

Erin and Ffion Walters

Twin sisters Erin and Ffion Walters lived on the outskirts of Carmarthen and went to Ysgol y Dderwen Primary School in Carmarthen and Ysgol Bro Myrddin Secondary School in Carmarthen

At primary school they competed in the Carmarthenshire and Dyfed schools indoor sportshall and athletics competitions organized by Carmarthen Harriers

At the age of nine they joined the Carmarthen and District Harriers Athletics Club and competed regularly for the Club in the sprints and jump events

Erin excelled in the 100m, high jump and long jump events. Ffion won the under 13 Welsh 200m title and later in the under 17 age group did outstandingly well in the triple jump

A summary of their main achievements is as follows;-

Erin Walters

- **13 Welsh Schools or Welsh Championship gold medals (9 LJ and 4 HJ)**
- **Competed for Welsh Schools in 4 SIAB Schools International Matches**
- **Competed for Welsh Schools in 2 UK School Games**
- **Competed for Wales in 1 Celtic Junior Games**

Ffion Walters

- **4 Welsh Schools or Welsh Championships gold medals (1 200m and 3 TJ)**
- **Competed for Welsh Schools in 2 SIAB Schools International Matches**
- **Competed for Welsh Schools in 1 UK School Games**

- **Both Erin and Ffion competed together for Welsh Schools in 2 SIAB Schools International Matches (Ashford 2012 and Dublin 2013)**

- **Both Erin and Ffion competed together for Welsh Schools in the UK School Games in Sheffield in 2013**

They were excellent Carmarthen Harriers team members and competed regularly and well for the Dyfed Schools and West Wales teams

Both Erin and Ffion acknowledge the tremendous support they have had from family, friends and coaches during their athletics career

Erin Walters

Lead Coach Steve Ingram

Previous Coaches Joan Goldsmith and Stephen Ryan

Personal Bests

60 8.52i (2010); 75 11.4 (2008); 100 12.76 (2011); 12.4w (2010); 150 21.4 (2009); 200 29.4 (2009)
800 3.05.6 (2010)

60H 11.00i (2010); 70H 13.5 (2009); 75H

LJ 5.64i (2013); TJ 10.24 (2013)

Milestones in Erin Walters's Athletics Career - 200 Recorded Performances – Main Results

2007 Under 11 Carmarthen Harriers (1 Recorded Performance)

150	23.1	Neath	Louise Arthur League Match	5 Aug 2007
-----	------	-------	----------------------------	------------

2008 First Year Under 13 Carmarthen Harriers (15 Recorded Performances)

60	9.39i	Cardiff	Welsh Indoors U13 Championships	12 Jan 2008
75	11.4	Carmarthen	UK YA Midlands League Match	4 May 2008
100	14.4	Swansea	Welsh Junior League Match	20 Apr 2008
100	14.53	Carmarthen	West Wales Championships	11 May 2008
100	15.0	Carmarthen	Louise Arthur League Match	26 Apr 2008
200	30.8	Brecon	Welsh Junior League Match	24 Aug 2008
200	31.74	Carmarthen	West Wales Championships	11 May 2008
LJ	3.85	Carmarthen	Louise Arthur League Match	26 Apr 2008
LJ	3.78	Carmarthen	UK YA Midlands League Match	4 May 2008
LJ	3.77	Carmarthen	West Wales Championships	11 May 2008

2009 Second Year Under 13 Carmarthen Harriers (21 Recorded Performances)

60	3h	8.86i	Cardiff	Welsh Indoors U13 Championships	8 Feb 2009
100	1	13.5	Carmarthen	Louise Arthur League Match	25 Jul 2009
150	1	21.4	Swansea	UK YA Midlands League Match	31 May 2009
200	1	29.4	Neath	Louise Arthur League Match	23 May 2009
70H	2	13.5	Neath	Louise Arthur League Match	23 May 2009
LJ	1	4.43	Brecon	Louise Arthur League Match	15 Aug 2009
LJ	2	4.25	Cardiff	Welsh U13 Championships	11 Jul 2009
LJ	2	4.04	Carmarthen	Louise Arthur League Match	25 Jul 2009
LJ	4	3.91	Carmarthen	Dyfed Schools Y7 & 8 Championships	24 Jun 2009
SP	4	5.42	Swansea	UK YA Midlands League Match	31 May 2009

2010 First Year Under 15 Carmarthen Harriers (52 Recorded Performances)

60	2h	8.52i	Cardiff	Welsh Indoors U15 Championships	31 Jan 2010
60	6	8.56i	Cardiff	Welsh Indoors U15 Championships	31 Jan 2010
100	2	12.4w	Carmarthen	Dyfed Schools Championships	19 Jun 2010

