

## Sara and Alison Siggery

Ralph Siggery has at the Carmarthen Athletics Track coached very many athletes to win Welsh schools and Welsh championship javelin gold medals and to represent Welsh Schools and Wales in the javelin in international matches.

Twelve years ago, he started the Carmarthen Throws Competition in Carmarthen and five competitions have been held in Carmarthen every year since

He has been honored for his voluntary work by Welsh Athletics and Carmarthen Town

His two daughters Alison and Sara Joined Carmarthen and District Harriers Athletics Club in 1997 and Ralph has coached them to achieve great success in the javelin event

Both Alison (twice) and Sara (once) have won the Welsh Senior Ladies Javelin Championship

Also, Alison and Sara competed for Wales in the javelin in the Celtic Games in Grangemouth Scotland on 5 August 2000

## Sara Siggery

### Coach Ralph Siggery

### Personal Best 46.20 (2010) Carmarthen Harriers Senior Record

Sara has had an outstanding career in the javelin event

Her main successes are as follows;-

- **Winner of 8 gold medals in Welsh championships**
- **Competed for Wales in 2 Celtic Junior Games**
- **Competed for Wales in 4 international matches**

Sara was an excellent Carmarthen Harriers team member and competed regularly for Dyfed Schools and West Wales

### Milestones in Sara Siggery's Athletics Career (86 Recorded Performances) 86 Recorded Performances

#### 2011 Senior Carmarthen Harriers/Swansea Harriers (8 Recorded Performances)

JT	1	44.46	Carmarthen	West Wales Championships	15 May 2011
JT	1	44.25	Brecon	Welsh Senior League match	23 Apr 2011
JT	1	44.03	Carmarthen	Carmarthen Throws Competition	28 Apr 2011
JT	1	42.85	Carmarthen	Eric Paton Memorial Competition	30 Jun 2011
JT	1	41.96	Carmarthen	Carmarthen Throws Competition	26 May 2011
JT	1	41.49	Aberdare	Welsh Senior League Match	30 Jul 2011
JT	2	41.27	Swansea	UK Women's League Match	5 Jun 2011
JT	1	39.90	Carmarthen	Carmarthen Throws Competition	28 Jul 2011

### 2010 Senior Carmarthen Harriers/Swansea Harriers (13 Recorded Performances)

JT	1	46.20	Carmarthen	Carmarthen Throws Competition	22 Jul 2010
JT	1	45.98	Carmarthen	Eric Paton Memorial Competition	26 Aug 2010
JT	2	45.90	Bedford	UK Women's League Match	3 Jul 2010
JT	2	45.20	Connah's Quay	Welsh Senior League Match	31 Jul 2010
JT	1	44.86	Carmarthen	Carmarthen Throws Competition	9 Sep 2010
JT	1	44.66	Newport	Welsh Senior League Match	17 Jul 2010
JT	1	44.12	Neath	Neath Open	11 Aug 2010
JT	2	43.79	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
JT	1	43.36	Swansea	West Wales Championships	9 May 2010
JT	1	41.82	Newport	Welsh Senior League Match	29 May 2010
JT	3	41.00	Cardiff	Welsh Senior Championships	12 Jun 2010
JT	3	40.80	Cardiff	UK Women's League Match	5 Jun 2010
JT	1	40.74	Neath	Neath Open	9 Jun 2010

### 2009 Senior Carmarthen Harriers (10 Recorded Performances)

JT	1	43.59	Neath	West Wales Championships	10 May 2009
JT	1	43.25	Carmarthen	Eric Paton Memorial Competition	3 Sep 2009
JT	6	42.99	Bedford	CAU Inter County Championships	24 May 2009
<b>JT</b>	<b>1</b>	<b>42.97</b>	<b>Swansea</b>	<b>Welsh Inter Regional Championships</b>	<b>30 Aug 2009</b>
JT	1	42.89	Neath	Neath Open	3 Jun 2009
<b>JT</b>	<b>1</b>	<b>42.65</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>13 Jun 2009</b>
JT	1	42.35	Brecon	Welsh Senior League Match	18 Apr 2009
JT	1	41.82	Swansea	Welsh Senior League Match	28 Jun 2009
JT	1	40.70	Par	Newquay and Par Last Ditch Throws	20 Sep 2009
JT	16	37.72	Birmingham	British Senior Championships	12 Jul 2009

