

## 2023 Dyfed Schools AA Hon Secretary's Annual Report

Many thanks to all who have contributed to the success of Dyfed Schools AA in 2023

### Officers and Area Secretaries

All Dyfed School and College PE teachers .

All the Dyfed Club coaches and West Wales RAC officials.

The Dyfed school athletes who have all performed well at national and international level.

### Dyfed teams

Second in Welsh Schools Cross Country Championships

Third in Welsh Schools Athletics Championships

### Dyfed School Athletes

8 competed for Welsh Schools in 2023 SIAB schools cross country international.

5 competed for Welsh Schools in 2023 SIAB schools athletics international.

6 competed for Wales in the 2023 London Mini Marathon

3 competed for Wales in the 2023 Commonwealth Youth Games in Trinidad and Tobago.

### 2023 Glyn Davies Memorial Award

A worthy winner this year is Iwan Thomas Glan y Mor School Burry Port.

In 2023 Iwan was-

2<sup>nd</sup> in the SIAB Schools cross country international.

4<sup>th</sup> in the SIAB Schools 1500m steeplechase

1<sup>st</sup> in the Welsh schools MB cross country championship and 1500m steeplechase championship.

1<sup>st</sup> in UK under 17 steeplechase championship.

1<sup>st</sup> in Welsh under 17 1500m steeplechase championship and 3000m championship.

### Finance

Dyfed Schools AA has a total of £10,897.87 in the Bank on 30 September 2023

Dyfed Schools cross country championships at Haverfordwest Lower Racecourse on Tuesday 24 January 2023

Age Group	First	Second	Third
Y7 Girls	Lowri Morgan Bro Dinefwr	Serek Kirk Caer Elen	Maisie Foster Dyffryn Taf
Y7 Boys	Farrall Gordon Castle	Declan Roberts ST	Sonny Forbes- Tinsley Aberaeron
Y8/9 Girls	Amelia Williams Dyffryn Teifi	Lyra Roberts STJL	Nansi Griffiths Greenhill
Y8/9 Boys	Sam Griffiths Bro Myrddin	William Coles Bro Dinefwr	Solomon Silverstone Dyffryn Taf
M Girls	Carys Wood Greenhill	Megan Thomas Bro Myrddin	Erin Morgan Bro Myrddin
M Boys	Iwan Thomas Glan y Mor	Finley Bruce Bro Preseli	William Harries Haverfordwest H
Senior Girls	Ffion Ouseley Bro Preseli	Amy Tucker Coleg Sir Gar	Jasmine Jones Llandoverly College
Senior Boys	Rhys Llewellyn Pembrokeshire College	Steffan Bridger Haverfordwest H	Iwan Wilson Strade

## **Welsh schools cross country championships at Brecon on Wednesday 15 February 2023**

Many thanks to Jennifer Boyce (Pembrokeshire Harriers) Lucy Griffiths Milford, Carol Jones QEH, John Norgrove Bro Myrddin, Neil Thomas (Carmarthen Harriers), Gethin Vobe Preseli and others for their hard work with this year's Dyfed schools cross country team.

To come second again to a strong Cardiff and Vale schools team is an achievement.

### **Provisional results**

#### **Overall, Team Positions**

**1 Cardiff 111; 2 Dyfed 88; 3 South East Wales 85; 4 Glamorgan Valleys 78; 5 Eryri 77 6 Afan Nedd Tawe 72; 7 Powys 70; 8 North East Wales 52.**

#### **Y7 Girls**

1 Eryri 75; 2 Dyfed 83; 3 Cardiff 125

5 Maisie Foster Dyffryn Taf; 6 Lowri Morgan Bro Dinefwr; 14 Sophie Cotton Bro Pedr; 16 Lily Morgan Green Hill; 17 Daisy Glad -Scutting Castell; 24 Talia Jones Aberaeron; 30 Evie Rae Winter 53 Grug Davies Bro Preseli; 55 Maddie Williams Bro Gwaun.