100	1h	13.0w	Carmarthen	Dyfed Schools Championships	19 Jun 2010
100	1	13.1	Carmarthen	UK YA Midlands League Match	2 May 2010
100	1	13.5	Carmarthen	Louise Arthur League Match	24 Apr 2010
100	1	13.5	Carmarthen	Dyfed Schools Y7 & 8 Championships	30 Jun 2010
100	2	13.6	Carmarthen	UK YA Midlands League Match	16 May 2010
100	6	13.87	Cardiff	Welsh U15 Championships	12 Jun 2010
800	3	3.05.8	Neath	UK YA Midlands League Match	20 Jun 2010
75H		13.5	Newport	Welsh U15 CE Championships	26 Jun 2010
HJ	1	1.52	Haverfordwest	Gerald Codd Trophy Match	15 Aug 2010
HJ		1.50i	Cardiff	Welsh Schools Indoors CE Champs	6 Nov 2010
HJ	3	1.45	Brecon	Welsh Junior League Cup Final	22 Aug 2010
HJ	2	1.35	Carmarthen	UK YA Midlands League Match	16 May 2010
HJ	2	1.35	Carmarthen	Dyfed Schools Y7 & 8 Champs	30 Jun 2010
HJ	9	1.25	Carmarthen	Dyfed Schools Championships	19 Jun 2010
L	1	5.04	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
L	1	4.83	Cardiff	Welsh U15 Championships	12 Jun 2010
L	1	4.69	Carmarthen	Dyfed Schools Y7 & 8 Champs	30 Jun 2010
L	1	4.64	Carmarthen	UK YA Midlands League Match	16 May 2010
L	1	4.60	Carmarthen	Dyfed Schools Championships	19 Jun 2010
L	1	4.49	Brecon	Welsh Junior League Cup Final	22 Aug 2010
L	1	4.38	Carmarthen	UK YA Midlands League Match	16 May 2010
L	5	4.38	Brecon	Welsh Schools Championships	3 Jul 2010
L	3	4.37i	Cardiff	Welsh Indoors U15 Championships	31 Jan 2010
L	1	4.37	Swansea	West Wales Championships	9 May 2010
L	2	4.15	Carmarthen	Louise Arthur league Match	4 Apr 2010
SP		6.54	Newport	Welsh CE Championships	26 Jun 2010
Pen	10	2065	Newport	Welsh CE Championships	26 Jun 2010
Pen	17	2029i	Cardiff	Welsh Schools Indoor CE Champs	6 Nov 2010

2011 Second Year Under 15 Carmarthen Harriers (53 Recorded Performances)

100	1	12.7	Brecon	Louise Arthur League Match	9 Jul 2011
100	2	12.76	Brecon	Welsh Schools NASUWT Plate Final	13 Jul 2011
100	3	12.9	Carmarthen	West Wales Championships	15 May 2011
100	1	12.9	Carmarthen	Dyfed Schools Championships	18 Jun 2011
800		3.15.32	Newport	Welsh Schools CE Championships	25 Jun 2011
75H	2	12.8	Bristol	UK YA Midlands League Match	5 Jun 2011
HJ	1	1.65	Cardiff	Welsh U15 Championships	23 Jul 2011
HJ	1	1.63	Brecon	Welsh Schools Championships	2 Jul 2011
HJ	1	1.61	Brecon	Louise Arthur League Match	9 Jul 2011
HJ	1	1.60	Brecon	Welsh Schools NASUWT Plate Final	13 Jul 2011
HJ	1	1.52	Carmarthen	West Wales Championships	15 May 2011
HJ	1	1.50	Carmarthen	Louise Arthur League Match	30 Apr 2011
HJ	1	1.45i	Swansea	West Wales Indoor Championships	16 Jan 2011
HJ	2	1.45i	Cardiff	Welsh Indoors U15 Championships	29 Jan 2011
HJ	1	1.45	Brecon	Welsh Junior League Cup Final	21 Aug 2011
HJ	5	1.40	Connah's Quay	Welsh Inter Regional Championship	28 Aug 2011
L	5	5.27w	Cardiff	SIAB Schools International Match	16 Jul 2011

LJ	1	5.19	Connah's Quay	Welsh Inter Regional Championship	28 Aug 2011
LJ	2	4.97	Brecon	Welsh Schools Championships	2 Jul 2011
LJ	3	4.91	Cardiff	Welsh U15 Championships	23 Jul 2011
LJ	1	4.90	Brecon	Welsh Junior Cup Final	21 Aug 2011
LJ	1	4.89i	Swansea	West Wales Indoor Championships	16 Jan 2011
LJ	4	4.84	Carmarthen	West Wales Championships	15 May 2011
LJ	6	4.50i	Cardiff	Welsh Indoors U15 Championships	29 Jan 2011
LJ	3	4.50i	Cardiff	U16 Schools International	30 Jan 2011
Pen	13	2182	Newport	Welsh Schools CE Championships	25 Jun 2011