### 2008 Senior Carmarthen Harriers (13 Recorded Performances)

JT	1	44.73	Brecon	Welsh Senior League Match	6 Jul 2008
JT	1	41.70	Brecon	Welsh T6 Throwing Circle	7 Jun 2008
JT	1	41.50	Haverfordwest	Eric Paton Memorial Competition	14 Sep 2008
JT	7	41.31	Birmingham	British Senior Championships	13 Jul 2008
JT	2	41.14	Carmarthen	Carmarthen Throws Competition	17 Jul 2008
JT	1	40.27	Brecon	Welsh T6 Throwing Circle	7 Sep 2008
JT	3	40.26	Swansea	Welsh Senior Championships	15 Jun 2008
JT	1	40.07	Carmarthen	West Wales Championships	11 May 2008
JT	2	39.98	Brecon	Welsh Inter Regional Championships	31 Aug 2008
JT	1	39.71	Aberdare	Welsh Senior League Match	8 Jun 2008
JT	1	39.70	Aberdare	Welsh Athletics Open	25 Jun 2008
JT	2	39.64	Swansea	Swansea Harriers Open	9 Apr 2008
JT	1	38.88	Bath	Team Bath Open	26 Apr 2008

### 2007 Under 23 Carmarthen Harriers (17 Recorded Performances)

JT	8	43.18	Sportcity	British U23 Championships	28 Jul 2007
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JT	1	43.03	Neath	Neath Open	22 Aug 2007
JT	2	42.88	Liverpool	UK Women's League Match	5 Aug 2007
JT	1	42.85	Aberdare	Welsh T6 Throwing Circle	10 Jun 2007
JT	3	42.59	Cwmbran	Welsh Senior Championships	14 Jul 2007
JT	1	41.96	Aberdare	Welsh T6 Throwing Circle	8 Sep 2007
JT	1	41.42	Brecon	Welsh Senior League Match	11 Aug 2007
JT	1	41.35	Aberdare	Welsh T6 Throwing Circle	8 Sep 2007
JT	1	40.58	Carmarthen	Eric Paton Memorial Competition	30 Sep 2007
JT	1	40.64	Aberdare	Welsh T6 Throwing Circle	10 Jun 2007
<b>JT</b>	<b>3</b>	<b>40.45</b>	<b>Derby</b>	<b>U23 Inter Territorial Match</b>	<b>19 Aug 2007</b>
JT	2	40.28	Aberdare	Welsh T6 Throwing Circle	26 Aug 2007
<b>JT</b>	<b>1</b>	<b>39.08</b>	<b>Connah's Quay</b>	<b>Welsh Inter Regional Championships</b>	<b>26 Aug 2007</b>
JT	1	38.18	Carmarthen	Welsh Senior League Match	23 Jun 2007
JT	1	38.13	Swansea	West Wales Championships	13 May 2007
JT	1	37.62	Aberdare	Welsh Senior League Match	26 May 2007
JT	4	37.48	Swansea	UK Women's League Match	3 Jun 2007

#### 2006 Under 23 Carmarthen Harriers (12 Recorded Performances)

JT	3	44.89	Aberdare	Welsh T6 Throwing Circle	22 Apr 2006
JT	1	44.73	Aberdare	Welsh Senior League Match	6 May 2006
JT	2	42.75	Cardiff	Welsh Senior Championships	18 Jun 2006
JT	1	42.43	Carmarthen	West Wales Championships	13 May 2006
<b>JT</b>	<b>1</b>	<b>42.31</b>	<b>Cardiff</b>	<b>Welsh Inter Regional Championships</b>	<b>27 Aug 2006</b>
JT	1	41.85	Aberdare	Welsh Senior League Match	6 Aug 2006
JT	1	41.48	Aberdare	Welsh T6 Throwing Circle	16 Sep 2006
JT	2	41.26	Carmarthen	Carmarthen Throws Competition	27 Jul 2006
<b>JT</b>	<b>1</b>	<b>41.26</b>	<b>Derby</b>	<b>Inter Regional Match</b>	<b>13 Aug 2006</b>
<b>JT</b>	<b>6</b>	<b>39.14</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>21 May 2006</b>
JT	12	38.65	Sportcity	AAA British Senior Championships	15 Jul 2006
JT	1	38.50	Wrexham	Welsh Senior League Match	2 Jul 2006

#### 2005 Under 23 Carmarthen Harriers (11 Recorded Performances)

JT	1	41.24	Neath	West Wales Championships	14 May 2005
JT	1	40.85	Cwmbran	Welsh Senior League Match	7 May 2005
JT	2	40.12	Aberdare	Welsh T6 Throwing Circle	11 Jun 2005
JT	1	39.80	Brecon	Welsh Senior League Match	3 Jul 2005
JT	2	39.40	Carmarthen	Carmarthen Throws Competition	19 Jul 2005
JT	1	39.09	Aberdare	Welsh Senior League Match	30 Jul 2005
JT	1	39.00	Aberdare	Welsh T6 Throwing Circle	23 Apr 2005
JT	3	38.46	Cardiff	Welsh Senior Championships	29 Aug 2005
JT	3	38.12	Neath	Neath Open	24 Aug 2005
<b>JT</b>	<b>4</b>	<b>37.83</b>	<b>Derby</b>	<b>U23 Inter Territorial Match</b>	<b>14 Aug 2005</b>
JT	2	36.22	Carmarthen	Carmarthen Throws Competition	6 Sep 2005

