

Paul Bennett

**Lead Coach Adrian Thomas 2015-  
Other Coach Judith Gooding 2011-  
Previous Lead Matt Elias 2011-2015  
Previous Lead Dorrien Thomas -2010**

**Personal Bests**

**60 7.19i (2011); 100 11.05 (2014),11.0 (2017) 10.70w (2014); 200 21.97 (2014), 21.58w (2017)  
300 34.81 (2013); 400 47.92 (2013); 800 2.05.1 (2011); 1000 2.58.1 (2010)  
60HU17 8.68i (2009); 400H 51.55 (2014)  
LJ 6.24i (2009); TJ 13.05 (2010)  
SP6K 10.62 (2010); SP5K 10.99i (2009)  
JT 800 44.27 (2010); JT 600 32.43 (2007)**

Paul lived in rural North Ceredigion and went to Penglais secondary school in Aberystwyth. The nearest athletics track is 55 miles away in Carmarthen

He joined Carmarthen and District Harriers Athletics Club as an under 15 athlete and whilst he was with Carmarthen Harriers as a junior athlete he proved to be a very dedicated member competing for the Club, Dyfed Schools and West Wales on very many occasions

The javelin event was his first event and then moved on to be an outstanding sprinter competing in 2008 as a first year under 17 athlete in the SIAB schools international 200m event.

In 2009 Paul won the Welsh indoor pentathlon championship and finished second in the SIAB schools indoor pentathlon match, which is an outstanding achievement. In the same year he was second in the 400m in the SIAB schools international match in Antrim . Also, in the same year Paul won the 400m in the Celtic Games in Carmarthen on 1 August 2009

In 2010 moved up to the 400m hurdles event and had considerable success in the event winning the Welsh under 20 400m hurdles title in Carmarthen on 10 July 2010

2011 was a successful year for the Carmarthen Harrier member. Paul won the UK under 20 400m hurdles title in Bedford on 26 Jun 2011 and was selected to compete for Great Britain in the European under 20 championships in Tallinn Estonia

Paul went on to study at Cardiff Met University in Cardiff and competed first for Swansea Harriers and then Cardiff AAC

He has had an outstanding athletics career as a junior and senior athlete. His main achievements are listed below

- **16 Welsh or Welsh Schools gold medals (100,200,400, 400H,pentathlon)**
- **1 UK under 20 gold in 400m hurdles**
- **Competed for GB in the 400m hurdles in the European under 20 Championships**
- **Competed for Welsh Schools in 3 SIAB Schools international matches (200,400,relays and pentathlon )**

- **1 Celtic Junior Games**
- **1 UK School Games**
- **Competed for Wales many times in international matches and events**

Paul has travelled many miles for training and competition and has had the full support from his home

His coaches have guided Paul to his many successes, and he is very appreciative for all the support he has had in his athletics career

He is a good example of a young athlete from a rural background who can through sheer dedication and effort succeed as an athlete

### **Milestones in Paul Bennett's Athletics Career (392 Recorded Performances)**

#### **2007 Second Year Under 15 Carmarthen Harriers (1 Recorded Performance)**

JT	2	32.43	Carmarthen	Dyfed Schools Championships	9 Jun 2007
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#### **2008 First Year Under 17 Carmarthen Harriers (11 Recorded Performances)**

100	1	11.45	Brecon	Welsh Junior League Cup Final	24 Aug 2008
200	2	23.00	Brecon	Welsh Inter Regional Championships	31 Aug 2008
<b>200</b>	<b>7</b>	<b>23.01</b>	<b>Bedford</b>	<b>SIAB Schools International</b>	<b>19 Jul 2008</b>
200	2	23.17	Brecon	Welsh Junior League Cup Final	24 Aug 2008
200	2	23.3	Carmarthen	Dyfed Schools Championships	7 Jun 2008
200	3	23.8	Brecon	Welsh Schools Championships	5 Jul 2008
200	1	24.0	Brecon	Welsh Schools Plate Final	9 Jul 2008
JT	2	45.19	Carmarthen	Dyfed Schools Championships	7 Jun 2008
JT	5	42.55	Brecon	Welsh Schools Championships	5 Jul 2008
XC	26	20.32`	Brecon	Welsh Schools Cross Country Champs	8 Mar 2008