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

100	3	12.83	Sportcity	UK YA Auxiliary Final	1 Sep 2012
100	1	12.90	Brecon	Welsh Schools NASUWT Plate Final	11 Jul 2012
100	1	13.5	Carmarthen	Dyfed Schools Championships	16 Jun 2012
HJ	1	1.65i	Cardiff	Welsh Indoors U17 Championships	5 Feb 2012
HJ	2=	1.60	Cardiff	Welsh U17 Championships	2 Jun 2012
HJ	2	1.55i	Swansea	West Wales Indoor Championships	15 Jan 2012
HJ	8	1.55	Olympic Park	UK School Games	9 May 2012
HJ	1	1.55	Neath	West Wales Championships	13 May 2012
HJ	2=	1.55	Brecon	Welsh Schools Championships	7 Jul 2012
HJ	1	1.45	Brecon	Welsh Schools NASUWT Plate Final	11 Jul 2012
HJ	5	1.40	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
HJ	1	1.30	Carmarthen	Dyfed Schools Championships	18 Jun 2012
LJ	3	5.71w	Ashford	SIAB Schools International Match	21 Jul 2012
LJ	1	5.59	Neath	West Wales Championships	13 May 2012
LJ	1	5.36	Swansea	Swansea Junior Golden Games	26 Aug 2012
LJ	1	5.32	Brecon	Welsh Schools Championships	7 Jul 2012
LJ	1	5.28i	Cardiff	Welsh U17 Championships	5 Feb 2012
LJ	6	5.25	Bedford	England U17 Championships	18 Aug 2012
LJ	1	5.21	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
LJ	1	5.11i	Swansea	West Wales Indoor Championships	15 Jan 2012
LJ	4	5.07	Cardiff	Welsh U17 Championships	3 Jun 2012
LJ	1	4.94	Carmarthen	Dyfed Schools Championships	16 Jun 2012

2013 Second Year Under 17 Swansea Harriers (21 Recorded Performances)

100	2	13.0	Cheltenham	UK YA Midlands League Match	30 Jun 2013
100	1	13.3	Swansea	West Wales Championships	25 May 2013
HJ	5	1.55	Cardiff	Welsh Schools Championships	6 Jul 2013
HJ	1	1.45i	Swansea	West Wales Indoors Championships	20 Jan 2013
LJ	2	5.64i	Birmingham	England Indoors U17 Championships	23 Feb 2013
LJ	2	5.43	Colwyn Bay	Celtic Junior Games	3 Aug 2013
LJ	3	5.41i	Cardiff	Welsh Indoor U17 Championships	17 Feb 2013
LJ	1	5.35	Swansea	West Wales Championships	25 May 2013
LJ	5	5.33	Sheffield	UK School Games	14 Sep 2013
LJ	1	5.31	Swansea	Welsh U17 Championships	22 Jun 2013
LJ	1	5.29i	Cardiff	Welsh Indoor U17 Championships	26 Jan 2013

LJ	5	5.28	Dublin IRE	SIAB Schools International	20 Jul 2013
LJ	4	5.23i	Cardiff	Welsh International Match	10 Mar 2013
LJ	1	5.17	Carmarthen	Dyfed Schools Championships	8 Jun 2013
LJ	1	5.07i	Swansea	West Wales Indoor Championships	20 Jan 2013
TJ	3	10.24	Cardiff	UK YA Midlands League Match	28 Jul 2013

2014 First Year under 20 Swansea Harriers (3 Recorded Performances)

HJ	1	1.50	Cardiff	Welsh Schools Championships	5 Jul 2014
LJ	1	2	5.29w	Welsh Schools Championships	5 Jul 2014

Ffion Walters

Lead Coach Steve Ingram

Previous Coach Joan Goldsmith

Personal Bests

**60 8.76 (2009); 75 10.5 (2009); 100 12.91 (2011); 150 20.3 (2009); 200 27.20 (2012); 800 3.11.5 (2009)
HJ 1.25 (2009); LJ 4.65 (2012); TJ 10.47 (2013)**

Milestones in Ffion Walters's Athletics Career – 106 Recorded Performances- Main Results

2007 Under 11 Carmarthen Harriers (2 Recorded Performances)

SP		6.51	Haverfordwest	Gerald Codd Trophy Match	12 Aug 2007
JT		12.43	Haverfordwest	Gerald Codd Trophy Match	12 Aug 2007

