

**Carmarthen Harriers members medallists in the Welsh schools' athletics championships**  
**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 2002 and 2006. In 2006 Aaron Ramsey ran 2.05 in the 800m in the last of the five events to finish second in the competition ahead of Carmarthen's Josh Madden.

The following Welsh schools senior international matches have been held in Carmarthen :-

**1989 Welsh Schools v AAW Wales v Midlands v American High Schools.**

**1993 Welsh Schools v Scottish Schools v AAW Wales**

**1996 Welsh Schools v Scottish Schools v AAW Wales**

**1997 Welsh Schools v Scottish Schools v AAW Wales**

**2003 Welsh Schools v Scottish Schools**

**The 1999 SIAB Schools athletics international was held in Carmarthen.**

**This international was held on Carmarthen's six lane track. A and B races were held for the 200m, 400m,300m and 400m hurdles. The teams were accommodated, a mile away in Trinity College and the Delegates stayed at the Ivy Bush Royal Hotel where the Official Dinner was held in the Evening. The Officials were treated to a Salmon buffet luncheon at the local QE Maridunum School. The official programme had 17 local business adverts and Carmarthen Harriers, Carmarthen Rotary Club and the local primary and secondary schools were very involved in the event.**

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.

The Covid Pandemic hit UK in 2020 and the shutdown started on 20 March 2020.

There were no Welsh schools athletics championships held in 2020 and in 2021 there only Welsh schools under17 trial events.(for the purpose of this Report listed as Championships).

**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 five times. On two occasions Dyfed schools won six of the seven of the seven trophies.**

Carmarthen Harrier athletes have won a total of 1196 individual medals (552 gold,336 silver, and 308 bronze)

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

Thanks to all the Carmarthen Harriers coaches, team managers, School teachers and parents 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           | 37           | 160         |
| Middle Boys  | 125        | 70           | 64           | 259         |
| Senior Boys  | 112        | 66           | 51           | 229         |
| Junior Girls | 64         | 46           | 34           | 147         |
| Middle Girls | 81         | 59           | 70           | 207         |
| Senior Girls | 86         | 56           | 52           | 194         |
| <b>Total</b> | <b>552</b> | <b>336</b>   | <b>308</b>   | <b>1196</b> |
|              |            |              |              |             |

**AGE GROUP INDIVIDUAL MEDALS ONLY**

| Event | Year | Medal  | Name                         | Performance |
|-------|------|--------|------------------------------|-------------|
|       |      |        | <b>JUNIOR BOYS</b>           |             |
|       |      |        | <b>Junior Boys 100y/100m</b> |             |
| 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       |
| 100m  | 2023 | Bronze | Steffan Thomas               | 11.75       |
|       |      |        | <b>Junior Boys 220y/200m</b> |             |
| 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   |
|       |      |        | <b>Junior Boys 440y/300m</b>   |         |
| 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   |
|       |      |        | <b>Junior Boys 800m</b>        |         |
| 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 |
|       |      |        | <b>Junior Boys 1500m</b>       |         |
| 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 |
| 1500m | 2023 | Bronze | Sam Griffiths                  | 4.30.10 |
|       |      |        | <b>Junior Boys 80m Hurdles</b> |         |
| 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  |
| 80H  | 2023 | Bronze | Steffan Thomas                 | 12.63  |
|      |      |        | <b>Junior Boys High Jump</b>   |        |
| 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   |
|      |      |        | <b>Junior Boys Long Jump</b>   |        |
| 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   |
|      |      |        | <b>Junior Boys Triple Jump</b> |        |
| 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  |
|      |      |        | <b>Junior Boys Pole Vault</b>  |        |
| 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   |