#### **2009 Second Year Under 17 Carmarthen Harriers (75 Recorded Performances)**

60	6	7.28i	Cardiff	UWIC Indoor Open	12 Dec 2009
10	5	11.25w	Newport	Welsh U17 Championships	7 Jun 2009
100	3h	11.38	Newport	Welsh U17 Championships	7 Jun 2009
200	1	22.59	Swansea	Welsh Senior League	28 Jun 2009
<b>200</b>	<b>1</b>	<b>22.63</b>	<b>Swansea</b>	<b>Welsh Inter Regional Championships</b>	<b>30 Aug 2009</b>
200	3	22.66`	Cardiff	Welsh Schools Championships	4 Jul 2009
200	1	23.0	Carmarthen	Dyfed Schools Championships	13 Jun 2009
<b>200</b>	<b>1</b>	<b>23.83i</b>	<b>Cardiff</b>	<b>Welsh U17 Indoor Championships</b>	<b>7 Feb 2009</b>
200	1	23.95	Neath	West Wales Championships	10 May 2009
400	3	48.93	Bedford	England U17 Championships	9 Aug 2009
<b>400</b>	<b>2</b>	<b>48.99</b>	<b>Antrim NI</b>	<b>SIAB Schools International</b>	<b>18 Jul 2009</b>
<b>400</b>	<b>1</b>	<b>49.10</b>	<b>Carmarthen</b>	<b>Celtic Junior Games</b>	<b>1 Aug 2009</b>
400	2	49.10	Bedford	England U17 Championships	9 Aug 2009
<b>400</b>	<b>1</b>	<b>50.14</b>	<b>Swansea</b>	<b>Welsh Inter Regional Championships</b>	<b>30 Aug 2009</b>

<b>400</b>	<b>1</b>	<b>50.18</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>4 Jul 2009</b>
400	1	50.5	Carmarthen	Dyfed Schools Championships	13 Jun 2009
<b>400</b>	<b>8</b>	<b>50.57</b>	<b>Cardiff</b>	<b>UK School Games</b>	<b>6 Sep 2009</b>
400	1	50.63	Neath	West Wales Championships	10 May 2009
400	3	51.63	Newport	Welsh U17 Championships	7 Jun 2009
400	1h	52.20	Cardiff	Welsh Schools Championships	4 Jul 2009
400	6	53.06i	Birmingham	England Indoor U17 Championship	15 Feb 2009
800		2.08.33i	Cardiff	Welsh Indoor CE Championships	15 Nov 2009
800		2.09.77i	Glasgow	SIAB Schools CE International	5 Dec 2009
60H		8.68i	Glasgow	SIAB Schools CE International	5 Dec 2009
LJ		6.24i	Glasgow	SIAB Schools CE International	5 Dec 2009
SP5K		10.99i	Cardiff	Welsh Indoor CE Championships	15 Nov 2009
JT600	3	41.55	Mansfield	YKA YA Midlands League Match	14 Jun 2009
<b>Pen</b>	<b>2</b>	<b>3391i</b>	<b>Glasgow</b>	<b>SIAB Schools CE International</b>	<b>5 Dec 2009</b>
<b>Pen</b>	<b>1</b>	<b>3378i</b>	<b>Cardiff</b>	<b>Welsh CE Championships</b>	<b>15 Nov 2009</b>