#### **Junior Girls (Y8 /9)**

**1 Cardiff and Vale 42 2 Dyfed 105 3 Glamorgan Valley 148**

10 Amelia Williams Bro Teifi; 15 Macy Blue Bro Myrddin; 17 Lyra Roberts ST John Lloyd 18 Sieve Bruce Henry Richard; 22 Nansi Griffiths Greenhill; 23 Sali Owen Penweddig 34 Anastasia Eggleston- Stoker Llandovery College; 47 Esme Lynock Bro Dinefwr

#### **Middle Girls**

1 Cardiff 2 South East Wales 116 3 Eryri 120

11 Eleanor White Haverfordwest H; 15 Holly John; 31 Megan Thomas Bro Myrddin 33 Carys Wood Greenhill; 46 Erin Morgan Bro Myrddin; 48 Annabelle Wilson Penglais 53 Carys Kenniford Harry Tudur; 55 Isla McQueen Redhill; 57 Phyllis Davies Redhill 62 Leisa Thomas Bro Teifi

#### **Senior Girls**

1 Cardiff

15 Ffion Ouseley Preseli; 18 Amy Tucker Coleg Sir Gar; 27 Gwenllian Mason Penweddig 29 Jasmine Jones Llandovery College.

#### **Y7 Boys**

1 Cardiff 64; 2 Glamorgan Valleys 80 3 Dyfed 138

9 Farrall Gordon; 13 Rhys Thomas Bro Myrddin; 21 Declan Roberts; 27 Sonny Forbes Tinsley Aberaeron; 31 Gethin Thomas QEH; 34 Dyfan James Bro Dinefwr; 37 Osian ones Maes y Gwendraeth; 45 Freddie Gorfell Strade; 60 Tristan Williams Bro Pedr; 64 Reuben Jones Dyffryn Teifi 72 Llew Rhys Maes y Gwendraeth

### **Junior Boys**

1 North East Wales 77 Glamorgan Valleys 85 3 South East Wales

4 Alex Coles Bro Dinefwr; 6 Sam Griffiths Bro Myrddin; 19 Solomon Silverstone Dyffryn Taf  
20 Toby Anthony Bro Myrddin; 23 Thomas Hunter Redhill; 30 Olly Peach Penweddig  
41 Deio Thomas Bro Teifi; 45 Ashon Williams Glan y Mor.

### **Middle Boys**

1 Dyfed 44; 2 Cardiff 113 3 Powys 152

1 Iwan Thomas Glan y Mor; 2 Finlay Bruce Bro Preseli; 5 Ifan Bowen Bro Myrddin; 8 William Harries Haverfordwest H 15 Jake Lynock Bro Dinefwr; 19 Josh Barnett Dyffryn Taf; 25 Gwion Williams Bro Myrddin; 37 Corin Maxwell QEH

### **Senior Boys**

1 Powys 76; 2\_South East\_Wales\_81 3 Cardiff 163

9 Steff Bridger; 14 Rhys Llewellyn Pembrokeshire College; 19 Iwan Wilson Strade; 24 Jack Bruce Preseli; 35 Iestyn Stephen Bro Pedr

Alex Coles Bro Dinefwr, Sam Griffiths Bro Myrddin, Iwan Thomas Glan y Mor, Finlay Bruce Preseli, Ifan Bowen Bro Myrddin and William Harries Haverfordwest H have all been chosen to run for Welsh schools in the SIAB cross country international in Liverpool on Saturday 26 March 2023

### **Welsh Indoor Sportshall Athletics Final at Cwmbran on Sunday 12 March 2023**

Llanelli Schools had organised an excellent Carmarthenshire schools indoor sportshall athletics event in the Llanelli Leisure Centre on Friday 27 January 2023. A Dyfed team was chosen to compete in Cwmbran on 12 March 2023.

### **Team Result at Cwmbran**

U13G 1 North West Wales 582; 2 Cardiff and Vale 574; 3 Afan Nedd Tawe 570; 4 Powys 493; 5 Dyfed 321

U13B 1 Powys 652; 2 North West Wales 594; 3 Cardiff 593; 4 Dyfed 327

U15G 1 Powys 591; 2 North West Wales 585; 3 Dyfed 581; 4 Afan Nedd Tawe 520; 5 Cardiff 515

U15B 1 Powys 655; 2 Dyfed 612; 3 Afan Nedd Tawe 592; 4 North West Wales 434; 5 Cardiff 375

Aled Davies Dyffryn Aman won the individual U15 competition but was unable to travel to the UK Final.

### **SIAB Schools Cross Country International at Sefton Park Liverpool on Saturday 25 March 2023**

8 Dyfed school athletes ran for Welsh schools.

JB 24 Sam Griffiths Bro Myrddin 26 Alex Coles Bro Dinefwr

JG Amelia William Bro Teifi Relay (4)

MB 2 Iwan Thomas Glan y Mor, 21 Finley Bruce Bro Preseli 29 Ifan Bowen Bro Myrddin. 32 William Harries Haverfordwest H, 4 Jake Lynock Relay.