|    |      |        |                                  |       |
|----|------|--------|----------------------------------|-------|
|    |      |        | <b>Junior Boys Shot Put</b>      |       |
| 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 |
|    |      |        | <b>Junior Boys Discus Throw</b>  |       |
| 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 |
|    |      |        | <b>Junior Boys Hammer Throw</b>  |       |
| 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 Mephram                     | 40.13 |
| HT | 2015 | Bronze | Nicholas Jones                   | 31.94 |
|    |      |        | <b>Junior Boys Javelin Throw</b> |       |
| 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  |
|            |      |        | <b>Junior Boys Pentathlon</b> |        |
| 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   |
|            |      |        |                               |        |
|            |      |        | <b>MIDDLE BOYS</b>            |        |
|            |      |        | <b>Middle Boys 100m</b>       |        |
| 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  |
|            |      |        | <b>Middle Boys 200m</b>       |        |
| 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  |
|            |      |        | <b>Middle Boys 400m</b>       |        |
| 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               |         |
|       |      |        | <b>Middle Boys 800m</b>  |         |
| 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 |
|       |      |        | <b>Middle Boys 1500m</b> |         |
| 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 |
| 1500m | 2022 | Bronze | Ifan Bowen               | 4.24.05 |
|       |      |        | <b>Middle Boys 3000m</b> |         |
| 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 |
| 3000m    | 2022  | Silver | Finley Bruce                              | 9.11.03 |
| 3000m    | 2023  | Gold   | Finley Bruce                              | 9.09.53 |
| 3000m    | 2023  | Bronze | Ifan Bowen                                | 9.15.57 |
|          |       |        | <b>Middle Boys 1500m<br/>steeplechase</b> |         |
| 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 |
| 1500St   | 2022  | Silver | Iwan Thomas                               | 4.37.77 |
| 1500SC   | 2023  | Gold   | Iwan Thomas                               | 4.30.00 |
|          |       |        | <b>Middle Boys 100m<br/>Hurdles</b>       |         |
| 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    |
|        |      |        | <b>Middle Boys 400n Hurdles</b> |          |
| 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    |
|        |      |        | <b>Middle Boys 2000m Walk</b>   |          |
| 2000mW | 2003 | Gold   | Gareth Griffiths                | 12.32.5  |
| 2000mW | 2013 | Silver | Dwayne Griffiths                | 14.15.73 |
| 2000mW | 2014 | Silver | Aled Phillips                   | 13.27.94 |
|        |      |        | <b>Middle Boys High Jump</b>    |          |
| 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     |
|        |      |        |                                 |          |
|        |      |        | <b>Middle Boys Long Jump</b>    |          |
| 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     |
|        |      |        | <b>Middle Boys Triple Jump</b>  |          |
| 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 |
|    |      |        | <b>Middle Boys Pole Vault</b>   |       |
| 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  |
|    |      |        | <b>Middle Boys Shot Put</b>     |       |
| 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 |
|    |      |        | <b>Middle Boys Discus Throw</b> |       |
| 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 |
|            |      |        | <b>MIDDLE BOYS<br/>HAMMER THROW</b>  |       |
| 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 |
|            |      |        | <b>MIDDLE BOYS JAVELIN<br/>THROW</b> |       |
| 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 |
|            |      |        | <b>MIDDLE BOYS<br/>PENTATHLON</b>    |       |
| 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  |
|            |      |        |                                      |       |
|            |      |        | <b>SENIOR BOYS</b>                   |       |
|            |      |        | <b>Senior Boys 100m</b>              |       |
| 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 |
|      |      |        | <b>Senior Boys 200m</b> |       |
| 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 |
|      |      |        | <b>Senior Boys 400m</b> |       |
| 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    |
|       |      |        | <b>Senior Boys 800m</b>                   |          |
| 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  |
| 800m  | 2022 | Bronze | Liam Edwards                              | 1.59.42  |
|       |      |        | <b>Senior Boys 1500m</b>                  |          |
| 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  |
| 1500m | 2022 | Silver | Frank Morgan                              | 4.18.59  |
|       |      |        | <b>Senior Boys 3000m</b>                  |          |
| 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  |
|       |      |        | <b>Senior Boys 1500m<br/>steeplechase</b> |          |
| 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  |
|              |      |        | <b>Senior Boys 3000m Walk</b>   |          |
| 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 |
|              |      |        | <b>Senior Boys 110m Hurdles</b> |          |
| 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    |
|              |      |        | <b>Senior Boys 400m Hurdles</b> |          |
| 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  |
|       |      |        | <b>Senior Boys High Jump</b>   |        |
| 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   |
|       |      |        | <b>Senior Boys Long Jump</b>   |        |
| 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   |
|       |      |        | <b>Senior Boys Triple Jump</b> |        |
| 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  |
|       |      |        | <b>Senior Boys Pole Vault</b>  |        |

|    |      |        |                                  |       |
|----|------|--------|----------------------------------|-------|
| PV | 1995 | Bronze | Craig Millard                    | 3.20  |
| PV | 2010 | Silver | Emyr Jones                       | 3.90  |
| PV | 2011 | Silver | Emyr Jones                       | 3.75  |
|    |      |        | <b>Senior Boys Shot Put</b>      |       |
| 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 |
|    |      |        | <b>Senior Boys Discus Throw</b>  |       |
| 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 |
|    |      |        | <b>Senior Boys Hammer Throw</b>  |       |
| 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 |
|    |      |        | <b>Senior Boys Javelin Throw</b> |       |
| 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 |
|            |      |        | <b>Senior Boys Pentathlon</b> |       |
| 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  |
|            |      |        | <b>GIRLS RESULTS</b>          |       |
|            |      |        | <b>Junior Girls</b>           |       |
|            |      |        | <b>Junior Girls 100m</b>      |       |
| 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 |
| 100m       | 2022 | Silver | Ellimay Williams              | 12.79 |
|            |      |        | <b>Junior Girls 200m</b>      |       |
| 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 |
| 200m       | 2022 | Bronze | Beatrice Morgan               | 26.49 |

|       |      |        |                                 |         |
|-------|------|--------|---------------------------------|---------|
| 200m  | 2023 | Silver | Beatrice Morgan                 | 26.01   |
|       |      |        | <b>Junior Girls 300m</b>        |         |
| 300m  | 2013 | Gold   | Rebecca Hartson                 | 41.92   |
| 300m  | 2015 | Bronze | Celyn Williams                  | 42.58   |
| 300m  | 2018 | Bronze | Ellie Loweth                    | 43.01   |
| 300m  | 2022 | Silver | Ellimay Williams                | 41.54   |
|       |      |        | <b>Junior Girls 800m</b>        |         |
| 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 |
|       |      |        | <b>Junior Girls 1500m</b>       |         |
| 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 |
| 1500m | 2023 | Bronze | Amelia Williams                 | 4.43.94 |
|       |      |        | <b>Junior Girls 75m Hurdles</b> |         |
| 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   |
| 75mH  | 2022 | Bronze | Beatrice Morgan                 | 12.30   |
|       |      |        | <b>Junior Girls High Jump</b>   |         |

|    |      |        |                                 |       |
|----|------|--------|---------------------------------|-------|
| 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  |
|    |      |        | <b>Junior Girls Long Jump</b>   |       |
| 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  |
| LJ | 2023 | Silver | Beatrice Morgan                 | 5.20  |
|    |      |        | <b>Junior Girls Triple Jump</b> |       |
| TJ | 2019 | Gold   | Zara Evans                      | 9.92  |
|    |      |        | <b>Junior Girls Pole Vault</b>  |       |
| PV | 2012 | Gold   | Carys Jones                     | 3.05  |
| PV | 2013 | Gold   | Carys Jones                     | 3.05  |
| PV | 2022 | Gold=  | Cerys Angharad Jones            | 2.40  |
|    |      |        | <b>Junior Girls Shot Put</b>    |       |
| 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 |

|            |      |        |                                   |       |
|------------|------|--------|-----------------------------------|-------|
|            |      |        | <b>Junior Girls Discus Throw</b>  |       |
| 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 |
| DT         | 2022 | Gold   | Dolly Evans                       | 27.87 |
|            |      |        | <b>Junior Girls Hammer Throw</b>  |       |
| HT         | 2006 | Bronze | Jade Pearce                       | 18.62 |
| HT         | 2009 | Silver | Elliw James                       | 30.39 |
|            |      |        | <b>Junior Girls Javelin Throw</b> |       |
| 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 |
|            |      |        | <b>Junior Girls Pentathlon</b>    |       |
| 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    |
|            |      |        | <b>MIDDLE GIRLS</b>       |         |
|            |      |        | <b>Middle Girls 100m</b>  |         |
| 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   |
|            |      |        | <b>Middle Girls 200m</b>  |         |
| 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   |
| 200m       | 2023 | Bronze | Ellimay Williams          | 26.48   |
|            |      |        | <b>Middle Girls 300m</b>  |         |
| 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   |
| 300m       | 2022 | Gold   | Jessica Lee               | 40.02   |
|            |      |        | <b>Middle Girls 800m</b>  |         |
| 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 |
|            |      |        | <b>Middle Girls 1500m</b> |         |
| 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           |
|            |      |        | <b>Middle Girls 3000m</b>                 |                   |
| 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          |
|            |      |        | <b>Middle Girls 1500m<br/>steplechase</b> |                   |
| 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           |
|            |      |        | <b>Middle Girls 3000m<br/>walk</b>        |                   |
| 2000m walk | 2015 | Bronze | Amelia Davey                              | 11.35.58          |
|            |      |        | <b>Middle Girls 80m<br/>Hurdles</b>       |                   |
| 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<br>(11.34h) |

