

Christian Lovatt

Lead Coach -2018 Kevin Evans

Personal Bests

200 33.4 (2010); 800 2.06.42 (2015); 1500 3.58.81 (2016); 3000 8.30.29 (2016); 5000 14.31.37 (2016)

Christian lived in Parcyrhun Ammanford and went to Ysgol Dyffryn Aman Ammanford and then on to Coleg Sir Gar in Llanelli and Swansea University

He first competed as a novice boy with Amman Valley Harriers in the Gwent Cross Country League in 2005. Christian then joined Carmarthen and District Harriers Athletics Club and like many other outstanding young Harriers members he competed regularly for the Club in the Gwent Cross Country League matches and as an under 11 member finished 5th overall in the 2008/07 season and 2nd overall in the 2007/08 season

With the coaching of the Carmarthen Harriers endurance coach Kevin Evans, he developed into an outstanding athlete both on the country and on the track

Christian as a junior athlete was a regular member of Carmarthen Harriers teams and an excellent team member of Dyfed schools and West Wales teams

Main successes in Christian's athletics career are as follows

- **9 Welsh schools or Welsh championship gold medals**
- **Competed for Welsh Schools in 5 SIAB Schools international matches**
- **Competed for Welsh Schools in 5 London Mini Marathon races**
- **Competed for Wales in many international events**

Milestones in Christian Lovatt's Athletics Career – 274 Recorded Performances – Main Results

2006 Under 11 Carmarthen Harriers (4 Recorded Performances)

XC	7	7.20	Cardiff	Gwent Cross Country League Match	14 Oct 2006
XC	7	6.41	Bath	Gwent Cross Country League Match	12 Nov 2006
XC	7	6.28	Blaise Castle	Gwent Cross Country League Match	2 Dec 2006
XC	3	6.48	Bridgend	Gwent Cross Country League Match	4 Mar 2006

2007 Under 11 Carmarthen Harriers (9 Recorded Performances)

800		2.39.3	Neath	Louise Arthur League Match	5 Aug 2007
800		2.40.3	Carmarthen	Louise Arthur League Match	10 Jun 2007
800		2.40.8	Newport	UK Clubs for Young People Champs	23 Jun 2007
800		2.41.8	Swansea	Louise Arthur League Match	1 Jul 2007
XC	1	4.47	Swansea	Gwent Cross Country League Match	13 Oct 2007
XC	2	6.57	Bath	Gwent Cross Country League Match	11 Nov 2007

XC	5	6.44	Bridgend	Gwent Cross Country League Match	2 Dec 2007
XC	4	5.43	Brecon	Gwent Cross Country League Match	9 Feb 2008
XC	3	9.09	Blaise Castle	Gwent Cross Country League Match	1 Mar 2008

2008 First Year Under 13 Carmarthen Harriers (23 Recorded Performances)

800		2.34.2	Neath	Louise Arthur League Match	3 Aug 2008
800		2.38.5	Carmarthen	UK YA Midlands League Match	4 May 2008
1500	6	5.01.90	Swansea	Welsh U13 Championships	15 Jun 2008
1500		5.09.7	Carmarthen	UK YA Midlands League Match	20 Jul 2008
1500		5.10.3	Carmarthen	Welsh Junior League Match	26 May 2008
1500	4	5.14.94i	Cardiff	Welsh Indoors U13 Championships	12 Jan 2008
XC	7	9.06	Wrexham	Welsh Inter Regional Championships	13 Dec 2008
XC	4	10.12	Brecon	Welsh Inter Schools Championships	15 Nov 2008
XC	11	11.19	Swansea	Welsh Cross Country Championships	14 Feb 2008

2009 Second Year Under 13 Carmarthen Harriers (31 Recorded Performances)

800	2	2.27.04	Cardiff	Welsh Athletics Open	13 May 2009
800	2	2.29.9	Carmarthen	Louise Arthur League Match	25 Jul 2009
1500	2	4.46.00i	Cardiff	Welsh Indoors U13 Championships	22 Mar 2009
1500	1	4.55.0	Carmarthen	Dyfed Schools Y7&8 Championships	24 Jun 2009
1500	5	4.56.50	Newport	Welsh U13 Championships	7 Jun 2009
SP	2B	5.39	Swansea	UK YA Midlands League Match	31 May 2009
XC	1	7.48	Oakwood	Dyfed Schools Championships	10 Feb 2009
XC	1	9.04	Builth Wells	Welsh Inter Regional Championships	13 Dec 2009
XC	1	9.44	Brecon	Welsh Schools Championships	28 Feb 2009
XC	5	9.48	Carmarthen	Gwent Cross Country League Match	14 Mar 2009
XC	1	10.08	Brecon	Welsh Inter Schools Championships	14 Nov 2009
XC	2	10.13	Cardiff	Cardiff Cross Challenge	18 Jan 2009
XC	3	10.24	Builth Wells	Welsh U13 Championships	1 Feb 2009
XC	2	10.30	Bridgend	Gwent Cross Country League	11 Oct 2009
XC	1	11.00	Gower	West Wales Championships	1 Nov 2009
XC	2	12.27	Taunton	Gwent Cross Country League Match	6 Dec 2009