## London mini marathon on Saturday 23 April 2023

U13G 53 Nansi Griffiths Greenhill 10.01  
 U15G 25 Amelia Williams Dyffryn Teifi 9.08  
 U15B 57 Sam Griffiths Bro Myrddin 8.29  
 U15B Josh Barnett Dyffryn Taf 9.35  
 U17 Men 40 Finley Bruce Bro Preseli 7.79  
 U17 Men 52 Iwan Thomas Glan y Mor 8.10

## Dyfed Schools Athletics Championships at Carmarthen on Thursday 8 June 2023 and Monday 12 June 2023

11 new records and 1 equalled

Y7B 100 Kemi Igboekwu Penglais 12.4; 200 Kemi Igboekwu Penglais 26.45  
 DT Dewi Ifan Bro Teifi 19.29

Y8G TJ Tia Powell Dyffryn Aman 8.77. JT Summer Evans QEH 30.41.  
 Y9 G 200 Beatrice Morgan Bro Dinefwr 25.8, LJ Beatrice Morgan Bro Dinefwr 5.34  
 1500 Amelia Williams Bro Teifi 4.49, =R 100 Beatrice Morgan Bro Dinefwr 12.4.  
 SG 1500 SC Ffion Ouseley Bro Preseli 6.18.1 ,DT Storm Evans QEH 40.49,  
 JT Lleucu Lloyd Bro Preseli 41.65

<b>Year 7 Girls</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>100</b>	Ffion Jones Bro Dinefwr 13.6	Tiah Sellick Strade 13.7	Seren Morris Caer Elen 14.0
<b>200</b>	Melissa Milton Dyffryn Aman 28.7	Beca Elfyn Bro Myrddin 28.7	Tiah Sellick Strade 28.8
<b>800</b>	Eva Davies Bro Pedr 2.36	Lucy Li St Michaels 2.50	Francesca Cooper Aberaeron 2.54
<b>1500</b>	Lowri Morgan Bro Dinefwr 5.32	Lilly Morgan Greenhill 5.34	Seren Kirk Caer Elen 5.43
<b>70H</b>	Ffion Jones Bro Dinefwr 12.8	Georgia Lewis Pembrokeshire 12.9	Eva Davies Bro Pedr 12.9
<b>HJ</b>	Isabel Dunkeld Pembrokeshire 1.31	Lowri Morgan Bro Dinefwr 1.25	Leyla Porter Ceredigion 1.25
<b>LJ</b>	Cristyn Bendle Brienne 4.03	Pauline De Vera Llanelli 4.02	
<b>SP</b>	Betsan Palmer M y Gwendraeth 7.67	Evie Warner Strade 7.44	Chloe Joselyn Dyffryn Aman 7.15
<b>DT</b>	Julia Llecau Bro Pedr 17.62	Poppy Kirk Llanelli 15.65	Lili Myrddin Penweddig 15.14
<b>JT</b>	Heather Cander Pembrokeshire 20.65	Ava Ellion Taylor St JL 17.49	Non Evans Bro Pedr 14.10

<b>Year 7 Boys</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>100</b>	Kemi Igboekwu Penglais 12.4 R	Noah Anyadike My Gwend 12.7	Jac-Howells-Arnold Bro Myrddin 12.8
<b>200</b>	Kemi Igboekwu Penglais 26.4 Record	Noah Anyadike M y Gwend 26.6	Jac Howells-Arnold Bro Myrddin 26.8
<b>800</b>	Deklan Roberts St John Lloyd 2.32	Caleb Hale Bro Pedr 2.36	Osian Jones M y Gwendraeth 2.38
<b>1500</b>	Jac Howells-Arnold Bro Myrddin 5.11	Farrell Gordon Castle 5.12	Sonny Forbes Aberaeron 5.22
<b>75H</b>	Aaron Campbell Dyffryn Aman 12.6	Dima Sphytalski Bro Pedr 13.9	Ben Watts Emlyn 14.0
<b>HJ</b>	Harry Condon Bro Pedr 1.46	Ethan Isaac Dyffryn Aman 1.42	Aaron Campbell Dyffryn Aman 1.35
<b>LJ</b>	Dima SHpytalsky	Oscar Patrick 4.17	Bro Preseli 4.10
<b>SP</b>	Elliott Phillips Emyr 8.40	Adam Morris Caer Elen 8.34	Ethan Davies Haverfordwest H 8.20
<b>DT</b>	Dewi Ifan Bro Teifi 19.29 Record	Aiden Ashcroft Aberaeron 18.94	Valym Moroz Glan y Mor 16.13
<b>JT</b>	Iago Evans Strade 33.18	Reuben Hopkins Aberaeron 26.65	Will Corby Haverfordwest H 24.44