### 2010 First Year Under 20 Carmarthen Harriers (69 Recorded Performances)

60	7s	7.19	Birmingham	England Indoors U20 Championships	27 Feb 2010
60	1	7.2	Swansea	West Wales indoor Championships	17 Jan 2010
60	2	7.28i	Cardiff	Welsh Indoor U20 Championships	31 Jan 2010
100	1	11.1	Swansea	UKA YA Midlands League Match	23 May 2010
<b>100</b>	<b>1</b>	<b>11.18</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>3 Jul 2010</b>
100	1	11.4w	Swansea	West Wales Championships	9 May 2010
100	3h	11.50	Carmarthen	Welsh U20 Championships	10 Jul 2010
100	4	11.57	Carmarthen	Welsh U20 Championships	10 Jul 2010
200	2h	22.32i	Birmingham	England Indoor U20 Championships	28 Feb 2010
200	1	22.9	Swansea	West Wales Championships	9 May 2010
200	2	23.12	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
300	1	36.37i	Cardiff	UWIC Indoor Open	11 Dec 2010
400	1	49.7	Swansea	UKA YA Midlands League Match	23 May 2010
400	1	51.23	Brecon	Welsh Junior Cup Final	22 Aug 2010
400	2	52.13i	Cardiff	Welsh Indoor U20 Championships	31 Jan 2010
400H	1	54.05	Derby	National Junior Final	12 Sep 2010
<b>400H</b>	<b>1</b>	<b>54.46</b>	<b>Carmarthen</b>	<b>Welsh U20 Championships</b>	<b>10 Jul 2010</b>
<b>400H</b>	<b>1</b>	<b>55.27</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>3 Jul 2010</b>
<b>400H</b>	<b>3</b>	<b>56.00</b>	<b>Kessel-Lo Bel</b>	<b>Flanders Cup</b>	<b>14 Aug 2010</b>
400H	1	56.33	Brecon	Welsh Junior Cup Final	22 Aug 2010
<b>400H</b>	<b>1</b>	<b>56.41</b>	<b>Cardiff</b>	<b>Welsh Inter Regional Championships</b>	<b>29 Aug 2010</b>
LJ		6.15	Newport	Welsh CE Championships	25 Jun 2010
LJ	4	6.02i	Cardiff	Welsh Indoor U20 Championships	31 Jan 2010
TJ	4	12.12	Stafford	UKA YA Midlands League Match	25 Jul 2010
SP6K		10.62	Newport	Welsh CE Championships	26 Jun 2010
JT800	5	44.27	Loughborough	UKA YA Midlands League Match	25 Apr 2010
<b>Pen</b>	<b>1</b>	<b>3049</b>	<b>Newport</b>	<b>Welsh CE Championship</b>	<b>26 Jun 2010</b>

### 2011 Second Year Under 20 Carmarthen Harriers (42 Recorded Performances)

60	2	7.19i	Cardiff	UWIC Grand Prix	11 Dec 2011
100	2	11.13	Brecon	Welsh Schools Championships	2 Jul 2011
100	1	11.3	Carmarthen	West Wales Championships	15 May 2011
200	6	22.48	Derby	National Junior League Final	11 Sep 2011
200	1	23.4	Carmarthen	West Wales Championships	15 May 2011
200	3	23.45	Cardiff	Welsh Indoor U20 Championships	23 Jan 2011
<b>300</b>	<b>2</b>	<b>34.81</b>	<b>Swansea</b>	<b>Welsh Schools v Welsh U20</b>	<b>22 Jun 2011</b>
400	1B	49.64	Glasgow	British Athletics League Match	4 Jun 2011
<b>400</b>	<b>1</b>	<b>49.05</b>	<b>Wrexham</b>	<b>Welsh U20 Championships</b>	<b>11 Jun 2011</b>
<b>400H</b>	<b>5h</b>	<b>52.80</b>	<b>Tallinn EST</b>	<b>European Championships</b>	<b>22 Jul 2011</b>
<b>400H</b>	<b>1</b>	<b>53.28</b>	<b>Bedford</b>	<b>England U20 Championships</b>	<b>26 Jun 2011</b>
<b>400H</b>	<b>1</b>	<b>53.52</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>29 Jul 2011</b>
<b>400H</b>	<b>1</b>	<b>53.85</b>	<b>Wrexham</b>	<b>Welsh U20 Championships</b>	<b>11 Jun 2011</b>
400H	1	55.0	Carmarthen	West Wales Championships	15 May 2011
<b>400H</b>	<b>4</b>	<b>56.21</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>22 May 2011</b>