2010 First Year Under 15 Carmarthen Harriers (17 Recorded Performances)

200	3	33.4	Neath	Louise Arthur League Match	22 May 2010
800	4	2.31.2	Neath	Louise Arthur League Match	22 May 2010
1500	2	4.53.1	Carmarthen	UK YA Midlands League Match	16 May 2010
1500	4	4.59.99	Cardiff	Welsh Indoors U15 Championships	31 Jan 2010
1500	1	5.00.3	Carmarthen	UK YA Midlands League Match	2 May 2010
3M	47	17.22	London	London Mini Marathon	25 Apr 2010
XC	1	9.58	Swansea	Welsh Cross Country Championships	20 Feb 2010
XC	27	14.31	Truro	SIAB Schools Cross Country International	27 Mar 2010
XC	5	14.44	Brecon	Welsh Schools Championships	27 Feb 2010

2011 Second Year Under 15 Carmarthen Harriers (29 Recorded Performances)

200	5	32.5	Carmarthen	Louise Arthur League Match	30 Apr 2011
800	3	2.23.9	Carmarthen	Louise Arthur League Match	30 Apr 2011
1500	2	4.30.1	Haverfordwest	Gerald Codd Trophy	7 Aug 2011
1500	3	4.41.87	Brecon	Welsh Junior League Cup Final	21 Aug 2011
1500	5	4.43.13	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
1500	2	4.45.5	Carmarthen	West Wales Championships	15 May 2011
1500	6	4.47.18	Brecon	Welsh Schools Championships	2 Jul 2011
1500	1	4.51.9	Carmarthen	Dyfed Schools Championships	18 Jun 2011
3000	3	9.48.65	Neath	Welsh U15 Championships	10 Aug 2011
XC	13	15.18	Cardiff	Cardiff Cross Challenge	16 Jan 2011
XC	27	15.22	Antrim NI	SIAB Schools International	26 Marc 2011
3M	75	17.04	London	London Mini Marathon	17 Apr 2011
XC	4	13.24	Brecon	Welsh Inter Schools Cup	19 Nov 2011
XC	5	13.25	Builth Wells	Welsh Inter Regional Championships	10 Dec 2011
XC	7	13.40	Brecon	Welsh Schools Championships	16 Mar 2011
XC	7	15.26	Northop	Welsh U15 Championships	19 Feb 2011
MR	8	27.00	Llanberis	British Junior MR Championships	24 Sep 2011

2012 First Year Under 17 Carmarthen Harriers (30 Recorded Performances)

800	1	2.17.8	Newport	UK YA Midlands League Match	17 Jun 2012
1500	4	4.24.49	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
1500	4	4.28.73i	Cardiff	Welsh Indoors U17 Championships	5 Feb 2012
1500	7	4.29.69	Cardiff	Welsh U17 Championships	4 Jun 2012
300	1	9.41.78	Cwmbran	Welsh Senior League Match	27 May 2012
3000	3	9.44.19	Neath	Welsh U17 Championships	15 Aug 2012
3000	1	9.49.5	Carmarthen	Dyfed Schools Championships	16 Jun 2012
3M	31	16.09	London	London Mini Marathon	22 Apr 2012
MR	22	21.17	Glendonaugh	IRE WMRA International Youth Cup	24 Jun 2012
XC	2	16.11	St Fagans	Welsh Championships	18 Feb 2012
XC	3	17.14	Brecon	Welsh Inter Schools Championships	17 Nov 2012
XC	1	18.06	Llandeilo	Dyfed Schools Championships	7 Feb 2012
XC	4	18.09	Builth Wells	Welsh Inter Regional Championships	8 Dec 2012
XC	2	20.01	Brecon	Gwent Cross Country League Match	1 Dec 2012

2013 Second Year Under 17 Carmarthen Harriers (45 Recorded Performances)

800	1	2.08.11	Cardiff	UK YA Midlands League Match	2 Jun 2013
800	3	2.09.3	Carmarthen	Dyfed Schools Relays	29 Apr 2013
1500	1	4.13.0	Carmarthen	Dyfed Schools Championships	8 Jun 2013
1500	1	4.13.04i	Cardiff	Welsh Indoors U17 Championships	27 Jan 2013
1500	3	4.14.3	Swansea	Welsh U17 Championships	22 Jun 2013
3000	12	8.52.58	Street	BMC PB Classic	6 May 2013
3000	1	8.53.6	Carmarthen	Dyfed Schools Championships	8 Jun 2013
3000	2	8.53.97	Cardiff	Welsh Athletics International	31 Jul 2013
3000	6	9.00.89	Dublin IRE	SIAB Schools International	20 Jul 2013