<b>Year 8 Girls</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>100</b>	Bella Williams Strade 13.6	Halli Davies Penweddig 13.6	Evie Pearce Henry Richard 13.7
<b>200</b>	Hallie Davies Penweddig 27.7	Krystal Butler Bro Pedr 28.0	Anna Eynon-Jones Llan Col 28.6
<b>300</b>	Sally Owen Penweddig 47.1	Jasmine B-Thomas Aberteifi 49.1	Evie Richards Strade 49.3
<b>800</b>	Rose Price Caer Elen 2.36	Evie Pearce St JL 2.37	Meadow Norris Penweddig 2.43
<b>1500</b>	Nansi Griffiths Greenhill 5.14	Sally Owen Penweddig 5.22	Keira Bruce Penrhyn Dewi 5.43
<b>75H</b>	Tia Powell Dyffryn Aman 13.7	Chloe Thomas Caer Elen 13.8	Fran Thomas Bro Preseli 13.8
<b>HJ</b>	Mandida Rushesha St Michaels 1.34	Gwenan Jones Bro Myrddin 1.32	Olivia Isaac Haverfordwest H 1.25
<b>LJ</b>	Sally Owen Penweddig 4.68	Anna Eynon-Jones Llan Col 4.25	Hannah Vaughan Penrhyn Dewi 4.23
<b>TJ</b>	Tia Powell Dyffryn Aman 8.77 Record	Zoe Dowler Dyffryn Aman 8.45	

<b>SP</b>	Freya McCarthy Bryngwyn 8.52	Summer Evans QEH 7.70	Sara Evans Brianne 7.47
<b>DT</b>	Summer Evans QEH 23.71	Maisie Owen Bro Teifi 19.80	Brook Watson Bro Dinefwr 15.54
<b>JT</b>	Summer Evans QEH 30.41 Record	Emily Hatherd Bro Dinefwr 20.53	Aisha Jeng Coedcae 18.31

<b>Year 8 Boys</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
100	Liam Bowen Bro Teifi 12.2	William Harnett-Jones Llan Col 12.3	Abel Rees Bro Myrddin 12.6
200	Jac Johnson Bro Myrddin 25.1	William Harnett-Jones Llan Col 25.2	Kodi Penn-O'Hare SJL 25.6
300	Harrison Orriss QEH 42.8	Llyr Morris Strade 42.9	Caleb Inglut Bro Pedr 43.1
800	Llyr Morris Strade 2.21	Zac Nottingham Dyffryn Aman 2.22	Josh Morris Bro Pedr 2.22
1500	Toby Anthony Bro Myrddin 4.54	Ashton Williams Glan y Mor 5.05	George Hugman Haverfordwest H 5.08
80H	Brycen Cabrera Dyffryn Aman 13.6	William Bowen Bro Preseli 14.4	Jayce Whitehouse Aberaeron 14.9
HJ	Charlie Eatley Strade 1.45	Leon Llewellyn Pembrokeshire 1.45	Anthony Glowczyk Llanelli 1.40
LJ	Austin Stanford Ceredigion 5.01	Junior Jones Llanelli 4.98	
TJ	Max Bevan Pembrokeshire 10.42	Brycen Cabrera Dyffryn Aman 10.30	
SP	Ryan Thomas Penrhyn Dewi 9.70	Daniel Hennessey Bro Preseli 9.07	Khaylan White Bro Teifi 8.94
DT	Cole May Strade 24.13	Harri Evans Bro Dinefwr 21.20	Riley Mathews Bryngwyn 20.43
JT	Harri Coaker Dyffryn Taf 29.73	Robin Cowley Bro Preseli 27.86	Zak Slater Dyffryn Aman 25.45

