

**2021 Carmarthen Harriers 'Top 10' Welsh ranking list**

**13 No 1 (8 women. 5 men)**

**45 in Welsh Top 10 list**

**Under 13 Girls**

<b>Event</b>	<b>Place</b>	<b>Performance</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1500	6	5.17.90	Amelia Williams	11 August 2021	Neath
70H	1	12.15	Beatrice Morgan	11 August 2021	Neath
SP	2	8.20	Chloe Thomas	28 August 2021	Carmarthen
JT	1	26.48	Summer Evans	28 August 2021	Carmarthen

**Under 15 Girls**

<b>Event</b>	<b>Place</b>	<b>Performance</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
100	4	12.81	Elli May Williams	15 August 2021	Cardiff
800	9	2.26.18	Megan Williams	28 August 2021	Carmarthen
3000	6	11.47.57	Carys Wood	14 August 2021	Cardiff
HJ	7	1.40	Luned Davis	21 August 2021	Swansea
DT	2	23.05	Dolly Evans	15 August 2021	Cardiff
JT	7	20.52	Dolly Evans	24 June 2021	Carmarthen

**Under 17 Women**

<b>Event</b>	<b>Place</b>	<b>Performance</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
100	1	12.23	Jessica Lee	15 May 2021	Aberdare
100	6	12.86	Sophia Reid-Thomas	15 May 2021	Aberdare
200	1	25.40	Jessica Lee	1 May 2021	Yeovil
LJ	1	5.94	Jessica Lee	27 May 2021	Swansea
TJ	1	10.48	Zara Evans	31 July 2021	Newport
DT	1	33.28	Storm Evans	31 July 2021	Newport
JT	4	39.18	Cordelia Walker	24 June 2021	Carmarthen
JT	6	31.50	Storm Evans	24 June 2021	Carmarthen

**Under 20 Women**

<b>Event</b>	<b>Place</b>	<b>Performance</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
100	7	13.13	Ellie Loweth	11 July 2021	Cardiff
400	5	63.86	Ellie Loweth	25 July 2021	Aberdare
3000	3	10.15.20	Eva Edwards	25 July 2021	Aberdare
HJ	1	1.75	Lili Church	28 August 2021	Yate
TJ	2	11.34	Beca Roberts	5 Sept 2021	Aberdare

### Under 13 Boys

Event	Place	Performance	Name	Date	Venue
1500	4	4.52.71	William Coles	29 May 2021	Millfield

### Under 15 Boys

Event	Place	Performance	Name	Date	Venue
800	7	2.14.79	Ifan Bowen	28 August 2021	Carmarthen
1500	3	4.30.30	Ifan Bowen	29 May 2021	Millfield
1500	4	4.31.38	Iwan Thomas	5 June 2021	Milton Keynes
3000	2	9.27.90	Iwan Thomas	7 August 2021	Sportcity
3000	5	10.08.37	Jake Lynock	14 August 2021	Cardiff
3000	6	10.10.85	Ifan Bowen	14 August 2021	Cardiff
PV	2	2.81	Cai Owen Allan	14 August 2021	Cardiff

### Under 17 Men

Event	Place	Performance	Name	Date	Venue
100	10	11.77	Osian Roberts	5 Sept 2021	Aberdare
400	4	53.53	Finlay Hayes	31 July 2021	Newport
800	2	1.56.06	Frank Morgan	26 May 2021	Carmarthen
1500	1	3.56.15	Frank Morgan	18 August 2021	Eltham
3000	1	8.27.19	Frank Morgan	12 May 2021	Wormwood S
100H	1	14.28	Osian Roberts	3 July 2021	Brecon
HJ	1	1.95	Osian Roberts	31 July 2021	Newport
JT	1	57.02	Sion O'Keefe	25 Sept 2021	Derby

### Under 20 Men

Event	Place	Performance	Name	Date	Venue
1500	2	3.53.09	Dafydd Jones	14 August 2021	Eltham
3000	2	8.27.83	Dafydd Jones	25 June 2021	Sportcity
5000	2	14.36.07	Dafydd Jones	12 June 2021	Watford
PV	6	3.05	Connor Handford	4 Sept 2021	Newport
SP	2	11.02	Morgan Batten	27 June 2021	Swansea
JT	2	48.52	Morgan Batten	1 August 2021	Newport

### Senior Men

Event	Place	Performance	Name	Date	Venue
800	7	1.50.77	Iestyn Williams	24 August 2021	Stretford
3000 Sc	3	9.25.60	Ben Thomas	28 August 2021	Yate
JT	4	57.14	Aaron Morgan	3 July 2021	Yate