### 2012 Under 23 Cardiff Met University/Swansea Harriers (31 Recorded Performances)

60	2h	7.34	Cardiff	UWIC Grand Prix	8 Jan 2012
100	6	11.33	Swansea	British League Match	18 Aug 2012
200	2	22.17	Cardiff	Welsh Inter Regional Championship	14 Jul 2012
200	1	23.3	Neath	West Wales Championship	13 May 2012
<b>400</b>	<b>1</b>	<b>49.35i</b>	<b>Cardiff</b>	<b>Celtic Cup</b>	<b>29 Jan 2012</b>
400	2	49.88	Cardiff	Welsh Inter Regional Championship	14 Jul 2012
400	2	51.45i	Cardiff	Welsh Indoor Senior Championships	21 Jan 2012
400H	3	52.40	Bedford	England U23 Championships	17 Jun 2012
<b>400H</b>	<b>1</b>	<b>53.27</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>4 Jun 2012</b>
<b>400H</b>	<b>6</b>	<b>54.64</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>20 May 2012</b>
<b>400H</b>	<b>6</b>	<b>56.18</b>	<b>Cardiff</b>	<b>Welsh Athletics International</b>	<b>18 Jul 2012</b>

### 2013 Under 23 Cardiff Met University/ Swansea Harriers (23 Recorded Performances)

100	2	11.05w	Lee Valley	Lee Valley Sprint Evening	14 Aug 2012
200	7	22.72w	Cardiff	Welsh Athletics Open	20 Apr 2012
300	3	34.81	Cardiff	Welsh Open Meeting	20 Apr 2012
<b>400</b>	<b>1</b>	<b>47.92</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>29 Jun 2013</b>
400H	3h	51.85	Birmingham	UK Championships	12 Jul 2013
400H	5	52.04	Bedford	BUCS Championships	6 May 2013
<b>400H</b>	<b>3</b>	<b>53.14</b>	<b>Cardiff</b>	<b>Welsh Athletics International</b>	<b>31 Jul 2013</b>
<b>400H</b>	<b>4</b>	<b>53.16</b>	<b>Geneva SUI</b>	<b>AtletiCAGeneva</b>	<b>1 Jun 2013</b>
<b>400H</b>	<b>5</b>	<b>53.25</b>	<b>Merksem BEL</b>	<b>International Antwerps Gala</b>	<b>24 Aug 2013</b>
<b>400H</b>	<b>5</b>	<b>53.26</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>19 May 2013</b>
400H	3	53.51	Birmingham	Birmingham Games	20 Jul 2013
400H	8	53.77	Bedford	England U23 Championships	15 Jun 2013

**2014 Under 23 Cardiff Met University/Cardiff AAC (20 Recorded Performances)**

100-	2	10.70w	Lee Valley	Lee Valley Sprints Evening	9 Jul 2014
200	3	21.94w	Lee Valley	Lee Valley Sprints Evening	9 Jul 2014
200	5	21.97	Lee Valley	Lee Valley Sprints Evening	23 Jul 2014
<b>400</b>	<b>3</b>	<b>48.13</b>	<b>Geneva SUI</b>	<b>Meeting International de Geneva</b>	<b>31 May 2014</b>
<b>400H</b>	<b>1</b>	<b>51.68</b>	<b>Cardiff</b>	<b>Welsh International</b>	<b>15 Jul 2014</b>
400H	5	52.24	Bedford	England U23 Championships	22 Jun 2014
400H	2	52.33	Bedford	CAU Inter County Championships	24 Aug 2014
<b>400H</b>	<b>8</b>	<b>52.80</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>18 May 2014</b>
<b>400H</b>	<b>4</b>	<b>52.97</b>	<b>Namur BEL</b>	<b>Atletissima</b>	<b>28 May 2014</b>
400H	6	53.38	Bedford	BUCS Championships	5 May 2014