#### 2004 Under 20 Carmarthen Harriers

JT	2	40.74	Aberdare	Welsh T6 Throwing Circle	8 Sep 2004
JT	2	40.50	Brecon	Welsh Schools Inter Association Match	14 Jul 2004
JT	2	37.59			

### 2003 Under 20 Carmarthen Harriers

JT	2	35.46	Cwmbran	Welsh U20 Championships	21 Jun 2003
JT	3	35.29	Brecon	WSAA v Wales U20 Match	16 Jul 2003
JT	1	33.63	Brecon	Welsh Junior Cup Final	10 Aug 2003
JT	2	34.85	Connah's Quay	Welsh Inter Regional Championships	25 Aug 2003

### 2002 Under 20 Carmarthen Harriers

JT	3	34.40		Welsh Under 20 championships	8 Jun 2002
JT	3	34.32		Welsh Senior Championships	9 Jun 2002
JT	2	<b>37.38</b>	<b>Tullamore IRE</b>	<b>Celtic Games</b>	<b>3 Aug 2002</b>

### 2001 Under 17 Carmarthen Harriers

JT			Deeside	Celtic Games	4 Aug 2001
JT	1		<b>Cardiff</b>	<b>Welsh U17 Championships</b>	<b>16 Jun 2001</b>
JT	1		<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>7 Jul 2001</b>

### 2000 Under 17 Carmarthen Harriers

JT	3	32.12	Cwmbran	Welsh U17 Championships	18 Jun 2000
JT	3	31.35	Cwmbran	Welsh Senior Championships	17 Jun 2000
JT	3	32.17	Carmarthen	Welsh Schools Championships	1 Jul 2000
JT			<b>Grangemouth</b>	<b>Celtic Games</b>	<b>5 Aug 2000</b>

### 1999 Under 15 Carmarthen Harriers

JT	1		<b>Cardiff</b>	<b>Welsh U15 Championships</b>	<b>13 Jun 1999</b>
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**Hedydd Davies**

**11 January 2021**

**Alison Phillips (nee Siggery)**

**Coach Ralph Siggery**

**Personal Best 46.02 (2006)**

Alison Joined Carmarthen and District Harriers Athletics Club in 1996/97 and soon became an excellent javelin thrower achieving considerable success in the event

Unfortunately, not all her earlier successes are recorded at the present time

The results below are what is recorded in the Power of 10 from 2005 onwards and what is available in my Carmarthen Harriers Annual Reports and Alan and Brenda Currie's excellent Welsh Athletics Statistics

In her athletics career Alison's main successes are as follows;-

- **Won 8 Welsh championship gold medals**
- **Competed for Welsh schools in 1 SIAB schools international match**
- **Competed for Wales in 4 Celtic Games (winner in 3 of the Celtic Games)**
- **2<sup>nd</sup> in UK U15 UK javelin championship in 1998**
- **Competed for Wales in at least 4 other international matches**

Alison like Sara was an excellent Carmarthen Harriers team and always competed well for Dyfed Schools and West Wales

In the last ten years Alison has helped as a javelin coach with her old Club Carmarthen Harriers which is a fine example of a former Welsh champion and international giving back time to her Club and the sport of athletics

#### **Milestones in Alison Siggery's athletics career in the javelin event (37 Recorded Performances)**

##### **2008 Carmarthen Harriers/Loughborough University/ Swansea Harriers**

JT	1	42.73	Carmarthen	Carmarthen Throws Competition	17 Jul 2008
JT	2	43.16	Brecon	Welsh T6 Throwing Circle	7 Jun 2008

##### **2007 Senior Carmarthen Harriers/Loughborough University/ Swansea Harriers (8 Recorded Performances)**

JT	5	43.39	Bedford	CAU Inter County Championships	27 May 2007
JT	3	42.35	Loughborough	LSAC v Brunel Univ	16 May 2007
JT	9	41.96	Sportcity	British Senior Championships	28 Jul 2007
JT	10	41.66	Bedford	BUSA Championships	5 May 2007
JT	2	40.84	Loughborough	LSAC v Achilles v British Police	6 Jun 2007
JT	3	40.62	Swansea	British Women's League Match	3 Jun 2007
JT	1B	40.45	Liverpool	British Women's League Match	5 Aug 2007
JT	1B	36.19	Carmarthen	Welsh League Match	23 Jun 2007

