

Carmarthen Harriers members medallists in the Welsh schools' athletics championships

The first Welsh schools' athletics championships was held in 1947 and Queen Elizabeth Grammar School for Boys 'pupil (my old school) CL (Cowboy) Davies won the 100 yards in 10.6 seconds.

The third Welsh schools' championship was hosted by Carmarthenshire and held in Carmarthen Park in 1949

Carmarthen also hosted the Welsh schools' athletics championships at the Ystrad Tywi School cinder track Carmarthen in 1966 and at the Carmarthen Athletics Track in 1992 and 2000

Carmarthen also hosted the Welsh schools combined events championships on two occasions. In 2006 Aaron Ramsey ran 2.05 in the 800m in the last of the five events to finish ahead of Carmarthen's Josh Madden

The 1999 SIAB Schools athletics international was held in Carmarthen

It was the tradition for the Welsh Schools' Athletics Championships to travel around Wales and to be hosted by one of the eight School Districts in turn. When it was hosted in the North or the South the host District would arrange for the athletes of two Districts to be accommodated in local homes. This arrangement came to an end in 2004

Dyfed schools have an outstanding record in the Welsh schools' athletics championships. Since 1989 Dyfed have won the Welsh schools' overall inter district team cup on 25 occasions and finished second three times. On two occasions Dyfed schools won six of the seven of the seven trophies

The Jones family from Llanarthen (Mair, Delyth, Llinos and Esther) won a total of 18 Welsh schools' championship medals

Thanks to all the coaches, team coordinators, team managers and schoolteachers for helping the Dyfed school pupils achieve great success in the Welsh schools' athletics championships

Medal Table

Age Group	Gold Medal	Silver Medal	Bronze Medal	Total
Junior Boys	84	39	34	157
Middle Boys	119	67	62	248
Senior Boys	112	66	50	228
Junior Girls	63	44	34	141
Middle Girls	73	57	67	197
Senior Girls	86	56	50	192
Total	537	329	297	1163

AGE GROUP INDIVIDUAL MEDALS ONLY

Event	Year	Medal	Name	Performance
			JUNIOR BOYS	
			Junior Boys 100y/100m	
100y	1956	Gold	D Ken Jones	10.6
100y	1967	Bronze	D Herbert	10.7
100m	1972	Gold	Steve Perks	11.5
100m	1986	Silver	Matthew Roderick	11.9
100m	1987	Gold	Huw Summers	12.0
100m	1988	Gold	Simon Lewis	12.4
100m	1992	Gold	Graham Thomas	11.6w
100m	1994	Gold	Iestyn Lewis	11.80
100m	2004	Bronze	Aled Thomas	11.83w
100m	2006	Gold	Thomas Coleman	11.44
100m	2008	Bronze	Jake Randall	12.1
100m	2009	Gold	Matthew Davies	11.87
100m	2011	Gold	Shaun Pearce	11.30
			Junior Boys 220y/200m	
220y	1967	Gold	D Herbert	24.2
200m	1972	Gold	Steve Perks	23.9
200m	1976	Gold	Julian Barrington	24.5
200m	1987	Gold	Matthew Roderick	23.8
200m	1988	Bronze	Dean Thomas	24.9
200m	1994	Gold	Iestyn Lewis	24.34
200m	1999	Bronze	Alex Eatly	25.01
200m	2004	Silver	Aled Thomas	24.28
200m	2006	Gold	Thomas Coleman	23.39
200m	2008	SILVER	Jake Randall	25.1
200m	2009	Gold	Matthew Davies	23.57
200m	2011	Silver	Sam Jones	23.85
			Junior Boys 440y/300m	
440y	1983	Gold	Derrick Wyke	54.8
440y	1987	Gold	Andrew Stradling	54.4
440y	1989	Bronze	Richard Stradling	54.5
400m	1990	Silver	Lewis Richards	54.7
300m	1992	Gold	Graham Thomas	39.5
300m	1994	Bronze	Adam Killa	39.00
400m	2002	Gold	Owen Jones	55.67
400m	2006	Gold	Antoine Woodman	53.7
400m	2008	Gold	Liam Jones	54.3
400m	2010	Gold	Luke Morris	55.73
300m	2015	Bronze	Zak Daly	38.72
			Junior Boys 800m	
800m	1979	Gold	Grant Howells	2.06.5
800m	1988	Gold	Jason Murphy	2.05.5
800m	1994	Bronze	Chris Abel	2.08.70
800m	2001	Gold	Keiran Davies	2.08.53
800m	2002	Gold	Alex Powell	2.07.36
800m	2005	Silver	Chris Heesom	2.09.56

800m	2007	Bronze	Liam Jones	2.09.46
800m	2010	Gold	Rhys Granville	2.03.96
800m	2017	Gold	Iwan Glynn	2.03.96
800m	2018	Silver	Dafydd Jones	2.04.39
			Junior Boys 1500m	
1500m	1978	Gold	Grant Howells	4.31.2
1500m	1979	Gold	Grant Howells	4.22.2
1500m	1989	Gold	David Rowley	4.23.2
1500m	1990	Silver	Christian Davies	4.25.5
1500m	1994	Silver	Richard Thomas	4.29.04
1500m	1998	Silver	David Jones	4.24.03
1500m	1999	Silver	Charles Harvey	4.22.90
1500m	2000	Gold	Tom Page	4.30.82
1500m	2002	Silver	Lee Ladd	4.29.89
1500m	2005	Gold	Dewi Griffiths	4.14.72
1500m	2009	Bronze	Ronan Llyr	4.35.5
1500m	2010	Gold	Kyran Roberts	4.18.04
1500m	2012	Gold	Nikita Neary	4.24.89
1500m	2016	Silver	Tomos Rees	4.27.29
			Junior Boys 80m Hurdles	
80mH	1978	Gold	Wynne Harries	11.4
80mH	1983	Gold	Wayne Thomas	12.8
80mH	1988	Gold	Paul Rainbow	12.0
80mH	1989	Bronze	Wayne Evans	12.0w
80mH	1990	Gold	Jonathan Armstrong	11.8
80mH	1992	Gold	Graham Thomas	11.6
80mH	1994	Silver	Steffan Edwards	12.2
80mH	1999	Gold	Gethyn Morgan	11.94
80mH	2001	Gold	Steven Boyles	11.88
80mH	2002	Gold	Owen Jones	12.07w
80mH	2003	Gold	Daniel Evans	11.74
80mH	2006	Gold	Rhys Webb	11.53
80mH	2009	Gold	Daniel Blain	11.95
80mH	2010	Silver	Joe Criddle	12.75
80mH	2019	Bronze	Harry Fuller	12.52
			Junior Boys High Jump	
HJ	1988	Gold	Justin Arnold	1.69
HJ	1989	Silver	Simon Howells	1.70
HJ	1991	Silver	Rhodri Thomas	1.75
HJ	1995	Silver	Alun Davies	1.68
HJ	1999	Silver	Ian Phillips	1.65
HJ	2000	Bronze	Daniel Mason	1.60
HJ	2001	Silver	Ian Wray	1.75
HJ	2005	Silver	Josh Madden	1.65
HJ	2009	Bronze	Liam Poole	1.60
HJ	2010	Silver	Aled Price	1.70
HJ	2011	Bronze	Jack Evans	1.60
HJ	2013	Gold	Aled Rees	1.71
HJ	2018	Gold	Jac Walters	1.71

HJ	2019	Gold	Osian Roberts	1.70
			Junior Boys Long Jump	
LJ	1953	Bronze	William Griffiths	5.41
Lj	1976	Silver	Julian Barrington	5.69
Lj	1987	Silver	Matthew Roderick	5.64
LJ	1988	Gold	Simon Lewis	5.92
LJ	1991	Silver	Gareth James	5.50
LJ	1995	Gold	Gareth Gittins	5.80
LJ	2001	Gold	Daniel Williams	5.78
Lj	2004	Silver	Daniel Davies	5.65
LJ	2005	Gold	Kueni Igbagiri	5.57
			Junior Boys Triple Jump	
TJ	1978	Gold	Wynne Harries	12.44
TJ	1988	Gold	Simon Lewis	12.22
TJ	1991	Gold	Rhodri Thomas	12.12
TJ	2001	Silver	Daniel Williams	11.66
TJ	2002	Gold	Owen Jones	12.38
TJ	2013	Silver	Daniel Davis	12.50
			Junior Boys Pole Vault	
PV	1971	Gold	Islwyn Rees	3.05
PV	1976	Gold	Mark Howells	3.00
PV	1977	Gold	Robert Hughes	3.20
PV	1992	Gold	Craig Millard	3.10
PV	2003	Gold	Dafydd Rees	2.60
PV	2007	Bronze	Emyr Jones	3.10
			Junior Boys Shot Putt	
SP	1990	Gold	Justin Jones	13.52
SP	2002	Gold	Matthew Evans	14.6
SP	2003	Gold	Matthew Evans	15.01
SP	2004	Bronze	Michael John	11.87
SP	2006	Silver	Tomos Edwards	13.21
SP	2007	Gold	Jonathan Gardner	12.55
SP	2010	Gold	Kallum Lee Evans	12.54
SP	2015	Silver	Joe Worrall	12.02
			Junior Boys Discus Throw	
DT	1976	Silver	John Daniels	35.90
DT	1990	Gold	Justin Jones	41.18
DT	1992	Gold	Chris Hughes	40.36
DT	1994	Gold	Eifion Robinson	33.86
DT	1997	Silver	Andrew Sherwood	35.18
DT	2003	Gold	Matthew Evans	43.89
DT	2006	Gold	Tomos Edwards	38.34
DT	2007	Gold	Rheon James	40.60
DT	2009	Gold	Lee Taylor	36.32
DT	2010	Bronze	Andrew Barriscale	28.50
DT	2012	Silver	Sam Bleach	34.59
DT	2013	Silver	Jack Joseph	32.11
DT	2015	Silver	Joe Worrall	41.64

			Junior Boys Hammer Throw	
HT	2002	Gold	Matthew Evans	33.19
HT	2003	Gold	Matthew Evans	45.50
HT	2006	Silver	Tomos Edwards	29.66
HT	2007	Bronze	Jon Llewelyn	21.57
HT	2010	Bronze	Kallum Lee Evans	29.81
HT	2012	Bronze	Will Mepham	4013
HT	2015	Bronze	Nicholas Jones	31.94
			Junior Boys Javelin Throw	
JT	1956	Gold	Gary Mumford	47.02
JT	1991	Gold	Barry Walters	45.94
JT	1993	Gold	Derek Herman	45.40
JT	2000	Silver	Robert Smith	41.75
JT	2001	Silver	Robert Smith	44.35
JT	2002	Gold	Josh Turnbull	45.52
JT	2003	Gold	Garth Loughran	55.44
JT	2004	Gold	Michael John	45.31
JT	2005	Gold	Josh Madden	45.58
JT	2006	Gold	Rhys Webb	39.78
JT	2007	Silver	Rheon James	39.58
JT	2010	Bronze	Aled Price	37.30
JT	2011	Bronze	Sam Bleach	36.63
JT	2012	Bronze	Sam Bleach	41.39
JT	2015	Gold	Carwyn Morris	43.12
JT	2018	Silver	Morgan Batten	40.33
JT	2019	Bronze	Sion O'Keefe	36.30
			Junior Boys Pentathlon	
Pentathlon	2002	Bronze	Owen Jones	2387
Pentathlon	2003	Bronze	Daniel Evans	2189
Pentathlon	2004	Silver	Daniel Davis	2455
Pentathlon	2005	Silver	Josh Madden	2572
Pentathlon	2006	Silver	Antoine Woodman	2726
Pentathlon	2009	Gold	Matthew Davies	2445
			MIDDLE BOYS	
			Middle Boys 100m	
100y	1958	Gold	Brian Davies	10.4
100m	1988	Gold	Steven Rees	11.8
100m	1989	Silver	Huw Summers	11.4
100m	1992	Gold	Jamie Henthorn	11.1
100m	1996	Gold	Ben Harland	11.2
100m	1996	Silver	Iestyn Lewis	11.26
100m	2007	Silver	Thomas Coleman	11.50w
100m	2008	Gold	Thomas Coleman	11.4
100m	2010	Bronze	Matthew Davies	11.39
100m	2011	Bronze	Matthew Davies	11.44
100m	2012	Gold	Shaun Pearce	11.46
100m	2013	Gold	Shaun Pearce	10.93

100m	2016	Bronze	Radix Mulewarman	11.63
			Middle Boys 200m	
200y	1958	Gold	Brian Davies	23.5
200m	1977	Gold	Mike Owen	23.4
200m	1988	Gold	Steven Rees	23.2
200m	1989	Bronze	Matthew Roderick	23.0
200m	1993	Gold	Jamie Henthorn	22.4
200m	1995	Silver	Ben Harland	22.88w
200m	1996	Gold	Ben Harland	22.64
200m	1996	Silver	Iestyn Lewis	23.32
200m	2000	Silver	Alex Eatly	24.0
200m	2001	Bronze	William Hyner	23.81
200m	2003	Gold	Bruce Tasker	22.66
200m	2004	Silver	Bruce Tasker	22.13
200m	2010	Bronze	Matthew Davies	22.69
200m	2011	Silver	Shaun Pearce	23.51
200m	2012	Gold	Shaun Pearce	22.16
			Middle Boys 400m	
440y	1966	Gold	Haydn Curran	51.6
400m	1971	Gold	R Hughes	53.3
400m	1977	Gold	Mike Owen	51.5
400m	1985	Gold	Derek Wyke	51.3
400m	1988	Gold	Peter Maitland	51.3
400m	1989	Gold	Peter Maitland	50.8
400m	1991	Bronze	Martin Williams	53.2
400m	1992	Silver	Lewis Richards	51.8
400m	1994	Bronze	Huw Bannister	51.62
400m	2003	Gold	Bruce Tasker	49.90
400m	2004	Gold	Bruce Tasker	48.82
400m	2007	Bronze	Antoine Woodman	52.66
400m	2008	Bronze	Antoine Woodman	52.1
400m	2009	Gold	Paul Bennett	50.18
400m	2018	Silver	Iwan Glynn	51.22
400m	2019	Gold	Iwan Glynn	
			Middle Boys 800m	
800y	1956	Gold	John Williams	2.03.2
800m	1957	Gold	John Williams	1.56.7
800m	1961	Gold	Philip Williams	2.04.6
800m	1966	Silver	Vince James	1.59.5
800m	1980	Gold	Grant Howells	2.04.5
800m	1981	Gold	Grant Howells	2.00.6
800m	1989	Silver	Jason Murphy	1.59.5
800m	1990	Gold	Jason Murphy	1.56.5
800m	1992	Silver	Matthew McHugh	2.03.9
800m	1997	Gold	Daniel Forbes	2.00.58
800m	1998	Silver	Daniel Forbes	2.02.68
800m	2007	Bronze	Gerwyn Slinger	2.04.27
800m	2008	Bronze	Gerwyn Slinger	2.03.8
800m	2011	Silver	Rhys Granville	1.58.29
800m	2012	Gold	Rhys Granville	1.58.71

			Middle Boys 1500m	
1500m	1980	Gold	Grant Howells	4.17.1
1500m	1989	Silver	Ben Antwis	4.15.7
1500m	1990	Gold	Ben Antwis	4.14.5
1500m	1991	Silver	David Rowley	4.13.5
1500m	1992	Gold	Christian Davies	4.21.0
1500m	1997	Bronze	Adam Poole	4.17.67
1500m	2002	Bronze	Daniel Evans	4.24.87
1500m	2003	Bronze	Wynne Evans	4.20.78
1500m	2010	Bronze	Lloyd Heckler	4.20.09
1500m	2011	Gold	Kyran Roberts	4.04.23
1500m	2012	Gold	Kyran Roberts	4.19.83
			Middle Boys 3000m	
3000m	1990	Silver	Rhodri Llewelyn	9.22.3
3000m	1992	Silver	Alan Jones	9.32.1
3000m	1994	Bronze	Sion Meredith	9.26.88
3000m	1999	Gold	David Jones	9.13.70
3000m	2000	Gold	David Jones	8.50.07
3000m	2002	Silver	Daniel Evans	9.33.57
3000m	2003	Gold	Wynne Evans	9.12.00
3000m	2004	Bronze	Jack Davey	9.39.05
3000m	2006	Gold	Dewi Griffiths	8.55.05
3000m	2007	Gold	Adam Bitchell	9.14.42
3000m	2007	Bronze	Nicky Morrell	9.43.43
3000m	2008	Gold	Nicky Morrell	9.31.9
3000m	2010	Bronze	Josh Griffiths	9.27.10
3000m	2011	Gold	Lloyd Heckler	9.11.69
3000m	2013	Gold	Christian Lovatt	9.05.20
3000m	2021	Gold	Frank Morgan	9.10.53
			Middle Boys 1500m steplechase	
1500m St	1993	Gold	Alan Jones	4.44.2
1500m St	1994	Silver	Tom Cairnes	4.35.6
1500m St	1995	Gold	Tobben Tymons	4.41.65
1500m St	1996	Bronze	Paul Clarke	4.57.16
1500m St	1997	Bronze	Dean Hood	4.53.28
1500m St	1998	Silver	Frank Flegg	4.43.6
1500m St	1999	Silver	Stephen Clarke	4.49.05
1500m St	2001	Gold	Charles Harvey	4.43.38
1500m St	2003	Gold	Lee Ladd	4.42.60
1500m St	2004	Gold	Lee Ladd	4.40.17
1500m St	2010	Gold	Lloyd Heckler	4.52.35
1500m St	2010	Bronze	Ronan Llyr	5.06.44
1500 St	2013	Bronze	Ashraf Liles	4.52.46
1500 St	2014	Silver	Ashraf Liles	4.44.35
1500 St	2016	Gold	Ben Thomas	4.40.96
1500m St	2016	Bronze	Thomas Jones	4.46.52
1500 St	2017	Gold	Ben Thomas	4.43.08
1500 St	2018	Gold	Tomos Rees	4.40.71
1500 St	2019	Gold	Dafydd Jones	4.33.44

			Middle Boys 100m Hurdles	
100mH	1988	Bronze	Wayne Proctor	14.5
100mH	1991	Bronze	Jon Armstrong	14.5
100mH	1992	Bronze	Jon Armstrong	14.5w
100mH	1993	Gold	Steven Edwards	13.90
100mH	1994	Bronze	Peter Broom	14.12
100mH	1995	Bronze	Neil Maliphant	14.80w
100mH	1997	Bronze	Gruffydd Jones	14.16
100mH	2002	Bronze	Steven Boyles	14.49
100mH	2003	Gold	Steven Boyles	14.14
100mH	2004	Gold	Daniel Evans	13.91w
100mH	2004	Silver	Owen Jones	14.23w
100mH	2005	Gold	Daniel Evans	13.75
100mH	2006	Silver	Dafydd Walters	13.85w
100mH	2010	Silver	Daniel Blain	14.22
100mH	2011	Gold	Daniel Blain	13.37w
100mh	2012	Silver	Aled Price	14.15
100mH	2013	Bronze	Tim Williams	14.74
100mH	2017	Silver	Haydn Davies	14.41
100mH	2021	Gold	Osian Roberts	14.28
			Middle Boys 400m Hurdles	
400mH	1977	Bronze	Phil Lewis	59.4
400mH	1988	Silver	Wayne Proctor	58.7
400mH	1997	Gold	Dean Hood	58.83
400mH	2000	Bronze	Rhodri Scanlon	58.63
400mH	2001	Bronze	Leon Trott	60.98
400mH	2002	Gold	Steven Boyles	60.18
400mh	2003	Gold	Steven Boyles	59.34
400mH	2007	Silver	Dafydd Walters	59.40
400mH	2009	Bronze	Glen Elsdon	61.0
400mH	2010	Silver	Aaron Willmott	60.22
400mH	2011	Gold	Aaron Willmott	58.54
400mH	2013	Bronze	Ashraf Liles	60.44
400mH	2014	Silver	Ashraf Liles	61.54
			Middle Boys 2000m Walk	
2000mW	2003	Gold	Gareth Griffiths	12.32.5
2000mW	2013	Silver	Dwayne Griffiths	14.15.73
2000mW	2014	Silver	Aled Phillips	13.27.94
			Middle Boys High Jump	
HJ	1967	Bronze	Brynmor Williams	1.67
HJ	1972	Gold	Carwyn Jones	1.70
HJ	1991	Bronze	Simon Howells	1.90
HJ	1997	Gold	Alun Davies	1.90
HJ	1998	Gold	Kim Harland	1.90
HJ	2001	Gold	Gareth Haines	1.90
HJ	2004	Silver	Craig Davies	1.84
HJ	2006	Bronze	Josh Madden	1.80

HJ	2014	Bronze	Aled Rees	1.80
HJ	2015	Gold	Aled Rees	1.85
HJ	2021	Gold	Osian Roberts	1.85
			Middle Boys Long Jump	
LJ	1977	Gold	Julian Barrington	6.50
Lj	1985	Gold	Mark Harries	6.54
Lj	1989	Gold	Simon Lewis	6.33
LJ	1990	Gold	Simon Lewis	6.66
Lj	1993	Bronze	Gareth James	6.04
Lj	2000	Bronze	Nic Thompson	5.68
Lj	2001	Silver	Matthew Jacobs	6.34
Lj	2005	Silver	Daniel Davis	6.13w
Lj	2006	Silver	Kueni Igbagiri	5.99
Lj	2007	Silver	Kueni Igbagiri	5.92w
LJ	2009	Silver	Glen Elsdon	5.85
Lj	2012	Gold	Aled Price	6.46
			Middle Boys Triple Jump	
TJ	1965	Gold	Alun James	13.05
TJ	1994	Gold	Charles Madeira Cole	13.51
TJ	1996	Bronze	Gavin Jones	12.66
TJ	2001	Gold	Matthew Jacobs	13.46
TJ	2003	Gold	Owen Jones	13.60
TJ	2004	Gold	Owen Jones	13.90
TJ	2006	Gold	Daniel Davis	12.84
TJ	2008	Gold	Dafydd Williams	12.04
TJ	2012`	Silver	Owain Jones	12.67
			Middle Boys Pole Vault	
PV	1972	Gold	Islwyn Rees	3.35
PV	1973	Gold	Islwyn Rees	3.66
PV	1974	Gold	Islwyn Rees	4.10
PV	1977	Gold	Mark Howells	3.60
PV	1978	Gold	Robert Hughes	3.55
PV	1979	Gold	Robert Hughes	3.75
PV	1983	Gold	Richard Davies	3.40
PV	2004	Bronze	Dafydd Rees	3.00
PV	2008	Bronze	Emyr Jones	3.50
PV	2009	Silver	Emyr Jones	4.00
			Middle Boys Shot Putt	
SP	1977	Gold	Peter Rees	15.40
SP	1991	Silver	Justin jones	13.53
SP	1992	Silver	Justin Jones	13.01
SP	1999	Silver	Simon Cole	13.24
SP	2001	Bronze	Jake Evans	13.03
SP	2002	Bronze	Jake Evans	13.11
SP	2004	Gold	Matthew Evans	14.70
SP	2005	Gold	Matthew Evans	14.14
SP	2006	Bronze	Trystan Davies	12.21
SP	2007	Silver	Tomos Edwards	12.98

SP	2008	Gold	Tomos Edwards	15.69
SP	2008	Silver	Rheon James	14.51
SP	2009	Gold	Rheon James	14.85
SP	2011	Silver	Kallum Evans	12.49
SP	2012	Silver	Kallum Evans	13.32
			Middle Boys Discus Throw	
DT	1960	Gold	Dennis Day	46.32
DT	1991	Silver	Justin Jones	38.62
DT	1992	Gold	Justin Jones	39.30
DT	1994	Bronze	Wayne Jones	37.60
DT	1995	Silver	Eifion Robinson	39.22
DT	1996	Gold	Eifion Robinson	38.38
DT	1998	Silver	Andrew Sherwood	34.62
DT	1999	Silver	Andrew Sherwood	40.63
DT	2004	Gold	Matthew Evans	43.86
DT	2005	Gold	Matthew Evans	47.83
DT	2006	Gold	Owain Williams	37.33
DT	2007	Silver	Tomos Edwards	40.00
DT	2008	Gold	Tomos Edwards	41.73
DT	2009	Gold	Rheon James	41.81
DT	2011	Silver	Lee Taylor	43.37
DT	2012	Silver	Kallum Evans	36.33
DT	2013	Bronze	Sam Bleach	36.42
DT	2014	Gold	Sam Bleach	37.47
DT	2016	Bronze	Joe Worrall	43.87
DT	2017	Silver	Joe Worrall	46.75
			MIDDLE BOYS HAMMER THROW	
HT	2001	Bronze	David Proctor	47.12
HT	2004	Gold	Matthew Evans	46.17
HT	2005	Gold	Matthew Evans	49.52
HT	2016	Bronze	Nicholas Jones	41.44
			MIDDLE BOYS JAVELIN THROW	
JT	1986	Gold	Julian Howells	51.58
JT	1991	Silver	Stuart Loughran	53.54
JT	1992	Gold	Stuart Loughran	56.22
JT	1993	Gold	Barry Walters	48.10
JT	1994	Bronze	Craig Millard	49.44
JT	1995	Silver	Derek Herman	50.40
JT	2003	Bronze	Josh Turnbull	46.40
JT	2004	Gold	Garth Loughran	57.75
JT	2005	Gold	Michael John	49.70
JT	2006	Gold	Michael John	55.62
JT	2006	Silver	Josh Madden	48.14
JT	2007	Gold	Josh Madden	54.33
JT	2008	Gold	Jon Llewelyn	52.68
JT	2009	Gold	Jon Llewelyn	55.39
JT	2011	Gold	Aled Price	49.79

JT	2011	Bronze	Lee Taylor	45.49
JT	2013	Bronze	Sam Bleach	46.82
JT	2014	Bronze	Sam Bleach	49.27
JT	2016	Silver	Joshua Thomas	45.48
JT	2017	Gold	Joshua Thomas	47.51
JT	2017	Bronze	Carwyn Morris	45.07
JT	2021	Gold	Sion O'Keefe	45.33
			MIDDLE BOYS PENTATHLON	
Pentathlon	2006	Bronze	Josh Madden	2779
Pentathlon	2007	Silver	Josh Madden	3188
Pentathlon	2007	Bronze	Antoine Woodman	2560
Pentathlon	2008	Gold	Antoine Woodman	2750
Pentathlon	2009	Silver	Glen Elsdon	2616
Pentathlon	2010	Bronze	Matthew Davies	2498
Pentathlon	2011	Bronze	Aled Price	2747
			SENIOR BOYS	
			Senior Boys 100m	
100y	1959	Gold	Wynne Oliver	10.6
100y	1960	Gold	Brian Davies	10.3
100y	1965	Gold	John Bradshaw	10.4
100y	1966	Silver	Mike Walters	9.9
100y	1967	Bronze	Mike Walters	10.0
100m	1970	Gold	Clive Rees	10.8w
100m	1976	Gold	Malcolm Owen	11.3
100m	1979	Bronze	Julian Barrington	11.7
100m	1988	Bronze	Chris Wilkins	11.7
100m	1989	Gold	Stephen Rees	10.8w
100m	1991	Silver	Peter Maitland	11.0
100m	1992	Gold	Peter Maitland	10.5
100m	1993	Silver	Lewis Richards	11.3
100m	1994	Silver	Stephen Edwards	11.56
100m	1995	Bronze	Graham Thomas	11.14
100m	1997	Gold	Ben Harland	10.90
100m	1997	Silver	Iestyn Lewis	11.12
100m	1999	Bronze	Iestyn Lewis	11.37
100m	2002	Silver	Matthew Stapleton	11.60
100m	2010	Gold	Paul Bennett	11.22
100m	2011	Silver	Paul Bennett	11.13
			Senior Boys 200m	
220y	1959	Gold	Wynne Oliver	23.2
220y	1965	Gold	Mike Thomas	22.4
200m	1969	Bronze	Clive Rees	23.1
200m	1970	Gold	Clive Rees	22.4
200m	1977	Bronze	Steve Perks	23.4
200m	1988	Gold	Eifion Lewis	23.1
200m	1989	Gold	Stephen Rees	21.9
200m	1990	Silver	Peter Maitland	23.1
200m	1991	Silver	Peter Maitland	22.6