**2015 Senior Cardiff Met University/ Cardiff AAC (16 Recorded Performances)**

100	7	11.13	Cardiff	Welsh Athletics Sprints Open	3 Jun 2015
200	5	21.90w	Lee Valley	Lee Valley Sprints Evening	9 Jul 2014
300	1	35.81i	Cardiff	Cardiff Met v Birmingham University	25 Nov 2015
400	1h	49.47	Bedford	BUCS Championships	2 May 2015
<b>400</b>	<b>5</b>	<b>49.54</b>	<b>Mesa AZ USA</b>	<b>Mesa Classic</b>	<b>10 Apr 2015</b>
400H	2	51.65	Bromley	British Athletics League Match	11 Jul 2015
400H	2	52.40	Cardiff	Welsh Senior Championships	27 Jun 2015
400H	2	52.66	Bedford	CAU Inter County Championships	1 Aug 2015
<b>400H</b>	<b>1</b>	<b>53.32</b>	<b>Cardiff</b>	<b>Welsh Athletics International</b>	<b>29 Jul 2015</b>
<b>400H</b>	<b>8</b>	<b>56.33</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>17 May 2015</b>

**2016 Senior Cardiff Met University/ Cardiff AAC(17 Recorded Performances)**

60	6h	7.47	Cardiff	Welsh Indoors Seniors Championships	31 Jan 2016
100	1	11.1	Cheltenham	Cheltenham Midsummer Meeting	3 Aug 2016
200	2	22.0	Cheltenham	Cheltenham Midsummer Meeting	3 Aug 2016
400	3s	49.41i	Sheffield	BUCS Indoor Championships	21 Feb 2016
400h	1	50.43i	Sheffield	BUCS Indoor Championships	20 Feb 2016
<b>400H</b>	<b>3</b>	<b>51.76</b>	<b>Oordegem BEL</b>	<b>IFAM Outdoor</b>	<b>28 May 2016</b>
<b>400H</b>	<b>1</b>	<b>52.17</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>11 Jun 2016</b>
<b>400H</b>	<b>6</b>	<b>52.67</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>22 May 2016</b>
<b>400H</b>	<b>4</b>	<b>52.92</b>	<b>Sportcity</b>	<b>Manchester International</b>	<b>17 Aug 2016</b>
400	1h	52.96	Bedford	BUCS Championships	30 Apr 2016
<b>400H</b>	<b>1</b>	<b>53.26</b>	<b>Cardiff</b>	<b>Welsh International</b>	<b>20 Jul 2016</b>

**2017 Senior Cardiff AAC (16 Recorded Performances)**

100	1	11.0	Cardiff	Run with the Wind Open	21 Jun 2017
200	1	21.58w	Cardiff	Run with the Wind	21 Jun 2017
200	1	22.4	Cheltenham	Cheltenham Midsummer Meeting	5 Jul 2017
400	2B	49.95	Bromley	British League Meeting	20 Aug 2017
<b>400H</b>	<b>2</b>	<b>51.97</b>	<b>Oordegem BEL</b>	<b>IFAM Outdoor</b>	<b>27 May 2017</b>
<b>400H</b>	<b>1</b>	<b>52.61</b>	<b>Cardiff</b>	<b>Welsh International</b>	<b>12 Jul 2017</b>

<b>400H</b>	<b>5</b>	<b>52.74</b>	<b>Cork IRE</b>	<b>Cork City Sports</b>	<b>18 Jul 2017</b>
<b>400H</b>	<b>2</b>	<b>53.77</b>	<b>Valence FRA</b>	<b>Meeting Valence</b>	<b>8 Jul 2017</b>
<b>400H</b>	<b>8</b>	<b>53.95</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>21 May 2017</b>
<b>400H</b>	<b>7</b>	<b>54.26</b>	<b>Sportcity</b>	<b>Manchester International</b>	<b>16 Aug 2017</b>
<b>400H</b>	<b>1</b>	<b>54.49</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>10 Jun 2017</b>

**2018 Cardiff AAC (10 Recorded Performances)**

400	2	48.32	Cardiff	Welsh Senior Championships	21 Jun 2017
<b>400H</b>	<b>6</b>	<b>52.30</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>20 May 2018</b>
<b>400H</b>	<b>5</b>	<b>52.30</b>	<b>Oordegem BEL</b>	<b>IFAM Outdoor</b>	<b>26 May 2018</b>
400H	4	52.33	Cardiff	British League Match	2 Jun 2018
400H	4	52.90	Birmingham	British League Match	30 Jun 2018