

Jessica Lee

Coaches at Carmarthen Harriers Jake Morgan and Steve Perks

Personal Bests

60 7.95i (2020); 100 12.20 (2019); 12.19w (2020); 150 22.91 (2016) 22.47w (2016); 200 25.55 (2020)

300 45.3 (2019); 800 2.45.03i (2018)

60H 9.65i (2019); 75h 12.78 (2018)

HJ 1.38i(2019); LJ 5.51 (2019).

SP3KU15 8.25i (2019); SP2.72KU13; SP2KU11 6.07 (2016)

Quad U13 1465 (2018): 1904i (2018); PenU15 2832i (2019)

Jessica went to Ysgol Llys Hywel Primary School in Whitland then on to Dyffryn Taf secondary school which is also in Whitland

When she was in primary school she competed regularly in the Carmarthenshire and Dyfed primary schools cross country and athletics championships

At the age of nine she joined Carmarthen and District Harriers Athletics Club and competed regularly as an under 11 and under 13 athlete in the local Louise Arthur Athletes League matches and the Gwent Cross Country League events

She competed in a wide range of events but did not win a single Welsh Championship medal as an under 13 athlete

As a first year under 15 athlete with the expert help of her Harriers coaches Jake Morgan and Steve Perks she rapidly developed into an outstanding young athlete in the sprints and long jump

In the short period between July 2019 and January 2020 she achieved the following success:-

- **7 individual Welsh Schools and Welsh Championship gold medals**
- **Competed as a junior girl for Welsh Schools in the SIAB Schools Middle Girls International**
- **Won three gold medals in the 2019 Welsh Schools championships (100m, long jump and relay)**
- **Won three gold medals in the 2020 Welsh under 15 indoor championships (60m,200m and long jump)**

2020 should have been an outstanding summer season for Jessica as a second year under 15 athlete she would have been top of her age group

However, on 16 March 2020 all school and club sport came to a stop and the coronavirus pandemic deprived many young sportsmen and sportswomen the opportunity of competing in national championships and representing their Country in major international events

She was able to compete in a few events late on in August and early September

From an early age Jessica has been a faithful and dedicated member of Carmarthen Harriers. In 2019 she was an excellent Carmarthen Harriers junior girls team captain

Jessica Lee's Milestones in her athletics career so far (November 2020) – 154 recorded performances

2015 First Year Under 11 Carmarthen Harriers (15 Recorded Performances)

150	3	23.69	Neath	Louise Arthur League Match	7 Jun 2015
150	2	23.85	Swansea	Louise Arthur League Match	2 Aug 2015
800	3B	3.05.12	Newport	Welsh U15 League Cup Final	23 Aug 2015
800	4	3.09.4	Haverfordwest	Gerald Codd Trophy	25 Jul 2015
800	10	3.10.88	Swansea	Louise Arthur League Match	2 Aug 2015
LJ	6	3.14	Swansea	Louise Arthur League Match	2 Aug 2015
LJ	3B	3.06	Newport	Welsh U15 League Cup Final	23 Aug 2015
XC	48	7.43	Bridgend	Gwent Cross Country Match	11 Oct 2015
XC	47	8.15	Llandaff Fields	Gwent Cross Country Match	8 Nov 2015

2016 Second Year Under 11 Carmarthen Harriers (21 Recorded Performances)

150	1	22.75	Neath	Louise Arthur League Match	28 May 2016
150	4	22.47	Brecon	Louise Arthur League Match	10 Jul 2016
150	1	22.91	Swansea	Louise Arthur League Match	5 Jun 2016
150	3	22.31	Newport	Welsh U15 League Cup Final	21 Aug 2016
150	1	23.39	Carmarthen	Louise Arthur League Match	30 Apr 2016
800	3	2.51.64	Swansea	Louise Arthur League Match	5 Jun 2016
800	3	2.56.55	Carmarthen	Louise Arthur League Match	30 Apr 2016
LJ	2	3.76	Newport	Welsh U15 League Cup Final	21 Aug 2016
LJ	2	3.55	Swansea	Louise Arthur League Match	5 Jun 2016
LJ	1	3.28	Carmarthen	Louise Arthur League Match	30 Apr 2016
SP	2	6.07	Newport	Welsh U15 League Cup Final	21 Aug 2016
XC	30	7.02	Brecon	Gwent Cross Country Match	12 Nov 2016
XC	20	8.11	Swansea	Welsh Championships	27 Feb 2016
XC	35	9.31	Cardiff	British Athletics Cross Challenge	24 Jan 2016

2017 First Year Under 13 Carmarthen Harriers (14 Recorded Performances)

60	2h	9.55i	Swansea	West Wales Indoor Championships	21 Jan 2017
100	4	14.77	Swansea	Louise Arthur League Match	9 Jul 2017
100	4	15.22	Carmarthen	West Wales Championships	14 May 2017
100	3	15.75	Carmarthen	Louise Arthur League Match	29 Apr 2017
200	4	31.44	Swansea	Louise Arthur League Match	9 Jul 2017
200	2	31.49	Carmarthen	West Wales Championships	14 May 2017
200	4	31.92	Carmarthen	Louise Arthur League Match	29 Apr 2017
LJ	4	4.02	Swansea	Louise Arthur League Match	9 Jul 2017
LJ	11	3.82	Carmarthen	Louise Arthur League Match	29 Apr 2017
LJ	1	3.77	Carmarthen	Carmarthenshire Primary Sch Champs	8 May 2017
LJ	9	3.73	Carmarthen	West Wales Championships	14 May 2017
SP	13	4.94i	Swansea	West Wales Indoor Championships	21 Jan 2017
XC	19	6.16	Swansea	Welsh U13 Championships	25 Feb 2017
XC	32	7.40	Pembrey	Gwent Cross Country League	4 Mar 2017

2018 Second Year Under 13 Carmarthen Harriers (35 Recorded Performances)

200	1	28.10i	Cardiff	Welsh Athletics Junior Indoor Open	2 Dec 2018
200	2B	28.75	Swansea	Welsh U15 League Cup Final	19 Aug 2018
200	3	29.09	Neath	Louise Arthur League Match	3 Jun 2018
200	1	29.18	Carmarthen	Louise Arthur League Match	5 May 2018
200	1	29.7	Haverfordwest	Gerald Codd Trophy Match	12 Aug 2018
800		2.45.03i	Cardiff	Welsh Athletics CE Championships	21 Oct 2018
800		2.58.08	Swansea	Welsh Athletics CE Championships	9 Jun 2018
60H		10.33i	Cardiff	Welsh Athletics CE Championships	21 Oct 2018
70H	2	12.78	Carmarthen	Louise Arthur League Match	5 May 2018
LJ	2	4.48	Carmarthen	Louise Arthur League Match	5 May 2018
LJ	3	4.37	Swansea	Swansea Harriers Open Meeting	8 Apr 2018
LJ	2	4.31	Neath	West Wales Championships	13 May 2018
LJ	4	4.17i	Cardiff	Welsh U13 Indoor Championships	10 Feb 2018
SP		7.06i	Cardiff	Welsh U13 Indoor CE Championships	21 Oct 2018
Quad	11	1465	Swansea	Welsh U13 CE Championships	9 Jun 2018
Quad	5	1904i	Cardiff	Welsh Indoor U13 CE Championships	21 Oct 2018