200m	1993	Silver	Martin Williams	23.2
200m	1995	Silver	Graham Thomas	22.47
200m	1997	Gold	Ben Harland	22.07
200m	2000	Bronze	Geraint Bevan	23.6
200m	2010	Silver	Lewis Evans	22.55
200m	2013	Silver	Daniel Blain	22.97
			Senior Boys 400m	
440y	1967	Gold	Haydn Curran	50.5
400m	1975	Gold	Robert Hughes	50.6
400m	1982	Bronze	David Green	52.9
400m	1987	Silver	Chris Wilkins	51.1
400m	1988	Gold	Chris Wilkins	50.5
400m	1990	Bronze	Peter Maitland	51.7
400m	1991	Gold	Jason Murphy	49.6
400m	1992	Gold	Jason Murphy	50.9
400m	1993	Silver	Huw Bannister	50.60
400m	1996	Gold	Huw Bannister	50.20
400m	1997	Bronze	Huw Bannister	51.23
400m	1998	Silver	Colin Whitbread	50.43
400m	1999	Gold	Daniel Forbes	50.08
400m	2000	Gold	Daniel Forbes	50.02
400m	2001	Silver	Geraint Bevan	50.21
400m	2005	Bronze	Alec Jenkins	53.30
400m	2016	Bronze	Dwayne Griffiths	56.23
400m	2018	Silver	Trystan Leech	52.83
			Senior Boys 800m	
880y	1956	Gold	Denley Owen	2.03.6
880y	1958	Gold	John Williams	1.54.2
880y	1967	Silver	Vincent James	1.56.2
800m	1991	Silver	Jason Murphy	1.56.0
800m	1992	Gold	Jason Murphy	2.01.2
800m	1999	Silver	Daniel Forbes	1.58.84
800m	2005	Bronze	David Cole	2.01.43
800m	2005	Bronze	David Cole	2.01.20
800m	2009	Bronze	Gerwyn Slinger	2.01.18
800m	2013	Gold	Rhys Granville	1.58.46
800m	2018	Silver	Iestyn Williams	1.57.30
			Senior Boys 1500m	
1500m	2003	Silver	Danny Evans	4.11.05
1500m	2005	Gold	Jack Davey	4.21.44
1500m	2005	Silver	David Cole	4.24.55
1500m	2008	Gold	Adam Bitchell	4.05.2
1500m	2009	Silver	Dewi Griffiths	4.02.27
1500m	2013	Bronze	Emlyn Lewis	4.34.06
1500m	2015	Silver	Ashraf Liles	4.12.90
1500m	2015	Bronze	Christian Lovatt	4.15.96
1500m	2017	Bronze	Morgan Llewelyn	4.50.17
			Senior Boys 3000m	
3000m	1982	Bronze	John Williams	9.08.7
3000m	1994	Gold	Andres Jones	8.34.37

3000m	2001	Gold	David Jones	8.48.1
3000m	2002	Silver	David Jones	9.09.44
3000m	2006	Gold	Jack Davey	9.21.30
3000m	2008	Gold	Dewi Griffiths	8.48.7
3000m	2007	Gold	Dewi Griffiths	8.52.36
3000m	2011	Gold	Josh Griffiths	8.58
3000m	2012	Silver	Lloyd Heckler	9.16.06
3000m	2013	Silver	Ronan Llyr	10.26.00
3000m	2014	Silver	Christian Lovatt	8.58.72
3000m	2015	Gold	Christian Lovatt	8.58.19
3000m	2015	Silver	Ryan Jenkins	9.41.82
3000m	2015	Bronze	Sion Lewis	9.52.98
3000m	2016	Gold	Ryan Jenkins	9.18.98
3000m	2017	Silver	Thomas Jones	9.23.87
			Senior Boys 1500m steeplechase	
2K St	1997	Gold	Paul Clarke	6.35.27
2K St	1998	Gold	Paul Clarke	6.21.25
2K ST	1999	Bronze	Frank Flegg	6.57.91
2K St	2001	Gold	David Jones	6.18.97
2K St	2002	Gold	David Jones	6.31.40
2K St	2005	Gold	Lee Ladd	6.17.27
2K St	2008	Bronze	Michael Kallenburg	6.37.8
3K St	2012	Bronze	Ronan Llyr	7.07.99
2K St	2015	Gold	Ashraf Liles	6.44.95
2K St	2019	Gold	Ben Thomas	6.10.24
			Senior Boys 3000m Walk	
2K Walk	2013	Gold	Ronan Llyr	19.15.27
2K Walk	2014	Silver	Ryan Jones	14.34.50
2K Walk	2015	Gold	Ryan Jones	14.15.27
2K Walk	2016	Gold	Aled Phillips	15.40.82
			Senior Boys 110m Hurdles	
120yH	1964	Silver	Alan Bergiers	
120yH	1966	Gold	Alun James	14.8
120yH	1967	Gold	Alun James	14.8
120yH	1969	Bronze	Roy Bergiers	15.0w
110mH	1989	Bronze	Wayne Proctor	16.0w
110mH	1990	Bronze	Wayne Proctor	15.8
110mH	1993	Gold	James Archampong	14.3
110mH	1994	Gold	Steven Edwards	15.26
110mH	1996	Gold	Steven Edwards	15.2
110mH	2001	Bronze	Dylan Garner	17.78
110mH	2005	Gold	Steven Boyles	15.70w
110mH	2006	Gold	Steven Boyles	15.80
110mH	2008	Gold	Dafydd Walters	15.9
110mH	2010	Bronze	Glen Elsdon	15.46
110mH	2011	Gold	Glen Elsdon	15.08
110mH	2012	Gold	Daniel Blain	16.12

110mH	2013	Silver	Daniel Blain	15.37
110mH	2014	Bronze	Aled Price	15.30
110mH	2015	Bronze	Ryan Jenkins	22.12
110mH	2016	Bronze	Ryan Jenkins	23.94
			Senior Boys 400m Hurdles	
200y Hurdles	1966	Gold	Mike Walters	22.8
200y Hurdles	1967	Gold	Alun James	22.5
400mH	1977	Gold	Robert Davies	56.4
400mH	1978	Gold	Robert Davies	55.4
400nH	1979	Gold	Phil Lewis	56.3
400mH	1985	Bronze	Sean O'Malley	59.7
400mH	1989	Gold	Wayne Proctor	56.5
400mH	1990	Gold	Wayne Proctor	57.2
400mH	1991	Gold	Wayne Proctor	58.8
400mH	1991	Silver	Paul Rainbow	56.2
400mH	1992	Gold	Paul Rainbow	57.9
400mH	2001	Bronze	Rhodri Scanlon	60.41
400mH	2005	Silver	Josh Turnbull	63.85
400mH	2010	Bronze	Glen Elsdon	59.99
400mH	2011	Gold	Glen Elsdon	56.71
400mH	2012	Gold	Aaron Willmott	58.27
400mH	2015	Bronze	Dwayne Griffiths	61.63
400mH	2016	Gold	Aled Phillips	61.66
			Senior Boys High Jump	
HJ	1964	Gold	Alan Bergiers	1.70
HJ	1965	Silver	Alan Bergiers	1.73
HJ	1969	Gold	Brynmor Williams	1.78
HJ	1970	Gold	Brynmor Williams	1.85
HJ	1973	Gold	Carwyn Jones	1.79
HJ	1979	Gold	Phil Lewis	1.85
HJ	1991	Bronze	Wayne Davies	1.80
HJ	1992	Silver	Wayne Davies	1.90
HJ	1997	Silver	Richard V Roberts	1.85
HJ	1998	Silver	Alun Davies	1.90
HJ	1999	Silver	Kim Harland	1.95
HJ	2000	Gold	Kim Harland	2.01
HJ	2004	Gold	Matthew Jacobs	1.70
HJ	2015	Bronze	William Edwards	1.70
			Senior Boys Long Jump	
LJ	1957	Gold	B Richards	5.84
LJ	1960	Gold	Terry Davies	6.62
LJ	1964	Gold	Tony Harry	6.17
LJ	1994	Bronze	Gareth James	6.29
LJ	1995	Gold	Charles M Cole	6.62
LJ	1996	Gold	Charles M Cole	6.66
LJ	1996	Silver	Gareth James	6.60
LJ	2000	Bronze	Kim Harland	6.60
LJ	2002	Silver	Matthew Jacobs	6.53
LJ	2004	Silver	Matthew Jacobs	6.04