3000	1	9.0520	Cardiff	Welsh Schools Championships	6 Jul 2013
3000	4	9.07.51	Colwyn Bay	Celtic Junior Games	3 Aug 2013
3000	1	9.32.39	Newport	Welsh Inter Regional Championships	1 Sep 2013
1M	3	4.42	Cardiff	Welsh U17 1 mile Championship	5 Oct 2013
3M	27	15.08	London	London Mini Marathon	21 Apr 2013
XC	1	15.18	Llandeilo	Dyfed Schools Championships	5 Feb 2013
XC	1	16.20	Pontypool	Gwent Cross Country League Match	19 Oct 2013
C	5	17.15	Brecon	Welsh Inter Schools Championships	16 Nov 2013
XC	2	18.10	Bath	Gwent Cross Country League Match	9 Feb 2013
XC	3	19.11	Cardiff	Cardiff Cross Challenge	20 Jan 2013
XC	7	20.15	Llandeilo	SIAB Schools International	23 Mar 2013
XC	4	22.54	Builth Wells	Welsh Inter Regional Championships	14 Dec 2013

2014 First Year Under 20 Carmarthen Harriers (33 Recorded Performances)

800	3	2.06.48	Birmingham	UK YA Midlands League Match	27 Apr 2014
1500	1	4.11.96	Birmingham	UK YA Midlands League Match	27 Apr 2014
1500	1	4.22.4	Carmarthen	West Wales Championships	25 May 2014
3000	3	8.43.10	Street	BMC PB Classic	5 May 2014
3000	7	8.47.08	Cardiff	Welsh Athletics International	15 Jul 2014
3000	2	8.58.72	Cardiff	Welsh Schools Championships	5 Jul 2014
3000	1	9.02.7	Carmarthen	West Wales Championships	25 May 2014
3M	8	14.41	London	London Mini Marathon	13 Apr 2014
5K	61	15.21	Armagh NI	Armagh International Road Race	20 Feb 2014
XC	3	18.48	Llandeilo	Welsh Cross Country Championships	15 Feb 2014
XC	1	18.03	Brecon	Welsh Inter Schools Championships	15 Nov 2014
XC	17	18.13	Antrim NI	Home Countries International	4 Jan 2014
XC	2	22.40	Builth Wells	Welsh Inter Regional Championships	13 Dec 2014
XC	3	22.45	Brecon	Welsh Schools Championships	1 Feb 2014
XC	19	27.05	Nottingham	Home Countries International	22 Mar 2014

2015 Second Year Under 20 Swansea Harriers (34 Recorded Performances)

800	5	2.06.42	Yate	UK YA Midlands League Match	18 Apr 2015
1500	2	4.03.3	Swansea	Welsh Senior League	8 Jul 2015
1500	3	4.15.96	Cardiff	Welsh Schools Championships	4 Jul 2015
3000	2	8.47.45	Cardiff	Welsh Athletics International	29 Jul 2015
3000	1	8.49.74	Cardiff	Welsh Schools Championships	4 Jul 2015
5000	10	14.48.64	Oxford	BMC Grand Prix	18 Jul 2015
5000	2	14.52.86	Cardiff	Welsh Senior Championships	28 Jun 2015
XC	1	19.56	Llandaff Fields	Gwent Cross Country League Match	8 Nov 2015
XC	2	22.51	Builth Wells	Welsh Inter Regional Championships	12 Dec 2015
XC	6	24.47	Cardiff	Cardiff Cross Challenge	18 Jan 2015
10K	17	30.49	Cardiff	Cardiff 10K	6 Sep 2015
10K	2	31.27	Swansea	Swansea Bay 10K	20 Sep 2015
XC	1	16.25	Oakwood	Dyfed Schools Championships	20 Jan 2015
XC	1	21.08	Brecon	Welsh Schools Championships	7 Feb 2015

2016 Under 23 Swansea Harriers (19 Recorded Performances)

1500	7	3.58.81	Solihull	BMC Grand Prix	9 Jul 2016
1500	6	4.05.16	Cardiff	Welsh Senior Championships	11 Jun 2016
3000	5	8.30.29	Street	BMC PB Classic	2 May 2016
5000	6	14.31.37	Bedford	England U23 Championships	18 Jun 2016
XC	5	24.04	Brecon	Welsh Schools Championships	10 Feb 2016
XC	19	27.39	Edinburgh	Edinburgh Cross Country International	9 Jan 2016

2017 Under 23 Swansea Harriers (8 Recorded Performances)

5K	121	15.28	Armagh	Armagh International Road Race	18 Feb 2017
XC	1	15.28	Edinburgh	University Brad Hills Run	18 Nov 2017
5M	5	25.53	Glynneath	Glynneath 5	26 Dec 2017
XC	10	31.58	Pembrey	Gwent League Cross Country Match	3 Dec 2017

2018 Under 23 Swansea Harriers/Swansea University (3 Recorded Performances)

XC	38	35.03	Uxbridge	BUCS Cross Country Championships	3 Feb 2018
XC	18	34.09	Swansea	Welsh Cross Country Championships	24 Feb 2018

2019 Seniors Swansea Harriers / Swansea University (3 Recorded Performances)

5K	201	16.25	Armagh	Armagh International Road Race	14 Feb 2019
----	-----	-------	--------	--------------------------------	-------------