2008 First Year Under 13 Carmarthen Harriers (14 Recorded Performances)

75	1B	10.7	Yate	UK YA Midlands League Match	22 Jun 2008
100	3	14.00	Brecon	Welsh Junior League Cup Final	24 Aug 2008
100		14.00	Carmarthen	West Wales Championships	11 May 2008
150	1	20.5	Yate	UK YA Midlands League Match	22 Jun 2008
200		30.24	Carmarthen	West Wales Championships	11 May 2008
LJ		3.85	Swansea	Welsh Junior League Match	20 Apr 2008
Lj		3.74	Carmarthen	Louise Arthur League Match	26 Apr 2008
JT		14.32	Carmarthen	Louise Arthur League Match	26 Apr 2008

2009 Second Year Under 13 Carmarthen Harriers (23 Recorded Performances)

60	2	8.7i	Swansea	West Wales Indoor Championships	18 Jan 2009
60	5	8.83i	Cardiff	Welsh Indoors U13 Championships	8 Feb 2009
100	2	13.5	Carmarthen	Dyfed Schools Y7&8 Championships	24 Jun 2009
200	1	27.6	Carmarthen	Dyfed Schools Y7 & 8 Championships	24 Jun 2009
200	1	28.53	Cardiff	Welsh U13 Championships	11 Jul 2009
200	2	29.0	Carmarthen	Louise Arthur League Match	25 Jul 2009
HJ	3	1.25	Brecon	Louise Arthur League Match	16 Aug 2009

LJ	3	3.84	Swansea	Louise Arthur League Match	26 Apr 2009
----	---	------	---------	----------------------------	-------------

2010 First Year Under 15 Carmarthen Harriers (11 Recorded Performances)

100	2	13.7	Carmarthen	Louise Arthur League Match	24 Apr 2010
200	2	28.1	Carmarthen	Louise Arthur League Match	24 Apr 2010
200	2B	28.94i	Cardiff	Welsh Indoors U15 Championships	31 Jan 2010
HJ	10	1.10	Carmarthen	Louise Arthur League Match	24 Apr 2010
SP	3	6.24	Cardiff	Welsh Junior League Match	7 Aug 2010
DT	3	13.37	Cardiff	Welsh Junior League Match	7 Aug 2010
JT	4	13.78	Cardiff	Welsh Junior League Match	7 Aug 2010

2011 Second Year Under 15 Carmarthen Harriers (25 Recorded Performances)

100	2	12.9	Brecon	Louise Arthur League Match	9 Jul 2011
100	2	12.91	Brecon	Welsh Schools Championships	2 Jul 2011
100	3	13.14	Brecon	Welsh Junior League Cup Final	21 Aug 2011
100	2	13.2	Carmarthen	Dyfed Schools Championships	18 Jun 2011
100	7	13.53	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
100	2	13.6	Carmarthen	West Wales Championships	15 May 2011
200	1	26.81w	Brecon	Welsh Schools NASUWT Plate Final	13 Jul 2011
200	2	27.8	Carmarthen	Dyfed Schools Championships	18 Jun 2011
LJ	1	4.23	Brecon	Welsh Schools NASUWT Plate Final	13 Jul 2011

2012 First Year Under 17 Carmarthen Harriers (15 Recorded Performances)

100	3	13.8	Swansea	Swansea Open Meeting	18 Apr 2012
200	1	27.20	Cardiff	UK YA Midlands League Match	17 Jun 2012
200	1	27.28w	Brecon	Welsh Schools NASUWT Plate Final	11 Jul 2012
LJ	1	4.65	Brecon	Welsh Schools NASUWT Plate Final	11 Jul 2012
TJ	7	10.34	Ashford	SIAB Schools International Match	21 Jul 2012
TJ	2	10.09w	Brecon	Welsh Schools Championships	7 Jul 2012
TJ	1	9.89	Carmarthen	Dyfed Schools Championships	18 Jun 2012
TJ	2	9.82	Cardiff	Welsh U17 Championships	4 Jun 2012
TJ	1	9.69	Neath	West Wales Championships	13 May 2012
TJ	4	9.07	Cardiff	Welsh Inter Regional Championships	14 Jul 2012

2013 Second Year Under 17 Swansea Harriers (15 Recorded Performances)

100	2	13.6	Swansea	West Wales Regional Championships	25 May 2013
LJ	2B	4.53	Cheltenham	UK YA Midlands League Match	30 Jun 2013
LJ	2	4.39i	Swansea	West Wales Indoor Championships	20 Jan 2013
TJ	8	10.47	Sheffield	UK School Games	15 Sep 2013
TJ	1	10.36	Swansea	Welsh U17 Championships	22 Jun 2013
TJ	7	10.33	Dublin IRE	SIAB Schools International Match	20 Jul 2013
TJ	1	10.24	Cardiff	Welsh Schools Championships	6 Jul 2013
TJ	1	10.04	Carmarthen	Dyfed Schools Championships	8 Jun 2013
TJ	1	9.54i	Cardiff	Welsh Indoors U17 Championships	27 Jan 2013

TJ 1 9.52i Swansea West Wales Indoors Championships 20 Jan 2013