LJ	2006	Gold	Harry Mostyn	6.46
LJ	2009	Silver	Kueni Igbagiri	6.48w
LJ	2013	Bronze	Aled Price	6.44
LJ	2014	Gold	Aled Price	6.97
			Senior Boys Triple Jump	
TJ	1967	Gold	Spencer Jones	13.69
TJ	1969	Silver	Roy Bergiers	13.44
TJ	1992	Silver	Gareth Thomas	12.23
TJ	1994	Silver	Darren Morgan	12.79
TJ	1995	Gold	Charles M Cole	13.82
TJ	1995	Silver	Darren Morgan	13.48
TJ	1996	Gold	Charles M Cole	13.24
TJ	2002	Gold	Matthew Jacobs	12.82
TJ	2005	Bronze	Harry Mostyn	12.71w
TJ	2006	Gold	Harry Mostyn	13.23
TJ	2009	Silver	Dafydd Williams	12.73
			Senior Boys Pole Vault	
PV	1995	Bronze	Craig Millard	3.20
PV	2010	Silver	Emyr Jones	3.90
PV	2011	Silver	Emyr Jones	3.75
			Senior Boys Shot Putt	
SP	1962	Gold	Denis Day	13.35
SP	1979	Gold	John Daniels	13.92
SP	1991	Silver	Peter Maitland	12.84
SP	1992	Gold	Peter Maitland	13.48
SP	1996	Bronze	Chris Hughes	12.91
SP	2006	Gold	Matthew Evans	15.75
SP	2009	Gold	Tomos Edwards	15.20
SP	2010	Gold	Rheon James	14.12
SP	2012	Bronze	Jon Llewelyn	11.52
SP	2014	Silver	Kallum Lee Evans	11.08
			Senior Boys Discus Throw	
DT	1961	Gold	Denis Day	43.93
DT	1962	Gold	Denis Day	44.03
DT	1991	Silver	Damian McGarvie	38.72
DT	1992	Gold	Damian McGarvie	40.00
DT	1993	Gold	Justin Jones	39.24
DT	1994	Silver	Justin Jones	38.16
DT	1998	Bronze	Wayne Jones	31.30
DT	2000	Gold	Andrew Sherwood	38.41
DT	2006	Silver	Matthew Evans	42.76
DT	2009	Silver	Tomos Edwards	39.97
DT	2010	Bronze	Rheon James	35.33
DT	2014	Silver	Kallum Lee Evans	38.73
DT	2015	Silver	Sam Bleach	33.80
DT	2016	Silver	Sam Bleach	31.30
			Senior Boys Hammer Throw	
HT	2002	Gold	David Proctor	47.16

HT	2006	Gold	Matthew Evans	44.02
HT	2008	Bronze	Geraint Mansfield	19.40
HT	2009	Silver	Tomos Edwards	20.69
			Senior Boys Javelin Throw	
JT	1993	Gold	Stuart Loughran	53.16
JT	1996	Silver	Craig Millard	46.78
JT	2005	Gold	Josh Turnbull	47.90
JT	2006	Gold	Josh Turnbull	51.13
JT	2008	Gold	Josh Madden	53.37
JT	2010	Gold	Jon Llewelyn	55.48
JT	2011	Gold	Jon Llewelyn	56.29
JT	2012	Gold	Jon Llewelyn	58.66
JT	2012	Bronze	Gareth Thompson	48.10
JT	2013	Gold	Aled Price	51.64
JT	2013	Silver	Gareth Thompson	49.08
JT	2014	Gold	Aled Price	47.55
JT	2015	Silver	Sam Bleach	43.93
JT	2015	Bronze	Nikita Neary	42.68
JT	2016	Silver	Sam Bleach	44.16
JT	2018	Gold	Carwyn Morris	49.88
JT	2019	Gold	Joshua Thomas	51.32
			Senior Boys Pentathlon	
Pentathlon	1995	Gold	Craig Millard	2475
Pentathlon	1996	Bronze	Colin Whitbread	2463
Pentathlon	1998	Bronze	Colin Whitbread	2409
Pentathlon	2002	Gold	Leon Trott	2286
Pentathlon	2002	Bronze	Gareth Haines	1878
Pentathlon	2003	Gold	Leon Trott	1697
Pentathlon	2005	Gold	Huw Jones	2778
Pentathlon	2005	Bronze	Harry Mostyn	2484
Pentathlon	2007	Bronze	Josh Turnbull	2514
Pentathlon	2008	Gold	Josh Madden	3065
Pentathlon	2009	Silver	Antoine Woodman	2583
Pentathlon	2010	Gold	Paul Bennett	3049
Pentathlon	2010	Silver	Glen Elsdon	2668
Pentathlon	2011	Gold	Glen Elsdon	2851
Pentathlon	2012	Silver	Aaron Willmott	2419
Pentathlon	2014	Gold	Aled Price	3208
Pentathlon	2014	Bronze	Jack Evans	2461
Pentathlon	2015	Gold	Ashraf Liles	2556
Pentathlon	2015	Silver	Dwayne Griffiths	2148
			GIRLS RESULTS	
			Junior Girls	
			Junior Girls 100m	
100m	1975	Gold	Diane Thorne	13.1
100m	1988	Bronze	Anna Turner	13.7
10m	1990	Gold	Sian Bradshaw	13.2
100m	1994	Gold	Gail Evans	12.80
100m	2004	Bronze	Emily Mitchell	12.81

100m	2009	Silver	Catrin Rees	13.31
100m	2011	Silver	Ffion Walters	12.91
100m	2019	Gold	Jessica Lee	12.65
			Junior Girls 200m	
200m	1981	Silver	Kathryn Evans	26.5
200m	1988	Silver	Anna Turner	26.5
200m	1990	Gold	Sian Bradshaw	26.7
200m	1992	Bronze	Karina Williams	27.3w
200m	1994	Gold	Gail Evans	26.72
200m	1998	Silver	Aimee John	26.34
200m	2000	Bronze	Heather Jones	27.3
200m	2001	Gold	Heather Jones	26.00
200m	2004	Silver	Hannah Jones	25.87
200m	2007	Silver	Laura Penhallurick	26.23
200m	2016	Bronze	Lisa Cowdy	27.57
			Junior Girls 300m	
300m	2013	Gold	Rebecca Hartson	41.92
300m	2015	Bronze	Celyn Williams	42.58
300m	2018	Bronze	Ellie Loweth	43.01
			Junior Girls 800m	
800m	1980	Gold	Jackie Thomas	2.18.0
800m	1987	Silver	Mari Prys Jones	2.15.6
800m	1988	Gold	Mari Prys Jones	2.17.7
800m	1991	Gold	Kate Williams	2.22.2
800m	1992	Bronze	Elizabeth Jones	2.25.7
800m	1995	Silver	Anwen Owen	2.25.92
800m	2004	Gold	Katie Parkes	2.18.36
800m	2006	Silver	Angharad Davies	2.21.83
800m	2017	Silver	Daisy Thompson	2.18.88
800m	2018	Silver	Daisy Thompson	2.21.98
			Junior Girls 1500m	
1500m	1977	Gold	Gillian Irvine	4.45.8
1500m	1979	Silver	Jackie Thomas	4.58.4
1500m	1982	Bronze	Ellie Palmer	5.01.4
1500m	1983	Silver	Jenny Paynter	5.07.9
1500m	1990	Gold	Angharad Howells	4.58.0
1500m	1991	Gold	Angharad Howells	4.53.6
1500m	1992	Bronze	Yvonne Evans	5.06.2
1500m	1993	Silver	Heledd Gruffudd	4.45.5
1500m	1995	Bronze	Gemma Mounsey	5.00.03
1500m	1997	Gold	Claire Evans	5.01.5
1500m	2005	Silver	Angharad Davies	5.01.82
1500m	2018	Bronze	Phoebe Davis	5.05.24
			Junior Girls 75m Hurdles	
75mH	1981	Gold	Alyson Evans	12.0
75mH	1983	Silver	Heather Wrigglesworth	12.5
75mH	1987	Silver	Mari Prys Jones	1.9
75mH	1988	Gold	Mari Prys Jones	11.7
75mH	1989	Silver	Marie Humphries	1.9

75mH	1990	Bronze	Jodi Lester	11.9
75mH	1991	Gold	Jodi Lester	11.8
75mH	1994	Gold	Amy Bergiers	11.68
75mH	1999	Gold	Elen Evans	12.28
75mH	2000	Gold	Heather Jones	11.8
75mH	2001	Gold	Heather Jones	11.37
75mH	2002	Gold	Samantha Jones	11.73w
75mH	2003	Bronze	Megan Thomas	12.15
75mH	2004	Silver	Catrin Vaughan	12.01
75mH	2018	Bronze	Sadie May Mason	12.21
			Junior Girls High Jump	
HJ	1979	Gold	Julia Charlton	1.70
HJ	1980	Gold	Julia Charlton	1.70
HJ	1998	Gold	Claire Shaw	1.51
HJ	1999	Silver	Eleni George	1.55
HJ	2000	Silver	Eleri George	1.60
HJ	2002	Silver	Gemma Conway	1.45
HJ	2011	Gold	Erin Walters	1.63
HJ	2013	Gold	Lauryn Davey	1.55
HJ	2017	Gold	Lili Church	1.58
HJ	2018	Silver	Phoebe Davis	1.50
			Junior Girls Long Jump	
LJ	1980	Gold	Julia Charlton	5.41
Lj	1981	Silver	Kathryn Evans	4.71
LJ	1982	Bronze	Lisa Lewis	4.77
LJ	1989	Bronze	Marie Humphries	4.58
LJ	1990	Bronze	Marie Humphries	4.78
LJ	1991	Gold	Karina Williams	5.06
LJ	1992	Gold	Karina Williams	5.19
LJ	1994	Bronze	Amy Bergiers	4.69
Lj	2003	Bronze	Mari Fenton	4.66
Lj	2004	Bronze	Caryl Granville	4.63
LJ	2007	Silver	Ffion Rees	4.78
LJ	2014	Bronze	Alicia Samuel	4.87
LJ	2019	Gold	Jessica Lee	5.51
			Junior Girls Triple Jump	
TJ	2019	Gold	Zara Evans	9.92
			Junior Girls Pole Vault	
PV	2012	Gold	Carys Jones	3.05
PV	2013	Gold	Carys Jones	3.05
			Junior Girls Shot Putt	
SP	1979	Gold	Delyth Evans	9.77
SP	1980	Gold	Delyth Evans	12.19
SP	1983	Gold	Vanessa Daniels	10.04
SP	1988	Gold	Ruth Mason	9.78
SP	1995	Gold	Angharad Lloyd	9.72
SP	1999	Silver	Mair Jones	9.02
SP	2000	Silver	Vicky Lloyd	9.74
SP	2001	Gold	Hayley Morris	9.07
SP	2002	Gold	Gwennan Jones	9.31