<b>Year 9 Girls</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
100	Beatrice Morgan Bro Dinefwr 12.3 =R	Anest Jones Aberaeron 13.1	Magi Dawney Strade 13.2
200	Beatrice Morgan Bro Dinefwr 25.3 R	Darcy Coslett Bryngwyn 26.0	Magi Dawney Strade 27.5
300	Darcy Coslett Bryngwyn 41.7	Delphi Beck Greenhill 45.8	Elin Thomas Dyffryn Aman 47.1
800	Macy Blue Bro Myrddin 2.38	Anastasia Eggleston-Stoker L Col 2.43	Anna Regan Haverfordwest H 2.53
1500	Amelia Williams Dyffryn Teifi 4.49 R	Skye Bruce Harri Tudur 4.58	Lyra Roberts QEH 5.30
75H	Mari Wilson Strade 13.4	Cerys Upcroft Bro Dinefwr 15.1	Seren Jones Caer Elen 15.7
HJ	Mari Wilson Strade 1.40	Elise Duffy Llanelli 1.35	Delphi Beck Greenhill 1.33
LJ	Beatrice Morgan Bro Dinefwr 25.3 R	Elise Duffy Llanelli 4.40	Mari Wilson Strade 4.24
TJ	Chloe Phillips Haverfordwest 8.83	Nel Walters Strade 8.77	Erin Frost Penrhyn Dewi 8.71
SP	Chloe Thomas M y Gwendraeth 8.94	Charlotte Merry Bro Dinefwr 7.66	Tayla Evans Pembrokeshire 7.52
DT	Freya Morgan Bro Dinefwr 16.68	Aoirse Whitehead H'fdwest H 16.56	Lilly Evans Bro Teifi 15.08
JT	Eleri Morgan Aberteifi 24.06	Sophie Darrington St Mikes 19.85	Alannah Harris Bro Gwaun 18.83

<b>Year 9 boys</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
100	Steffan Thomas Maes y Gwendraeth 12.0	Oliver Bevan Bryngwyn 12.2	Kyle Stewart Coedcae 12.3
200	Oliver James Dyffryn Aman 25.4	Niall Smith Haverfordwest H 25.5	Kyle Stewart Coedcae 25.6
300	James Bentley Dyffryn Aman 38.6	Milosz Krol SJ John Lloyd 39.5	Harvey Thomas Haverfordwest H 39.6
800	Finlay Saycell Penweddig 2.15	William Harries Dyffryn Aman 2.22	Osian Davies Maes y Gwendraeth 2.24
1500	Sam Griffiths Bro Myrddin 4.44	Deio Tomos Bro Teifi 4.55	Josh James Milford 5.04
80H	Steffan Thomas M y Gwendraeth 12.5	Zac Allen Dyffryn Aman 12.9	Steffan Griffiths Aberaeron 13.6
HJ	1= Zach Allen Dyffryn Allen 1.40	1= Iestyn Duggan Ceredigion 1.40	3= Harvey Thomas H'erfordwest H 1.40
PV	Kodi Penn-O'Hare SJL 2.30	Jeston Allan Bro Pedr 2.10	
LJ	Harvey Thomas Haverfordwest H 5.06	Michael Weir Aberteifi 4.98	Karim Hussein Coedcae 4.58
TJ	Ollie Thompson Pembrokeshire 10.95	Piotr Perczak Brianne 10.39	Leon Woodley Brianne 10.16
SP	Dai Thomas Dyffryn Aman 11.89	Brayden Jones H'fordwest H 11.25.	Leo Clements Bro Pedr 9.98
DT	Dai Thomas Dyffryn Aman 34.99	Morgan Williams Caer Elen 23.89	Keir Creasey Penweddig 23.23
HT	Rhys Lewis Haverfordwest H 28.96	Ryan Thomas Penrhyn Dewi 25.29	AYDEN DAVIES HAVERFORDERST H 18.15
JT	Joe Wood Penglais 32.32	Dafydd Thomas Bro Myrddin 31.72	Max Rees Penrhyn