##### **2006 Senior Carmarthen Harriers/ Loughborough University/Swansea Harriers (11 Recorded Performances)**

JT	1	46.02	Carmarthen	Carmarthen Throws Competition	27 Jul 2006
<b>JT</b>	<b>1</b>	<b>43.84</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>18 Jun 2006</b>
JT	1	43.13	Loughborough	Loughborough Students v Army	10 May 2006
JT	1	43.03	Loughborough	Loughborough Open Meeting	22 Apr 2006
<b>JT</b>	<b>3</b>	<b>42.51</b>	<b>Derby</b>	<b>Cleveland Cup International</b>	<b>13 Aug 2006</b>
JT	1	41.98	Aberdare	Welsh T6 Throwing Circle	10 Jun 2006

JT	1	41.42	Brecon	Welsh Senior League Match	3 Jun 2006
JT	10	40.85	Birmingham	BUSA Championships	29 Apr 2006
JT	1B	40.70	Aberdare	Welsh Senior League Match	6 Aug 2006
JT	1	39.71	Wrexham	Welsh Senior League Match	2 Jul 2006
JT	2	39.41	Cardiff	Welsh Inter Regional Championships	27 Aug 2006

#### 2005 Under 23 Carmarthen Harriers/ Loughborough University (11 Recorded Performances)

JT	1	43.61	Aberdare	Welsh T6 Throwing Circle	17 Sep 2005
<b>JT</b>	<b>2</b>	<b>43.49</b>	<b>Cardiff</b>	<b>Welsh Senior Championships</b>	<b>29 Aug 2005</b>
JT	2	42.89	Neath	Neath Harriers Open	24 Aug 2005
JT	1	42.60	Carmarthen	Carmarthen Throws Competition	6 Sep 2005
JT	1	41.11	Aberdare	Welsh T6 Throwing Circle	11 Jun 2005
JT	1	40.77	Carmarthen	Carmarthen Throws Competition	19 Jul 2005
JT	1	40.66	Brecon	Welsh Senior League Match	3 Jul 2005
JT	1	40.09	Aberdare	Welsh Senior League Match	30 Jul 2005
JT	2	38.44	Loughborough	Loughborough v Achilles Match	8 Jun 2005
JT	1	37.39	Loughborough	Loughborough Open	23 Apr 2005
JT	6	37.08	Glasgow	BUSA Championships	2 May 2005

#### 2004 Under 23 Carmarthen Harriers

JT 35.55

#### 2003 Under 20 Carmarthen Harriers

JT	1	40.66	Cwmbran	Welsh U20 Championships	21 Jun 2003
JT	1	38.85	Brecon	Welsh Schools Championships	5 Jul 2003
JT	2	36.43	Brecon	U20 International Match	16 Jul 2003
JT	1	36.93	Connah's Quay	Welsh Inter Regional Championships	25 Aug 2003

#### 2002 Under 20 Carmarthen Harriers

JT	2	41.20	Brecon	Welsh Schools Championships	6 Jul 2002
JT	2	37.95	Newport	Welsh U20 Championships	8 Jun 2002
JT	2	37.39	Newport	Welsh Senior Championships	9 Jun 2002

#### 2001 Under 20 Carmarthen Harriers

JT	2	36.54	Cardiff	Welsh Schools Championships	7 Jul 2001
JT			Brecon	International Match	18 Jul 2001
JT	1		Newport	Celtic Games	4 Aug 2001

#### 2000 Under 17 Carmarthen Harriers

JT	1	36.23	Cwmbran	Welsh Senior Championships	17 Jun 2000
JT	2	34.09	Cwmbran	Welsh U17 Championships	18 Jun 2000
JT	2	36.57	Carmarthen	Welsh Schools Championships	1 Jul 2000
JT	4	36.68	Blackpool	SIAB Schools International	15 Jul 2000
JT	1	41.11	Grangemouth SCO	Celtic Games	5 Aug 2000
JT			Bath	Senior Inter Region Match	16 Sep 2000

#### 1999 Under 17 Carmarthen Harriers

JT	3	31.62	Newport	Welsh Schools Championships	26 Jun 1999
JT	2		Antrim NI	Celtic Games	6 Aug 1999
JT			Tilburg	International Match	21 Aug 1999

#### 1998 Under 15 Carmarthen Harriers

JT	2	30.12		Welsh U15 Championships	
JT	1	32.87		Welsh Schools Championships	
JT	2			UK U15 Championships	
JT	1	40.19	Dublin	Celtic Games	8 Aug 1998
JT	1			Welsh Inter County Championships	

#### 1997 Under 15 Carmarthen Harriers

JT	1	29.96		Welsh Schools Championships	
JT	2	25.26		Welsh U15 Championships	