

## **2024 Dyfed Schools AA Hon Secretary's Annual Report**

**Many thanks to all who have contributed to the success of Dyfed Schools AA in 2024**

**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.**

**On 5 September 2024 Dyfed Schools AA had £10,688.88 in the Bank**

**In 2024 Dyfed Schools AA donated £1000 towards the costs of the Welsh schools team at the SIAB under 17 athletics international match held at Carmarthen on 20 July 2024**

### **Dyfed teams**

**Second in 2024 Welsh Schools Cross Country Championships**

**Second in 2024 Welsh Schools Athletics Championships**

### **Dyfed School Athletes**

**6 competed for Welsh Schools in 2024 SIAB schools cross country international in Dublin**

**10 competed for Welsh Schools in 2024 SIAB schools athletics international in Carmarthen.**

**5 competed in the 2024 UK School Games in Loughborough**

### **2024 Glyn Davies Memorial Award**

**A worthy winner this year is Darcy Coslett Bryngwyn School Llanelli.**

**In 2024 Darcy**

**Set 2 new -Dyfed School championship records MG 200 (25.1) and 300 (39.9)**

**Won the Welsh schools championships MG 300 39.16 and 2<sup>nd</sup> in 200 24.81**

**Won the SIAB Schools international 300 in Carmarthen on 20 July 2024 38.49. Also, in Carmarthen ran the last leg of the winning Welsh Schools 4x300 relay team and a member of the Welsh schools 4x100 relay team.**

**Won the Welsh U17 300m championship 38.22 and second in 100 12.31**

**Second in UK U17 300 championship 38.58**

**Third in UK School Games 300 39.83**

### **Welsh inter schools cross country championships at Dolerw Park Newtown on Saturday 18 November 2023**

**Individual**

**2 U13 Manon Phillips Bro Myrddin**

**1 U15 Jac Arnold Bro Myrddin**

**1 U17 Ifan Bowen Bro Myrddin**

**3 U17 Josh Barnet Dyffryn Taf**

**3 U20 Steffan Davies Bro Myrddin**

## Teams

1 U13B Bro Myrddin 1 Jac Arnold; 4 Tomos Cai Davies; 16 Owen Hedd Davies; 19 Aaron Evans  
2 U13G Bro Myrddin 2 Manon Phillips; 9 Beca Elfyn; 19 Gwenno Powell; 25 Mali Griffiths.  
2 U15G Aberaeron 18 Scarlett Richards; 27 Medi Jenkins; 30 Ella Phillips; 34 Non Crimes

## Welsh Schools Combined events championships at NIAC Cardiff on 5 November 2023

2 U16 Beatrice Morgan (Bro Dinefwr) 3144 points

## SIAB Combined Events International at NIAC Cardiff on Saturday 2 December 2023

U16 6 Beatrice Morgan (Bro Dinefwr) 3244 points

## 2024 Dyfed Schools Cross Country Championships at the Lower Racecourse Haverfordwest on Tuesday 30 January 2024

The Championships were organised by Pembrokeshire Schools.

### Y7 Girls

### Year 7 Boys

| Position | Name                | School       | Position | Name             | School       |
|----------|---------------------|--------------|----------|------------------|--------------|
| 1        | Manon Phillips      | Bro Myrddin  | 1        | Tomos Cai Davies | Bro Myrddin  |
| 2        | Mabli King          | Preseli      | 2        | Jac Lewis        | Aberaeron    |
| 3        | Paige-Lili Williams | Dyffryn Aman | 3        | Jayden Fergus    | Dyffryn Aman |

### Junior Girls

### Junior Boys

| Position | Name            | School        | Position | Name                 | School       |
|----------|-----------------|---------------|----------|----------------------|--------------|
| 1        | Nansi Griffiths | Greenhill     | 1        | Cian Knight          | Dyffryn Aman |
| 2        | Sali Owen       | Penweddig     | 2        | Sol Silverstone      | Redhill      |
| 3        | Katie Evans     | St John Lloyd | 3        | Sonny Forbes Tinsley | Aberaeron    |

### Middle Girls

### Middle Boys

| Position | Name            | School      | Position | Name            | School        |
|----------|-----------------|-------------|----------|-----------------|---------------|
| 1        | Amelia Williams | Bro Teifi   | 1        | William Harries | Haverfordwest |
| 2        | Macy Blue       | Bro Myrddin | 2        | Josh Barnett    | Dyffryn Taf   |
| 3        | Skye Bruce      | Pembroke    | 3        | Sam Griffiths   | Bro Myrddin   |

### Senior Girls

### Senior Boys

| Position | Name        | School        | Position | Name            | School    |
|----------|-------------|---------------|----------|-----------------|-----------|
| 1        | Mai Davies  | Coleg Sir Gar | 1        | Llyr Jones      | Aberaeron |
| 2        | Erin Morgan | