Arthur League Match	30 Apr 2016
800	2	2.24.52	Carmarthen	Louise Arthur League Match	30 Apr 2016
1500	2	4.52.48	Newport	Welsh U15 League Cup Final	21 Aug 2016
1500	1	4.58.68	Brecon	Louise Arthur League Match	10 Jul 2016
75H	4B	16.09	Newport	Welsh U15 League Cup Final	21 Aug 2016
XC	3	6.59	Builth Wells	Welsh Inter Regional Champs	10 Dec 2016
XC	4	8.24	Bridgend	Gwent Cross Country	3 Dec 2016
XC	2	8.32	Bristol	Gwent Cross Country	12 Nov 2016
XC	3	9.47	Brecon	Gwent Cross Country	5 Mar 2016
XC	3	10.03	Brecon	Welsh Inter Schools XC	26 Nov 2016
XC	4	11.06	Brecon	Welsh Schools Championships	10 Feb 2016
XC	13	13.02	Swansea	Welsh Championships	27 Feb 2016

XC	3	8.02	Llandeilo	Dyfed Schools Championships	19 Jan 2016
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2017 First Year Under 15 Carmarthen Harriers (18 Recorded Performances)

300	2	45.86	Carmarthen	Louise Arthur League Match	29 Apr 2017
800	1	2.19.9	Carmarthen	Dyfed Schools Relays	3 May 2017
800	1	2.21.36	Carmarthen	Louise Arthur League Match	29 Apr 2017
800	3	2.25.18	Brecon	Welsh Schools NASUWT Cup	9 Jul 2017
HJ	8	1.35	Swansea	Louise Arthur League Match	9 Jul 2017
XC	3		Newport	Gwent Cross Country League	12 Feb 2017
XC	6	10.55	Cardiff	British Athletics Cross Challenge	22 Jan 2017
XC	2	11.14	Llanelli	Gwent Cross Country League	4 Mar 2017
XC	5	11.22	Swansea	Welsh Championships	25 Feb 2017
XC	6	12.26	Pembrey	Gwent Cross Country	3 Dec 2017
XC	9	15.00	Brecon	Welsh Schools Championships	18 Mar 2017
XC	25	16.37	Margam Park	SIAB Schools International	25 Mar 2017
3M	20	16.49	London	London mini marathon	23 Apr 2017

2018 Second Year Under 15 Carmarthen Harriers (28 Recorded Performances)

200	2	27.11	Swansea	Louise Arthur League Match	19 Aug 2018
300	3	42.07	Carmarthen	Louise Arthur League Match	5 May 2018
800	5	2.05.3	Carmarthen	Louise Arthur League Match	5 May 2018
800	1	2.06.68	Swansea	Louise Arthur League Match	19 Aug 2018
800	2	2.08.34	Carmarthen	Louise Arthur League Match	5 May 2018
800	4	2.10.42	Newport	Welsh U15 Championships	24 Jun 2018
1500	1	4.17.19	Newport	Welsh Athletics Endurance Open	1 Aug 2018
1500	1	4.18.8	Haverfordwest	Gerald Codd Trophy	12 Aug 2018
1500	1h	4.20.10	Bedford	England U15 Championships	25 Aug 2018
1500	1	4.20.76	Brecon	Welsh Schools NASUWT Cup	11 Jul 2018
1500	5	4.23.11	Bedford	England U15 Championships	26 Aug 2018
XC	17	11.03	Cardiff	British Athletics Cross Challenge	13 Oct 2018
XC	7	12.12	Pembrey	Gwent Cross Country	10 Nov 2018
XC	4	14.31	Brecon	Welsh Schools Championship	7 Mar 2018
XC	4	15.36	Brecon	Welsh Inter Schools Championships	17 Nov 2018
XC	14	14.20	Swansea	Welsh Championships	24 Feb 2018
XC	17	16.27	Nottingham	SIAB Schools International	24 Mar 2018
5K	3	18.16	Carmarthen	Carmarthen Mayor's 5K	7 May 2018
XDC	3	12.11	Llandeilo	Dyfed Schools Championships	13 Feb 2018

2019 First Year Under 17 Carmarthen Harriers (11 Recorded Performances)

800	1	2.00.24	Swansea	MDAL Middle Distance Open	31 Jul 2019
800	2	2.03.18	Aberdare	Welsh Inter Regional Championships	4 Aug 2019
800	1	2.03.50	Swansea	UKA Midlands YA League Match	28 Jul 2019
1500	4	4.11.74	Cardiff	Welsh Schools Championships	6 Jul 2019
1500	6h	4.11.88	Bedford	England U17 Championships	31 Aug 2019
Mile	1	4.37.45	Cardiff	Cardiff Night of Endurance	14 Sep 2019

3M	46	16.23	London	London Mini Marathon	28 Apr 2019
XC	12	10.51	Dundonald	Celtic Cross Country International	19 Jan 2019
XC	5	15.49	Llanelli	Welsh Cross Country Championships	23 Feb 2019
XC	17	17.55	Brecon	Welsh Schools Championships	13 Feb 2019
XC	16	20.21	Brecon	Welsh Inter Regional Championships	16 Nov 2019

2020 Second Year Under 17 Carmarthen Harriers (5 Recorded Performances)

800	1	1.57.56	Stretford	BMC Gold Standard Races	15 Sep 2020
800	2	1.59.28	Aberdare	Welsh Athletics Endurance Open	29 Aug 2020
1500	1	4.03.60	Nuneaton	BMC Regional Races	18 Sep 2020
XC	11	17.12	Pembrey	Welsh Championships	22 Feb 2020
XC	8	19.12	Brecon	Welsh Schools Championships	11 Mar 2020