|       |      |        |                                  |       |
|-------|------|--------|----------------------------------|-------|
| 80mH  | 2004 | Gold   | Samantha Jones                   | 11.95 |
| 80mH  | 2005 | Silver | Caryl Granville                  | 12.20 |
| 80mH  | 2006 | Gold   | Rebecca Gatehouse                | 12.33 |
|       |      |        | <b>Middle Girls 300m Hurdles</b> |       |
| 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 |
|       |      |        | <b>Middle Girls High Jump</b>    |       |
| 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  |
|       |      |        | <b>Middle Girls Long Jump</b>    |       |
| 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   |
| LJ | 2022 | Gold   | Jessica Lee                      | 5.76w  |
|    |      |        | <b>Middle Girls Triple Jump</b>  |        |
| 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  |
|    |      |        | <b>Middle Girls Pole Vault</b>   |        |
| 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   |
|    |      |        | <b>Middle Girls Shot Put</b>     |        |
| 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  |
| SP | 2022 | Silver | Storm Evans                      | 10.45  |
|    |      |        | <b>Middle Girls Discus Throw</b> |        |
| 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 |
| DT         | 2022 | Gold   | Storm Evans                       | 37.59 |
|            |      |        | <b>Middle Girls Hammer Throw</b>  |       |
| 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 |
|            |      |        | <b>Middle Girls Javelin Throw</b> |       |
| 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 |
| JT         | 2022 | Gold   | Cordelia Walker                   | 39.06 |
| JT         | 2023 | Silver | Carri Crook                       | 27.52 |
|            |      |        | <b>Senior Girls Pentathlon</b>    |       |
| 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  |
|            |      |        | <b>SENIOR GIRLS</b>               |       |
|            |      |        | <b>Senior Girls 100m</b>          |       |
| 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   |
|      |      |        | <b>Senior Girls 200m</b>  |         |
| 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   |
| 200m | 2023 | Bronze | Sophia Reid Thomas        | 27.30   |
|      |      |        | <b>Senior Girls 400m</b>  |         |
| 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   |
|      |      |        | <b>Senior Girls 800m</b>  |         |
| 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 |
|      |      |        | <b>Senior Girls 1500m</b> |         |

|          |      |        |  |          |
|----------|------|--------|--|----------|
| 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  |
|          |      |        | <b>Senior Girls 3000m</b>                  |          |
| 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  |
|          |      |        | <b>Senior Girls 1500m<br/>steeplechase</b> |          |
| 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  |
|          |      |        | <b>Senior Girls 100m<br/>Hurdles</b>       |          |
| 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     |
|          |      |        | <b>Senior Girls 400m<br/>hurdles</b>       |          |
| 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  |
| 400H  | 2022 | Bronze | Ellie Loweth                    | 78.82  |
|       |      |        | <b>Senior Girls High Jump</b>   |        |
| 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   |
|       |      |        | <b>Senior Girls Long Jump</b>   |        |
| 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   |
|       |      |        | <b>Senior Girls Triple Jump</b> |        |
| 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 |
|    |      |        | <b>Senior Girls Pole Vault</b>        |       |
| 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  |
|    |      |        | <b>Senior Girls Shot Put</b>          |       |
| 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  |
|    |      |        | <b>Senior Girls Discus<br/>Throw</b>  |       |
| 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 |      |        | <b>Senior Girls Hammer<br/>Throw</b>  |       |
| 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 |
|    |      |        | <b>Senior Girls Javelin<br/>Throw</b> |       |
| 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 |
|            |      |               | <b>Senior Girls Pentathlon</b> |       |
| Pentathlon | 2002 | <b>Gold</b>   | Elen Evans                     | 2287  |
| Pentathlon | 2002 | <b>Silver</b> | Anwen Rees                     | 1998  |
| Pentathlon | 2003 | <b>Gold</b>   | Elen Evans                     | 2405  |
| Pentathlon | 2003 | Silver        | Vicky Lloyd                    | 2098  |
| Pentathlon | 2004 | <b>Gold</b>   | Vicky Lloyd                    | 2754  |
| Pentathlon | 2006 | <b>Gold</b>   | Mari Fenton                    | 2292  |
| Pentathlon | 2007 | <b>Gold</b>   | Caryl Granville                | 3339  |
| Pentathlon | 2007 | <b>Silver</b> | Hannah Pick                    | 2555  |
| Pentathlon | 2008 | <b>Silver</b> | Emily Mitchell                 | 2124  |

#### Results of Carmarthenshire/Dyfed Schools Relay teams

| <b>Age Group</b> | <b>Gold</b> | <b>Silver</b> | <b>Bronze</b> | <b>Total</b> |
|------------------|-------------|---------------|---------------|--------------|
| Junior Girls     | 7           | 9             | 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          | 51            | 42            | 150          |

**Hedydd Davies**  
**20 October 2023**