

**Dyfed Secondary Schools & Colleges Athletics Championships 2023 – Day 2 /
Pencampwriaeth Athletau Ysgolion Uwchradd a Cholegau Dyfed 2023 –
Diwrnod 2**

Carmarthen Athletics Track / Trac Athletau Caerfyrddin – 12.06.23

400m Hurdles

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Thomas O'Toole	Haverfordwest High	72.7	MB
2	Delme Alleyne	Bro Preseli	77.6	MB

MG 300m Hurdles

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Sophie Llewellyn	Haverfordwest High	67.9	MG

MB 3000m

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Finley Bruce	Bro Preseli	9:20.7	MB
2	Ifan Bowen	Bro Myrddin	9:30.7	MB
3	Jake Lynock	Bro Dinefwr	9:43.2	MB
4	Joshua Barnett	Dyffryn Taf	9:59.9	MB
5	Dean Thomas	Aberteifi	11:08.0	MB

MG 3000m

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Eleanor White	Haverfordwest High	11:37.2	MG
2	Carys Wood	Greenhill	12:23.9	MG

MG & SG 1500m Steeplechase

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Frances Mackie	Glan-Y-Môr	5:51.6	MG
2	Ffion Ouseley	Bro Preseli	6:18.1 - RECORD	SG

MB 1500m Steeplechase

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Iwan Thomas	Glan-Y-Môr	4:34.8	MB
2	William Harries	Haverfordwest High	4:55.5	MB

SB 2000m Steeplechase

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Rhys Llewellyn	Pembrokeshire College	6:25.1	SB

MG, MB & JB Hammer

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Rhys Lewis	Haverfordwest High	28.96	JB
2	Nele Owen	Bryngwyn	26.20	MG
3	Lewis Rossiter	Greenhill	26.03	MB
4	Ryan Thomas	Penrhyn Dewi	25.29	JB
5	Ayden Davies	Haverfordwest High	18.15	JB
6	Ella Joyce	Haverfordwest High	17.59	MG

MB & JB Pole Vault

	Name / Enw	School / Ysgol	Result / Canlyniad	
1	Cai Allan	Bro Pedr	3.10	MB
2	Kodi Penn-O'Hare	St John Lloyd	2.30	JB
3	Jeston Allan	Bro Pedr	2.10	JB