

**Dyfed Secondary Schools & Colleges Athletics  
Championships 2024 – Day 2 / Pencampwriaeth Athletau  
Ysgolion Uwchradd a Cholegau Dyfed 2024 – Diwrnod 2  
Carmarthen Athletics Track / Trac Athletau Caerfyrddin**

**Monday / Dydd Llun 10.06.24**

**MB 3000m**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>Joshua Barnett</b>	<b>Dyffryn Taf</b>	<b>10:08.2</b>	<b>MB</b>
<b>2</b>	<b>Thomas Hunter</b>	<b>Redhill</b>	<b>11:03.9</b>	<b>MB</b>

**SB 3000m**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>Ifan Bowen</b>	<b>Bro Myrddin</b>	<b>8:59.5</b>	<b>SB</b>
<b>2</b>	<b>Finley Bruce</b>	<b>Bro Preseli</b>	<b>9:02.0</b>	<b>SB</b>

**MG 3000m**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>Amelia Williams</b>	<b>Bro Teifi</b>	<b>11:19.6</b>	<b>MG</b>
<b>2</b>	<b>Skye Bruce</b>	<b>Harri Tudur</b>	<b>11:51.3</b>	<b>MG</b>
<b>3</b>	<b>Isla-Mai Davies</b>	<b>Greenhill</b>	<b>14:36.6</b>	<b>MG</b>

## **MG 1500m Steeplechase**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>Lyra Roberts</b>	<b>St John Lloyd</b>	<b>6:03.0</b>	<b>MG</b>
<b>2</b>	<b>Katie Brazier</b>	<b>Penrhyn Dewi</b>	<b>7:52.5</b>	<b>MG</b>

## **MB 1500m Steeplechase**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>William Harries</b>	<b>Haverfordwest High</b>	<b>5:15.5</b>	<b>MB</b>
<b>2</b>	<b>Ianto Lloyd</b>	<b>Aberaeron</b>	<b>5:39.6</b>	<b>MB</b>
<b>3</b>	<b>Olly Hopkins</b>	<b>Penrhyn Dewi</b>	<b>6:25.7</b>	<b>MB</b>

## **JG, JB, MG, MB, SG, SB Hammer**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Result / Canlyniad</b>	
<b>1</b>	<b>Ffion Mabey</b>	<b>Pembrokeshire College</b>	<b>33.08</b>	<b>SG</b>
<b>2</b>	<b>Charlie Carter</b>	<b>Penrhyn Dewi</b>	<b>28.59</b>	<b>JB</b>
<b>3</b>	<b>Rhys Lewis</b>	<b>Haverfordwest High</b>	<b>26.06</b>	<b>MB</b>
<b>4</b>	<b>Ayden Davies</b>	<b>Haverfordwest High</b>	<b>23.54</b>	<b>JB</b>
<b>5</b>	<b>Phillip Noga</b>	<b>Greenhill</b>	<b>21.18</b>	<b>JB</b>
<b>6</b>	<b>Fabion Fells</b>	<b>Bro Gwaun</b>	<b>20.63</b>	<b>JB</b>
<b>7</b>	<b>Ellie Sampson</b>	<b>Penrhyn Dewi</b>	<b>20.00</b>	<b>MG</b>
<b>8</b>	<b>Phoebe Johnson</b>	<b>Haverfordwest High</b>	<b>18.51</b>	<b>JG</b>
<b>9</b>	<b>Sara Jones</b>	<b>Haverfordwest High</b>	<b>18.35</b>	<b>MG</b>
<b>10</b>	<b>Cayden Evans- Robertson</b>	<b>Haverfordwest High</b>	<b>15.74</b>	<b>JB</b>