<b>Middle Girls (Y 10 and 11)</b>			
<b>Event</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
100	Ellimay Williams M y Gwendraeth 12.4	Ella Moir Milford 12.7	Lowri Jones Dyffryn Aman 13.6
200	Ellimay Williams Maes y Gwendraeth 25.8	Ffion Bowen Bro Preseli 26.8	Ella Moir Milford 27.0
300	Casi Gregson Bro Pedr 45.5	Tirion Sedgwick Penweddig 47.0	Ella De Vera St John Lloyd 47.7
800	Holly John Haverfordwest H 2.32	Megan Thomas Bro Myrddin 2.41	Carys Kenniford Harri Tudur 2.42
1500	Megan Williams QEH 5.36	Lilly Moralee-Hughes Penglais 5.52	Annabel Willson Penrhyn Dewi 5.54
3000	Eleanor White H'erfordwest H 11.37.2	Carys Wood Greenhill 12.23.9	
80H	Tegan Hilton Haverfordwest H 13.1	Luned Defis Bro Myrddin 14.3	Daisie Webb-Asher Bro Dinefwr 14.9
300H	Sophie Llewellyn H'erfordwest H 67.9		
1500 SC	Frances Mackie Glan y Mor 5.51.6		
HJ	Luned Defis Bro Myrddin 1.40	Flo Williams QEH 1.30	Ffion Davies Bro Teifi 1.25
LJ	Indi Lynch Penrhyn Dewi 4.52	Yasmin Burgess- Williams L C 4.39	Luned Defis Bro Myrddin 4.34

TJ	Mia Walsh Pembrokeshire 9.49	Carys Kenniford Harri Tudur 9.43	Yasmin Burgess-Williams Llan Col 9.29
SP	Ffion Mabey QE H 9.51	Connie Crook Bro Myrddin 9.27	Dolly Evans QEH 8.57
DT	Dolly Evans QEH 27.23	Gracie Williams M y Gwendraeth 20.32	Nele Owen Bryngwyn 18.65
HT	Nele Owen Bryngwyn 26.20	Ella Joyce Haverfordwest H 17.59	
JT	Connie Crook Bro Myrddin 22.09	Seren Stock Bro Preseli 21.66	Casi Gregson Bro Pedr 21.56

	<b>Middle Boys (Y 10/11)</b>		
Event	First	Second	Third
100	Cellan Allcock Dyffryn Aman 11.5	Mason Meaney Harri Tudur 11.6	Carter Norris Penglais 11.6
200	Cellan Allcock Dyffryn Aman 23.5	Evan Willcock Bryngwyn 23.9	Ioan Booth Dyffryn Aman 24.0
400	Noa Harries Bro Teifi 53.5	Iestyn Messer Bryngwyn 55.6	Conrad Syguda Bro Pedr 56.4
800	Jake Lynock Bro Dinefwr 2.12	Toby Slater Dyffryn Aman 2.17	Liam Upton-Boorman QEH 2.19
1500	Ifan Bowen Bro Myrddin 4.24	William Harries Haverfordwest H 4.28	Joshua Barnett Dyffryn Taf 4.38
3000	Finley Bruce Bro Preseli 9.20.7	Ifan Bowen Bro Myrddin 9.30.7	Jake Lynock Dyffryn Taf 9.43.2
100H	Aled Davies Dyffryn Aman 15.1	Oscar Willington Haverfordwest H 15.6	Cynyr McRae Bro Teifi 16.9
400H	Thomas O'Toole Haverfordwest H 72.7	Delme Alleyne Bro Preseli 77.6	
1500 SC	Iwan Thomas Glan y6 Mor 4.34.8	William Harries H'fordwest H 4.55.5	
HJ	Taliesin Thomas Bro Myrddin 1.63	Ben Phillips Haverfordwest H 1.60	Sion Perkins Bro Gwaun 1.55
PV	Cai Allan Bro Pedr 3.10		
LJ	Aled Davies Dyffryn Aman 5.67	Cai Allan Bro Pedr 5.45	Cellan Allcock Dyffryn Aman 5.3967
TJ	Oscar Willington H'erfordwest H11.74	Guto Bishop Bro Myrddin 11.55	Matthew Mitchell Brianne 11.30
SP	Joe Payne QEH 10.34	Lewis Rossiter Greenhill 10.05	Jack Francis Glan y Mor 9.62
DT	Ryan Thomas Bro Gwaun 27.80	Cade Wicks Harri Tudur 25.28	Oscar Isaac Bro Dinefwr 24.82
JT	Dylan Griffiths Dyffryn Aman 33.58	Sammy Montgomery Caer Elen 30.20	Osian Hagen Aberaeron 29.43