SP	2004	Silver	Caryl Lloyd	9.20
SP	2005	Gold	Catherine Goldsmith	10.50
SP	2007	Silver	Sadie Flint	8.66
SP	2009	Silver	Awen Rosser	9.87
SP	2010	Silver	Awen Rosser	12.19
SP	2011	Bronze	Bronwen Lewis	9.69
SP	2013	Silver	Bethan Lewis	10.17
SP	2015	Gold	Danielle Jones	10.14
SP	2018	Gold	Nia Williams	10.22
			Junior Girls Discus Throw	
DT	1987	Silver	Ruth Mason	24.18
DT	1988	Gold	Ruth Mason	25.70
DT	1992	Bronze	Dwysli Lewis	27.22
DT	1999	Gold	Mair Jones	23.82
DT	2000	Silver	Delyth Jones	22.75
DT	2001	Gold	Llinos Jones	26.73
DT	2002	Silver	Claire Williams	25.81
DT	2005	Silver	Esther Jones	23.41
DT	2007	Gold	Carys Jones	24.97
DT	2008	Gold	Elliw James	28.71
DT	2010	Gold	Awen Rosser	34.78
DT	2013	Bronze	Bethan Lewis	22.90
DT	2015	Silver	Danielle Jones	27.03
			Junior Girls Hammer Throw	
HT	2006	Bronze	Jade Pearce	18.62
HT	2009	Silver	Elliw James	30.39
			Junior Girls Javelin Throw	
JT	1989	Silver	Joanne Evans	27.28
JT	1995	Gold	Stacey Matthews	25.64
JT	1996	Silver	Diane Mosey	24.94
JT	1997	Gold	Alison Siggery	29.96
JT	1998	Gold	Alison Siggery	32.87
JT	1999	Silver	Sara Siggery	28.46
JT	2000	Gold	Natalie Griffiths	30.57
JT	2001	Silver	Carrie Williams	28.60
JT	2002	Gold	Kylie Clarke	34.57
JT	2003	Gold	Victoria Buxton	29.50
JT	2004	Silver	Catrin Vaughan	27.74
JT	2005	Gold	Danielle Hamer	36.30
JT	2006	Gold	Mary Wilson	33.68
JT	2009	Gold	Carys Mansfield	31.99
JT	2012	Bronze	Amy Humble	25.28
JT	2017	Bronze	Lili Church	28.25
JT	2019	Bronze	Cordelia Walker	28.37
			Junior Girls Pentathlon	
Pentathlon	1998	Bronze	Sioned Rees	2300
Pentathlon	1999	Bronze	Elen Evans	2309

Pentathlon	2000	Silver	Vicky Lloyd	2458
Pentathlon	2002	Bronze	Megan Thomas	2148
Pentathlon	2003	Bronze	Megan Thomas	2567
Pentathlon	2004	Gold	Catrin Vaughan	2961
Pentathlon	2006	Silver	Sophie Pick	2503
Pentathlon	2007	Bronze	Ffion Rees	2465
Pentathlon	2009	Silver	Alyce Phillips	2652
Pentathlon	2013	Gold	Lauryn Davey	2538
Pentathlon	2017	Bronze	Beca Roberts	2541
			MIDDLE GIRLS	
			Middle Girls 100m	
100m	1976	Silver	Diane Thorne	12.5
100m	1977	Gold	Diane Thorne	12.9
100m	1983	Silver	Allison Rees	13.0
100m	1989	Silver	Anna Turner	12.4
100m	1990	Silver	Anna Turner	12.7
100m	1993	Silver	Emma Jones	12.8
100m	1995	Bronze	Gail Evans	12.49
100m	1996	Gold	Gail Evans	12.46
100m	1997	Bronze	Rachel Lewis	13.00
100m	2000	Gold	Aimee John	13.0
100m	2005	Bronze	Hannah Thomas	12.48w
100m	2016	Bronze	Alicia Samuel	13.15
100m	2017	Bronze	Alicia Samuel	12.64
100m	2021	Gold	Jessica Lee	12.32
			Middle Girls 200m	
200m	1977	Gold	Diane Thorne	26.1
200m	1983	Silver	Allison Rees	26.7
200m	1989	Bronze	Anna Turner	25.9
200m	1992	Bronze	Kate Williams	26.6w
200m	1995	Gold	Gail Evans	25.35w
200m	1996	Gold	Gail Evans	25.65
200m	2001	Bronze	Anwen Rees	27.45
200m	2006	Gold	Hannah Jones	25.43
200m	2009	Bronze	Leah Bitchell	27.86
200m	2010	Bronze	Catrin Rees	26.32
200m	2011	Bronze	Laura Davies	26.35
			Middle Girls 300m	
400m	1976	Gold	Angela Pennington	59.2
400m	1982	Gold	Alyson Evans	59.9
400m	1983	Gold	Alyson Evans	59.8
300m	1992	Silver	Sian Bradshaw	41.6
300m	1993	Gold	Kate Williams	41.3
300m	1999	Bronze	Aimee John	43.7
300m	2000	Gold	Aimee John	42.8
300m	2006	Gold	Hannah Jones	39.93
300m	2016	Bronze	Celyn Williams	41.55
			Middle Girls 800m	
800m	1983	Gold	Ellie Palmer	2.20.2
800m	1989	Silver	Catrin Jones	2.21.8

800m	1996	Bronze	Catrin Davies	2.26.99
800m	1998	Bronze	Gemma Mounsey	2.26.39
800m	1999	Gold	Gemma Thomas	2.22.0
800m	2006	Gold	Katie Parkes	2.17.34
			Middle Girls 1500m	
1500m	1981	Silver	Jackie Thomas	4.53.8
1500m	1985	Bronze	Sharon Rees	5.01.1
1500m	1986	Gold	Nicola Morgan	4.48.6
1500m	1987	Silver	Nicola Morgan	4.44.4
1500m	1992	Bronze	Angharad Howells	5.11.1
1500m	1995	Bronze	Jessica P Williams	5.02.49
1500m	1996	Silver	Jessica P Williams	4.56.89
1500m	2003	Bronze	Caryl Jones	5.07.72
1500m	2005	Bronze	Rachel Marfleet	4.53.47
1500m	2006	Gold	Kayleigh Brown	4.45.61
1500m	2008	Bronze	Angharad Davies	4.56.0
1500m	2013	Bronze	Caitlin Page	4.56.55
1500m	2014	Gold	Caitlin Page	5.01.22
1500m	2016	Bronze	Non Morgan	5.25.41
			Middle Girls 3000m	
3000m	1986	Silver	Vicky Hamer	11.08.7
3000m	1987	Silver	Vicky Hamer	11.04.2
3000m	1990	Silver	Daisy Maund	11.25.8
3000m	1994	Gold	Heledd Gruffydd	10.32.56
3000m	1998	Bronze	Claire Evans	11.31.4
3000m	2002	Bronze	Caryl Jones	11.15.32
3000m	2003	Bronze	Caryl Jones	11.14.99
3000m	2005	Gold	Kayleigh Brown	11.06.76
3000m	2007	Gold	Aneura Phillips	10.52.95
3000m	2006	Silver	Aneura Phillips	10.57.9
3000m	2011	Silver	Kari O'Neill	11.27.05
3000m	2013	Bronze	AMBER HOWELL	11.58.95
			Middle Girls 1500m steplechase	
1500m ST	2008	Gold	Catrin Lewis	5.54.6
1500m St	2009	Silver	Catrin Lewis	6.12.50
1500m St	2012	Silver	Kari O'Neill	5.58.65
			Middle Girls 3000m walk	
2000m walk	2015	Bronze	Amelia Davey	11.35.58
			Middle Girls 80m Hurdles	
80mH	1981	Gold	Julia Charlton	12.2
80mH	1982	Gold	Alyson Evans	12.2
80mH	1986	Gold	Margarite Davies	12.6
80mH	1989	Bronze	Mari Prys Jones	12.1
80mH	1990	Silver	Marie Humphries	12.7
80mH	1991	Silver	Marie Humphries	12.3
80mH	1993	Bronze	Emma Jones	12.3
80mH	1996	Bronze	Amy Bergiers	12.5

