

**Carmarthen Harriers athletes represented Wales in the London mini marathon.**

In the period 2004 – 2023 Carmarthen Harriers have had 84 members competing for West Wales/Welsh schools or Wales (2019 onwards) in the London mini marathon.

Before 2008 the distance of each race was 2.65 miles and then 3 miles. Now from 2020 it is 2.6K. The finish was as for the full London marathon in the Mall.

Results before 2003 are not available at present.

The outstanding Carmarthen Harrier was Dewi Griffiths.

2004 finished third in the under 13 Boys event.

2005 finished sixth in the under 15 Boys event.

**2006 won the under 15 Boys race in 13.22. He won by 34 seconds. In March that year he had won the under 15 Boys UK inter county cross country championship in Wollaton Hall Nottingham**

2007 did not compete as he had an appendix removal operation.

2007 finished third in the under 17 3 mile event (14.42)

2008 Finished seventh in the under 17 3 mile event (14.29)

Year	Age Group	Carmarthen Harrier athlete
23 April 2023	Under 13 Girls	53 Nansi Griffiths 10.01
	Under 15 Girls	25 Amelia Williams 9.08
	Under 15 Boys	57 Sam Griffiths 8.29; 69 Josh Barnett 9.35
	Under 17 Men	40 Finley Bruce 7.59; 52 Iwan Thomas 8.10
2 Oct 2022	Under 13 Girls	Esme Lynock 10.46
	Under 17 Men	14 Iwan Thomas 7.34; 49 Finley Bruce 7.51
3 Oct 2021	Under 13 Girls	44 Amelia Williams 9.50
	Under 13 Boys	17 William Coles 8.49
	Under 17 Men	11 Ifan Bowen 8.12; 48 Ifan Bowen 8.38
2020	Under 13 Boys	Selected – Iwan Thomas; Ifan Bowen; Macsen Toogood
2020	Under 15 Boys	Selected- Frank Morgan but not held
28/04/2019	Under 13 Boys	56 Zach Elvey 18.14; 66 Jack Thomas 19.31
28/04/2019	Under 15 Boys	46 Liam Edwards 16.23; 51 Dafydd Jones 16.28
22/04/2018	Under 13 Boys	41 Ioan Cressy-Rodgers 17.42; DNF Frank Morgan
22/04/2018	Under 15 Girls	44 Daisy Thompson 18.36
22/04/2018	Under 17 Men	18 Ben Thomas 14.56
23/04/2017	Under 13 Boys	20 Liam Edwards 16.49; 36 Frank Morgan 17.15 45 Dafydd Jones 17.31
23/04/2017	Under 13 Girls	21 Daisy Thompson 18.06; 62 Phoebe Davis 20.06
23/04/2017	Under 17 Men	47 Ben Thomas 15.28
22/04/2016	Under 13 Girls	12 Daisy Thompson 18.11
22/04/2016	Under 13 Boys	20 Iwan Glynn 16.57
22/04/2016	Under 15 Boys	31 Ben Thomas 16.01
22/04/2016	Under 17 Women	54 Ellie Kiff 18.44
26/04/2015	Under 13 Boys	45 Iwan Glynn 17.37
26/04/2015	Under 17 Men	45 Ashraf Liles 15.28

13/04/2014	Under 13 Boys	30 Ben Thomas 17.17; 51 Iestyn Williams 18.20
20/04/2013	Under 15 Boys	20 Nikita Neary 15.56
20/04/2013	Under 17 Men	23 Christian Lovatt 15.08
22/04/2012	Under 15 Boys	31 Christian Lovatt 16.09; 40 Nikita Neary 16.25
22/04/2012	Under 17 Men	55 Lloyd Heckler 15.56
17/04/2011	Under 13 Girls	61 Emily Thomas 20.37
17/04/2011	Under 13 Boys	15 Nikita Neary 17.01
17/04/2011	Under 15 Girls	58 Kari O'Neill 19.40
17/04/2011	Under 15 Boys	66 Christian Lovatt 17.04
17/04/2011	Under 17 Men	20 Josh Griffiths 15.13; 34 Lloyd Heckler 15.34
25/04/2010	Under 13 Girls	55 Megan Thomas 21.00
25/04/2010	Under 13 Boys	49 Nicholas Johnson 18.55; Nikita Neary DNS
25/04/2010	Under 15 Boys	25 Rhys Granville 16.49; 26 Kyran Roberts 16.50 47 Christian Lovatt 17.22
26/04/2009	Under 13 Boys	23 Christian Lovatt 17.43
26/04/2009	Under 15 Boys	54 Lloyd Heckler 17.25
26/04/2009	Under 17 Men	6 Adam Bitchell 14.27; 7 Dewi Griffiths 14.29
13/04/2008	Under 13 Boys	45 Rhys Granville 19.02
13/04/2008	Under 17 Women	37 Angharad Davies 18.45
13/04/2008	Under 17 Men	3 Dewi Griffiths 14.42; 8 Adam Bitchell 14.58
22/04/2007	Under 17 Women	51 Angharad Davies 16.36
22/04/2007	Under 17 Men	11 Adam Bitchell 13.11
23/04/2006	Under 13 Boys	64 Joseph Fisher 17.05
<b>23/04/2006</b>	<b>Under 15 Boys</b>	<b>1 Dewi Griffiths 13.22 (won by 34 seconds)</b>
23/04/2006	Under 15 Girls	27 Angharad Davies 16.17
23/04/2006	Under 17 Women	33 Rachel Marfleet 16.10; 64 Kayleigh Brown 17.07
23/04/2006	Under 17 Men	26 Lee Ladd 13.28
17/04/2005	Under 13 Girls	21 Catrin Lewis 17.03
17/04/2005	Under 13 Boys	27 Andrew Drakeley 16.03
17/04/2005	Under 15 Girls	24 Rachel Marfleet 16.27; 52 Angharad Davies 17.22 66 Aneura Phillips 17.52
17/04/2005	Under 15 Boys	6 Dewi Griffiths 13.45; 51 Geraint Mansfield 15.27
17/04/2005	Under 17 Women	33 Kayleigh Brown 16.21
17/04/2005	Under 17 Men	15 Lee Ladd 13.24
18/04/2004	Under 13 Boys	3 Dewi Griffiths; 67 Jack Jones
18/04/2004	Under 15 Girls	13 Kayleigh Brown; 15 Rachel Marfleet; 50 Caryl Granville
18/04/2004	Under 17 Men	14 Wynne Evans; 25 Lee Ladd
18/04/2004	Under 17 Women	28 Caryl Jones
13/04/2003	Under 13 Girls	12 Rachel Marfleet 16.34; 44 Ffion Davies 18.13 53 Ffion John 18.42
13/04/2003	Under 15 Girls	39 Kayleigh Brown 16.56
13/04/2003	Under 15 Boys	13 Lee Ladd 14.04
13/04/2003	Under 17 Women	32 Caryl Jones 16.22
13/04/2003	Under 17 Men	27 Danny Evans 13.35; 47 Wynne Evans 14.06

Hedydd Davies 18 October 2023 [hedydd.davies@tinyworld.co.uk](mailto:hedydd.davies@tinyworld.co.uk) 01545 238 563