2019 First Year Under 15 Carmarthen Harriers (51 Recorded Performances)

60	2	8.3i	Swansea	West Wales Indoor Championships	13 Jan 2019
60	5	8.38i	Cardiff	Welsh Indoor U15 Championships	2 Feb 2019
60	3s	8.41i	Cardiff	Welsh Indoor U15 Championships	2 Feb 2019
60	2h	8.42i	Swansea	West Wales Indoor U15 Championships	13 Jan 2019
60	1h	8.46	Cardiff	Welsh indoor U15 Championships	2 Feb 2019
100	1	12.20	Swansea	Louise Arthur League Match	29 Jun 2019
100	1	12.60	Aberdare	Welsh U15 Inter Regional Champs	4 Aug 2019
100	1	12.62	Neath	Louise Arthur League Match	27 Jul 2019
100	1	12.65	Cardiff	Welsh schools Championships	6 Jul 2019
100	3h	12.65w	Bedford	England U15 Championships	31 Aug 2019
100	1	12.76	Swansea	Welsh U15 League Cup Final	25 Aug 2019
100	3	12.80	Wrexham	Welsh U15 Championships	16 Jun 2019
100	6s	12.80w	Bedford	England U15 Championships	31 Aug 2019
100	2	12.8	Carmarthen	Louise Arthur League Match	25 May 2019
100	2	12.9	Swansea	West Wales Championships	11 May 2019
100	2h	13.01	Wrexham	Welsh U15 Championships	16 Jun 2019
100	ns	13.01	Swansea	SIAB Schools International Match	20 Jul 2019
100	1h	13.2	Swansea	West Wales U15 Championships	11 May 2019
200	2	25.67	Cardiff	Welsh U15 Championships	14 Jul 2019
200	1	25.80w	Neath	Louise Arthur League Match	27 Jul 2019
200	1	26.00	Aberdare	Welsh U15 Inter Regional Champs	4 Aug 2019
200	2	26.3	Carmarthen	Louise Arthur League Match	25 May 2019
300	2	45.3	Haverfordwest	Louise Arthur League Match	4 May 2019
800		2.45.14i	Cardiff	Welsh Indoor CE Championships	3 Nov 2019
60H		9.65i	Cardiff	Welsh Indoor CE Championships	3 Nov 2019
75H	2	12.63	Swansea	Swansea Harriers Open Meeting	7 Apr 2019
HJ		1.38i	Cardiff	Welsh Indoor CE Championships	3 Nov 2019

LJ	2	5.51	Cardiff	Welsh Schools Championships	6 Jul 2019
LJ	5	5.34w	Bedford	England U15 Championships	1 Sep 2019
LJ	6	5.33	Swansea	SIAB Schools International Match	20 Jul 2019
LJ	1	5.29	Neath	Louise Arthur League Match	27 Jul 2019
LJ		5.26	Bedford	England U15 Championships	1 Sep 2019
LJ		5.26i	Cardiff	Welsh Indoor CE Championships	3 Nov 2019
LJ	1	5.17	Swansea	Louise Arthur League Match	29 Jun 2019
LJ	1	5.10	Haverfordwest	Louise Arthur League Match	4 May 2019
LJ	1	5.10i	Cardiff	Welsh Athletics Junior Open	1 Dec 2019
Lj	2	5.07	Swansea	Swansea Harriers Open	7 Apr 2019
SP		8.26i	Cardiff	Welsh Athletics Indoor CE Champs	3 Nov 2019
JT	5	19.84	Swansea	Welsh U15 Cup Final	25 Aug 2019
Pen	6	2832	Cardiff	Welsh Indoor CE Championships	3 Nov 2019

2020 Second Year Under 15 Carmarthen Harriers (17 Recorded Performances)

60	1	7.95i	Cardiff	Welsh Athletics Junior Open	5 Jan 2020
60	1	7.96i	Cardiff	Welsh Indoors U15 Championships	2 Feb 2020
60	1s	7.99i	Cardiff	Welsh Indoors U15 Championships	2 Feb 2020
60	1h	8.08	Cardiff	Welsh Indoors U15 Championships	2 Feb 2020
60	1	8.09i	Swansea	West Wales Indoors U15 Champs	12 Jan 2020
60	1h	8.21i	Swansea	West Wales Indoors U15 Champs	12 Jan 2020
1002	2	12.19w	Cardiff	Welsh Athletics Senior Sprints	12 Sep 2020
100	2	12.52	Swansea	Welsh Athletics Junior Competition	23 Aug 2020
100	2	12.61	Newport	Welsh Athletics Sprints Open	12 Sep 2020
200	1	25.55	Braunton	Devon Open	13 Sep 2020
200	1	26.00i	Cardiff	Welsh U15 Indoor Championships	1 Feb 2020
200	1s	26.87i	Cardiff	Welsh U15 Indoor Championships	1 Feb 2020
200	2h	28.22	Cardiff	Welsh U15 Indoor Championships	1 Feb 2020
60H	4	9.86i	Cardiff	Welsh Athletics Junior Open	5 Jan 2020
LJ	1	5.46	Braunton	Devon Open	13 Sep 2020
LJ	1	5.37i	Cardiff	Welsh Indoors U15 Championships	2 Feb 2020
LJ	1	5.21	Swansea	West wales Indoors Championships	11 Jan 2020