80mH	1997	Gold	Nia Maynard	11.99
80mH	2000	Bronze	Elen Evans	12.9
80mH	2001	Silver	Elen Evans	12.11
80mH	2002	Gold	Heather Jones	11.42w
80mH	2003	Gold	Heather Jones	11.45 (11.34h)
80mH	2004	Gold	Samantha Jones	11.95
80mH	2005	Silver	Caryl Granville	12.20
80mH	2006	Gold	Rebecca Gatehouse	12.33
			Middle Girls 300m Hurdles	
400mH	1982	Gold	Alyson Evans	64.8
400mH	1983	Gold	Alyson Evans	66.2
400mH	1988	Silver	Emma Lyle	71.6
300mH	1989	Gold	Mari Prys Jones	45.8
300mH	1992	Bronze	Hannah Liptrott	48.8
300mH	1994	Silver	Michelle John	46.14
300mH	1995	Silver	Martha Jones	46.54
300mH	1997	Bronze	Nia Maynard	48.09
300mH	2000	Silver	Anwen Rees	46.7
300mH	2001	Silver	Anwen Rees	47.29
300mH	2003	Gold	Heather Jones	44.63
300mH	2004	Bronze	Megan Thomas	47.23
300mH	2005	Gold	Caryl Granville	44.24
300mH	2005	Bronze	Llinos Cassidy	46.87
300mH	2006	Gold	Caryl Granville	44.10
300mH	2014	Bronze	Carly Jones	50.31
			Middle Girls High Jump	
HJ	1983	Silver	Lisa Lewis	1.57
HJ	1986	Gold	Carol Whiteway	1.60
HJ	1995	Silver	Sian Elin Jones	1.51
HJ	1999	Silver	Claire Shaw	1.55
HJ	2000	Bronze	Elen Evans	1.55
HJ	2001	Silver	Elen Evans	1.55
HJ	2004	Bronze	Laura Davies	1.45
HJ	2005	Bronze	Katie Parkes	1.50
HJ	2007	Bronze	Catherine Goldsmith	1.45
HJ	2009	Silver	Rhiannon Plant	1.49
HJ	2012	Silver	Erin Walters	1.55
HJ	2014	Silver	Lauryn Davey	1.50
HJ	2018	Silver	Lili Church	1.58
HJ	2019	Gold	Lili Church	1.65
			Middle Girls Long Jump	
LJ	1981	Gold	Julia Charlton	5.24
LJ	1983	Gold	Kathryn Evans	5.32
Lj	1990	Silver	Marie Humphries	5.30
Lj	1992	Bronze	Sheena Rees	4.89
Lj	1993	Gold	Karina Williams	5.37
LJ	1997	Silver	Rachel Lewis	5.19
Lj	2002	Bronze	Vicky Lloyd	5.24

LJ	2004	Silver	Mari Fenton	4.71
LJ	2005	Bronze	Mari Fenton	4.57
LJ	2006	Silver	Caryl Granville	5.42
Lj	2007	Bronze	Sophie Pick	4.67
Lj	2008	Silver	Sophie Pick	4.78w
Lj	2012	Gold	Erin Walters	5.32
LJ	2013	Gold	Erin Walters	5.24
LJ	2021	Gold	Jessica Lee	5.48
			Middle Girls Triple Jump	
TJ	1996	Silver	Cathy James	9.51
TJ	2001	Silver	Vicky Lloyd	10.23
TJ	2002	Silver	Vicky Lloyd	10.84
TJ	2005	Gold	Caryl Granville	11.09
TJ	2006	Gold	Caryl Granville	11.28
TJ	2008	Silver	Ffion Rees	10.36
TJ	2009	Bronze	Sophie Lane	10.05
TJ	2010	Silver	Sophie Lane	10.51w
TJ	2012	Silver	Ffion Walters	10.09w
TJ	2013	Gold	Ffion Walters	10.24
TJ	2015	Gold	Lauryn Davey	11.02
TJ	2016	Bronze	Olivia Haines	10.41
TJ	2018	Gold	Beca Roberts	10.65
TJ	2019	Gold	Beca Roberts	10.96
TJ	2021	Gold	Zara Evans	10.43
			Middle Girls Pole Vault	
PV	1999	Bronze	Sioned Rees	1.90
PV	2000	Gold	Sioned Rees	2.30
PV	2000	Silver	Jacqui Lloyd	2.10
PV	2010	Bronze	Enfys Jones	2.55
PV	2011	Silver	Enfys Jones	2.75
PV	2014	Gold	Carys Jones	3.31
PV	2015	Bronze	Carys Jones	2.80
			Middle Girls Shot Putt	
SP	1981	Gold	Delyth Evans	11.84
SP	1982	Gold	Delyth Evans	11.77
SP	1996	Gold	Angharad Lloyd	10.42
SP	1997	Gold	Angharad Lloyd	10.72
SP	2001	Silver	Vicky Lloyd	9.32
SP	2002	Silver	Vicky Lloyd	9.61
SP	2006	Silver	Catherine Goldsmith	9.68
SP	2007	Silver	Catherine Goldsmith	9.19
SP	2008	Bronze	Sadie Flint	8.74
SP	2011	Gold	Awen Rosser	11.00
SP	2012	Silver	Awen Rosser	11.42
SP	2014	Bronze	Bethan Lewis	11.38
SP	2016	Bronze	Danielle Jones	10.50
SP	2018	Bronze	Nia Williams	11.88

			Middle Girls Discus Throw	
DT	1989	Bronze	Lyndsey Thomas	30.90
DT	1990	Gold	Lyndsey Thomas	30.86
DT	2003	Silver	Delyth Jones	28.70
DT	2004	Bronze	Delyth Jones	25.50
DT	2005	Gold	Claire Williams	33.61
DT	2006	Silver	Claire Williams	31.13
DT	2013	Gold	Awen Rosser	41.15
DT	2014	Gold	Awen Rosser	44.42
DT	2018	Gold	Danielle Jones	33.28
			Middle Girls Hammer Throw	
HT	2002	Silver	Delyth Jones	20.72
HT	2003	Gold	Claire Williams	35.25
HT	2007	Bronze	Esther Jones	19.97
HT	2011	Silver	Elliw James	32.62
			Middle Girls Javelin Throw	
JT	1990	Gold	Joanne Evans	36.24
JT	1999	Bronze	Alison Siggery	31.62
JT	2000	Silver	Alison Siggery	36.57
JT	2000	Bronze	Sara Siggery	32.17
JT	2001	Gold	Sara Siggery	34.98
JT	2002	Gold	Carrie Williams	34.32
JT	2003	Silver	Carrie Williams	36.95
JT	2003	Bronze	Kylie Clarke	34.02
JT	2004	Gold	Kylie Clarke	34.52
JT	2004	Silver	Victoria Buxton	32.70
JT	2005	Gold	Victoria Buxton	33.87
JT	2006	Gold	Lydia Jones	36.66
JT	2006	Silver	Danielle Hamer	35.04
JT	2007	Silver	Lydia Jones	31.69
JT	2008	Gold	Mary Wilson	34.01
JT	2010	Bronze	Carys Mansfield	37.64
JT	2011	Gold	Carys Mansfield	40.05
JT	2014	Silver	Amy Humble	30.24
			Senior Girls Pentathlon	
Pentathlon	1993	Bronze	Karina Williams	2184
Pentathlon	2000	Bronze	Elen Evans	2723
Pentathlon	2005	Silver	Caryl Granville	3156
Pentathlon	2005	Bronze	Hannah Pick	2796
Pentathlon	2006	Gold	Caryl Granville	3314
Pentathlon	2006	Bronze	Catherine Goldsmith	2695
Pentathlon	2008	Bronze	Sophie Pick	2656
Pentathlon	2009	Bronze	Rhiannon Plant	2644
			SENIOR GIRLS	
			Senior Girls 100m	
100m	1978	Gold	Diane Thorne	12.1
100m	1979	Gold	Diane Thorne	12.6

100m	1985	Gold	Alison Rees	12.7
100m	1988	Silver	Carol Whiteway	13.1
100m	1991	Bronze	Anna Turner	12.8
100m	1993	Bronze	Sian Bradshaw	13.1
100m	1994	Silver	Emma Jones	12.66
100m	1997	Gold	Gail Evans	12.74
100m	1998	Bronze	Emma Robinson	13.57
100m	1999	Silver	Rachel Lewis	12.74
100m	2000	Silver	Rachel Lewis	13.30
100m	2009	Silver	Hannah Jones	12.95
100m	2010	Bronze	Sarah Evans	13.32
100m	2011	Bronze	Ffion Rees	12.96
100m	2013	Bronze	Natalie Evans	13.26
100m	2014	Silver	Rachel Donnison	12.98
100m	2018	Gold	Alicia Samuel	12.24
			Senior Girls 200m	
200m	1978	Gold	Diane Thorne	25.3
200m	1979	Gold	Diane Thorne	26.5
200m	1985	Gold	Alison Rees	25.9
200m	1991	Bronze	Anna Turner	26.8
200m	1997	Bronze	Gail Evans	26.38
200m	1999	Silver	Rachel Lewis	26.11
200m	2000	Gold	Rachel Lewis	27.08
200m	2003	Bronze	Anwen Rees	26.39
200m	2009	Silver	Hannah Jones	25.85
200m	2013	Silver	Elinor Jones	27.58
200m	2014	Silver	Rachel Donnison	25.92
200m	2015	Gold	Rachel Donnison	26.32
200m	2018	Gold	Alicia Samuel	25.65
			Senior Girls 400m	
400m	1978	Gold	Angela Pennington	59.8
400m	1985	Gold	Alyson Evans	58.8
400m	1987	Silver	Mary Murphy	59.5
400m	1988	Gold	Mary Murphy	59.0
400m	1993	Silver	Sian Bradshaw	59.7
400m	1994	Bronze	Hannah Liptrott	65.26
400m	1995	Gold	Michelle John	60.23
400m	2007	Gold	Caryl Granville	58.03
400m	2015	Gold	Rachel Donnison	57.71
			Senior Girls 800m	
800m	1978	Gold	Angela Pennington	2.29.2
800m	1991	Bronze	Catrin Jones	2.26.9
800m	1992	Bronze	Kay Vobe	2.29.8
800m	1994	Bronze	Angharad Morgan	2.29.40
800m	1997	Bronze	Clare Peck	2.25.00
800m	1998	Gold	Anwen Owen	2.24.30
800m	2001	Gold	Gemma Thomas	2.23.40
800m	2005	Bronze	Sara B Thomas	2.34.9
800m	2008	Silver	Kayleigh Brown	2.38.3
800m	2010	Gold	Angharad Davies	2.17.80