	<b>Senior Girls (Y12 and 13)</b>		
Event	First	Second	Third
800	Amy Greatrick QEH 2.44		
1500 SC	Ffion Ouseley Bro Preseli 6.18.1 R		
DT	Storm Evans QEH 40.49 Record	Cordelia Walker Aberaeron 22.20	Jessica Raymond Haverfordwest H 15.69
JT	Lleucu Lloyd Bro Preseli 41.65 Record	Cordelia Walker Aberaeron 27.93	Jessica Raymond Haverfordwest H 20.61

	<b>Senior Boys (Y12 and 13)</b>		
Event	First	Second	Third
100	James Tester Llandovery College 11.3		
200	James Tester Llandovery College 24.6	Ellis Robinson Llandovery C 25.8	
800	Iwan Wilson Strade 2.16		
1500	Gruffydd Thomas Llan ol 5.13		
2000SC	Rhys Llewellyn Pembs Col 6.25.1		
LJ	James Tester Llan Col 5.44	Ellis Robinson Llan Col 5.02	Ifan Rishko Aberaeron 4.74
SP	Dafydd Pawlett Pembs Col 15.63	Eli Cowan Llandovery Col 11.01	Iestyn Cook 10.85
DT	Iestyn Cook Llan College 32.04	Eli Cowan Llan College 26.76	Ifan Rishko Aberaeron 21.20
JT	Alex Coaker Brianne 37.38	Ifan Rishko Aberaeron 33.92	Ellis Robinson Llan Coll 32.06

### **Dyfed NASUWT Cup Final in Carmarthen on Thursday 22 June 2023**

<b>Junior Girls</b>			<b>Junior Boys</b>		
Position	School	Points	Position	School	Points
1	Strade	87	1	Dyffryn Aman	77
2	Penweddig	76	2	Caer Elen	75
3	Bro Dinefwr	72	3	Bro Pedr	70
4	QEH	66	4	Bro Dinefwr	68
5	Bro Preseli	52	5	Strade	59
6	Haverfordwest	49	6	ST JL	46
7	Aberaeron	48	7	Y Penrhyn D	43

8	Bryngwyn	32	8	Bro Teifi	38
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Middle Girls			Middle Boys		
Position	School	Points	Position	School	Points
1	QEH	83	1	Dyffryn Aman	104
2	Bro Myrddin	82	2	Haverfordwest	78
3	Bro Preseli	69	3	QEH	66
4	ST JL	59	4	Bro Pedr	54
5	Aberaeron	52	5	Bryngwyn	52
6	Strade	52	6	Strade	46
7	Haverfordwest	51	7	Penglais	42
8	Bro Teifi	33	8	Greenhill	40

### **2023 Welsh Schools Athletics Championships in Cardiff on Saturday 1 July 2023**

Dyfed Schools again did well in the Welsh schools finishing third to very strong Cardiff and Swansea School Districts teams.

#### **Overall Team Score**

**1 Cardiff and Vale 613; 2 Afan Nedd Tawe 469; 3 Dyfed 380; 4 South East Wales 373; 5 Glamorgan Valleys 308; 6 Eryri 280; 7 North East Wales; 8 Powys 230.5**

**Dyfed athletes won a total of 31 medals ( 7 gold, 12 silver and 12 bronze)**

A total of 63 athletes competed for Dyfed schools in the 2023 Welsh schools championships held in Cardiff on Saturday 1 July 2023

Many thanks to the Dyfed school teachers who managed the Dyfed team at Cardiff and all the athletes who did well in the Championships.

#### **Junior Girls**

**1 Cardiff and Vale 99 2 Afan Nedd Tawe 80; 3 Dyfed 72; 4 South East Wales 70; 5 Glamorgan Valleys 66; 6 North East Wales 48; 7 Eryri 44; 8 Powys 44**

**200 2 Beatrice Morgan Bro Dinefwr 26.01**

**300 1 Darcy Coslett Bryngwyn 41.54**

**1500 3 Amelia Williams Bro Teifi 4.43.94**

**-HJ 2 Mari Wilson Strade 1.50**

**LJ 2 Beatrice Morgan Bro Dinefwr 5.20**

**PV 2 Lyra Roberts SJL 2.37**

**Relay 2 51.34**

#### **Middle Girls**

**1 Cardiff and Vale 115; 2 Afan Nedd Tawe 97; 3 South East Wales 78; 4 Dyfed 74; 5 Powys 57.50; 6 Eryri 56; 7 Glamorgan Valleys 55.50; 8 North East Wales 33**

200 3 Ellimay Williams Maes y Gwendraeth 26.48  
LJ 3 Indi Lynch Penrhyn Dewi 4.54  
DT 2 Ffion Maby QEH 29.94  
JT 2 Carri Crook Bro Myrddin 27.52  
HT 2 Nele Owen Bryngwyn 27.21  
Relay 3 51.61

### Senior Girls

1 Cardiff and Vale 101; 2 Afan Nedd Tawe 3 South East Wales 40; 4 Eryri 38; 5 North East Wales; 6 Dyfed 31; 7 Glamorgan Valleys 22 8 Powys 6

200 3 Sophia Reid Thomas Bro Myrddin 27.30  
St 3 Ffion Ouseley Bro Preseli 6.21.73  
JT1 Lleucu Lloyd Preseli 38.87

### Junior Boys

1 Cardiff and Vale 99; 2 Dyfed 79; 3 North East Wales 69; 4 Glamorgan Valleys 65.5; 5 Afan Nedd Tawe 63.50; 6 South East Wales 55; 7 Powys 50; 8 Eryri 32

100 3 Steffan Thomas Maes y Gwendraeth 11.75  
300 1 James Bentley Dyffryn Aman 38.41  
1500 3 Sam Griffiths Bro Myrddin 4.30.10  
80H 3 Steffan Thomas Maes y Gwendraeth  
LJ 2 Josh Peel Strade 5.40  
SP 2 David Thomas Dyffryn Aman 11.88  
DT 2 David Thomas Dyffryn Aman 37.83  
JT 2 Joe Wood Penglais 35.21

### Middle Boys

1 Cardiff and Vale 123; 2 Afan Nedd Tawe 89.50; 3 Dyfed 81; 4 Glamorgan Valleys 79; 5 South East Wales 72; 6 Eryri 69; 7 North East Wales 45.50; 8 Powys 45

1500 3 William Harries Haverfordwest H 4.26.54  
3000 1 Finley Bruce Bro Preseli 9.09.53  
3000 3 Ifan Bowen Bro Myrddin 9.15.57  
400H 3 Thomas O'Toole Haverfordwest H 64.93  
St 1 Iwan Thomas Glan y Mor 4.30.00

### Senior Boys

1 Afan Nedd Tawe 91; 2 Cardiff and Vale 83; 3 South East Wales 58; 4 Dyfed 46; 5 Eryri 40; 6 Glamorgan Valleys 8; 7 Powys 27; 8 North East Wales 7

400 3 Iwan Wilson Strade 51.46  
2000 steeplechase 1 Rhys Llewellyn Pembrokeshire College 6.43.57  
HJ 3 Osian Roberts Bro Pedr 1.75  
SP 1 Dafydd Pawlett Pembrokeshire College 14.67



### Welsh NASUWT Cup and Plate Final at Aberdare on Wednesday 12 July 2023

Cup			Plate		
Age Group	Position	School	Age Group	Position	School
Under 14 B	4	Dyffryn Aman	Under 14 B	2	Caer Elen
Under 14 G	6	Strade	Under 14 G	1	Penweddig
Under 16 B	2	Dyffryn Aman	Under 16 G	3	Bro Myrddin
Under 16G	4	QEH	Under 16 B	2	Haverfordwest

### SIAB at Grangemouth Scotland on Saturday 15 July 2023

4 Ffion Maby QEH DT 32.22  
4 Iwan Thomas Glan y Mor 1500 St 9.26.85  
7 Finley Bruce Bro Preseli 3000 9.07.25  
8 Darcy Coslett Bryngwyn 300 41.9  
4 Darcy Coslett Bryngwyn 4x300 2.46.93

### Commonwealth Youth Games in Trinidad and Tobago 4-8 August 2023

Commonwealth Youth Games in Trinidad and Tobago 8 -10 August 2023

Mia Lloyd Aberteifi 4<sup>th</sup> in Amb DT F42-44 14.83  
Jessica Lee Dyffryn Taf 4<sup>th</sup> in LJ (5.87), DNF Mixed Relay  
Storm Evan QEH 4<sup>th</sup> in DT40.75)

### Under 20 International in Cardiff on Saturday 26 August 2023

### Under 20 International at Cardiff on Saturday 26 August 2023

2 Mia Lloyd Aberteifi Amb DT 16.32  
3 Jessica Lee Dyffryn Taf HJ 1.66  
3 Jessica Lee Dyffryn Taf LJ 5.97

### Heddydd Davies Dyfed Schools Hon Secretary 6 October 2023