800m	2017	Bronze	Ellie Kiff	2.40.21
			Senior Girls 1500m	
1500m	1988	Silver	Nicola Morgan	5.01.0
1500m	1989	Bronze	Nicola Morgan	5.20.5
1500m	1992	Silver	Daisy Maund	5.29.4
1500m	1994	Silver	Angharad Howells	5.15.32
1500m	1997	Silver	Jessica P Williams	5.01.18
1500m	1998	Silver	Jessica P Williams	5.02.98
1500m	2003	Silver	Charlene Beedie	5.29.88
1500m	2004	Bronze	Caryl Jones	5.06.87
1500m	2005	Silver	Sara B Thomas	6.01.75
1500m	2007	Silver	Alaw B Thomas	5.00.68
1500m	2008	Gold	Alaw B Thomas	4.54.5
1500m	2009	Silver	Angharad Davies	5.01.93
1500m	2014	Silver	Kari O'Neill	5.25.14
			Senior Girls 3000m	
3000m	1988	Silver	Vicky Hamer	10.28.9
3000m	1991	Bronze	Angela Abbott	11.28.9
3000m	2000	Silver	Claire Evans	11.00.66
3000m	2001	Gold	Claire Evans	11.14.34
3000m	2003	Bronze	Charlene Beedie	11.56.82
3000m	2004	Gold	Caryl Jones	11.04.37
3000m	2005	Gold	Caryl Jones	10.56.56
3000m	2017	Bronze	Ellie Kiff	11.3.65
			Senior Girls 1500m steeplechase	
1500m St	2007	Gold	Kayleigh Brown	5.34.45
1500m St	2009	Gold	Aneura Phillips	6.01.89
1500m St	2010	Gold	Catrin Lewis	6.31.30
1500m St	2015	Gold	Amber Howell	5.56.14
			Senior Girls 100m Hurdles	
100mH	1985	Gold	Non Evans	15.6
100mH	1988	Gold	Carol Whiteway	15.7
100mH	1989	Silver	Marguerite Davies	16.5
100mH	1991	Silver	Mari Prys Jones	16.7
100mH	1992	Gold	Marie Humphries	15.2w
100mH	1993	Bronze	Fiona Archampong	16.0
100mH	1994	Gold	Emma Jones	15.80
100mH	1997	Silver	Amy Bergiers	15.8
100mH	2003	Gold	Anwen Rees	15.14
100mH	2005	Gold	Samantha Jones	15.95
100mH	2006	Silver	Megan Thomas	16.51
100mH	2007	Gold	Rebecca Gatehouse	15.67w
100mH	2007	Bronze	Megan Thomas	16.71w
100mH	2008	Gold	Caryl Granville	15.3
			Senior Girls 400m hurdles	
400mH	1985	Gold	Alyson Evans	61.2
400mH	1987	Gold	Lisa Cross	66.8

400mH	1989	Gold	Emma Lyle	66.9
400mH	1990	Bronze	Emma Lyle	68.5
400mH	1991	Silver	Mari Prys Jones	64.5
400mH	1993	Bronze	Hannah Liptrot	67.2
400mH	1994	Silver	Hannah Liptrot	68.30
400mH	1995	Gold	Michelle John	66.93
400mH	1999	Bronze	Anwen Owen	73.01
400mH	2002	Gold	Anwen Rees	66.97
400mH	2003	Gold	Anwen Rees	64.36
400mH	2004	Silver	Vicky Lloyd	77.16
400mH	2006	Silver	Megan Thomas	67.95
400mH	2007	Gold	Caryl Granville	62.83
400mH	2007	Bronze	Megan Thomas	68.00
400mH	2008	Gold	Caryl Granville	61.42
400mH	2008	Bronze	Megan Thomas	70.34
400mH	2009	Gold	Angharad Davies	71.5
400mH	2010	Silver	Angharad Davies	68.86
400mH	2015	Bronze	Amber Howell	79.90
			Senior Girls High Jump	
HJ	1983	Gold	Julia Charlton	1.56
HJ	1985	Silver	Lisa Lewis	1.65
HJ	1988	Gold	Carol Whiteway	1.55
HJ	2002	Gold	Elen Evans	1.60
HJ	2005	Gold	Vicky Lloyd	1.58
HJ	2006	Silver	Gemma Conway	1.45
HJ	2007	Bronze	Hannah Pick	1.50
HJ	2008	Gold	Catherine Goldsmith	1.56
HJ	2008	Silver	Hannah Pick	1.50
HJ	2014	Gold	Erin Walters	1.50
			Senior Girls Long Jump	
LJ	1985	Gold	Lisa Lewis	5.23
LJ	1992	Bronze	Marie Humphries	4.86
LJ	1994	Bronze	Sheena Rees	4.63
LJ	2005	Gold	Vicky Lloyd	5.56
LJ	2006	Silver	Mari Fenton	4.66
LJ	2006	Bronze	Gemma Conway	4.51
LJ	2010	Gold	Ffion Rees	5.15w
Lj	2011	Gold	Ffion Rees	5.19
Lj	2011	Silver	Sophie Lane	4.78
LJ	2014	Silver	Erin Walters	5.29w
LJ	2016	Gold	Lauryn Davey	5.18
			Senior Girls Triple Jump	
TJ	2002	Silver	Anwen Rees	10.06
TJ	2004	Gold	Vicky Lloyd	11.25
TJ	2005	Gold	Vicky Lloyd	11.11
TJ	2006	Gold	Mari Fenton	10.57w
TJ	2006	Bronze	Gemma Conway	9.93w
TJ	2007	Bronze	Hannah Pick	10.24
TJ	2010	Bronze	Ffion Rees	10.02w
TJ	2011	Silver	Sophie Lane	10.23

TJ	2012	Bronze	Amelia Roberts	9.64w
TJ	2017	Bronze	Olivia Haines	10.38
			Senior Girls Pole Vault	
PV	2001	Gold	Jacqui Lloyd	2.70
PV	2002	Gold	Jacqui Lloyd	2.82
PV	2013	Silver	Enfys Jones	2.70
PV	2016	Gold	Carys Jones	3.30
PV	2017	Gold	Carys Jones	3.30
			Senior Girls Shot Putt	
SP	1983	Gold	Ruth Thompson	10.88
SP	1989	Silver	Lyndsey Thomas	9.60
SP	1990	Gold	Lyndsey Thomas	10.51
SP	2002	Silver	Mair Jones	9.45
SP	2003	Silver	Mair Jones	9.25
SP	2008	Gold	Catherine Goldsmith	10.81
SP	2013	Gold	Awen Rosser	11.61
SP	2014	Gold	Awen Rosser	12.33
SP	2015	Silver	Amy Humble	9.28
SP	2016	Bronze	Lauryn Davey	8.80
SP	2018	Bronze	Danielle Jones	8.48
			Senior Girls Discus Throw	
DT	1989	Bronze	Lyndsey Thomas	30.80
DT	1990	Gold	Lyndsey Thomas	30.86
DT	2003	Silver	Delyth Jones	28.70
DT	2004	Bronze	Delyth Jones	25.50
DT	2005	Gold	Claire Williams	33.61
DT	2006	Silver	Claire Williams	31.13
DT	2013	Gold	Awen Rosser	41.15
DT	2014	Gold	Awen Rosser	44.42
DT	2018	Gold	Danielle Jones	33.28
DT			Senior Girls Hammer Throw	
HT	1997	Gold	Marie Hughes	31.50
HT	2002	Bronze	Mair Jones	27.06
HT	2003	Bronze	Mair Jones	27.70
HT	2005	Gold	Claire Williams	36.89
HT	2006	Bronze	Claire Williams	38.61
HT	2013	Bronze	Awen Rosser	26.60
			Senior Girls Javelin Throw	
JT	2001	Silver	Alison Siggery	36.54
JT	2002	Silver	Alison Siggery	41.20
JT	2003	Gold	Alison Siggery	38.85
JT	2004	Silver	Amy Gleeson	28.70
JT	2005	Gold	Kylie Clarke	35.79
JT	2006	Gold	Vicky Buxton	39.33
JT	2006	Silver	Kylie Clarke	35.82
JT	2007	Gold	Vicky Buxton	37.45
JT	2007	Silver	Claire Williams	36.52

JT	2008	Gold	Danielle Hamer	39.12
JT	2008	Bronze	Claire Williams	37.75
JT	2009	Gold	Claire Williams	40.21
JT	2009	Silver	Mary Wilson	36.01
JT	2014	Bronze	Bronwen Lewis	22.58
JT	2015	Bronze	Amy Humble	30.85
JT	2017	Bronze	Amy Evans	29.89
			Senior Girls Pentathlon	
Pentathlon	2002	Gold	Elen Evans	2287
Pentathlon	2002	Silver	Anwen Rees	1998
Pentathlon	2003	Gold	Elen Evans	2405
Pentathlon	2003	Silver	Vicky Lloyd	2098
Pentathlon	2004	Gold	Vicky Lloyd	2754
Pentathlon	2006	Gold	Mari Fenton	2292
Pentathlon	2007	Gold	Caryl Granville	3339
Pentathlon	2007	Silver	Hannah Pick	2555
Pentathlon	2008	Silver	Emily Mitchell	2124

Results of Carmarthenshire/Dyfed Schools Relay teams

Age Group	Gold	Silver	Bronze	Total
Junior Girls	7	8	9	24
Middle Girls	7	6	7	20
Senior Girls	13	9	6	28
Junior Boys	7	8	5	20
Middle Boys	10	10	6	26
Senior Boys	13	9	9	31
Total	57	50	42	149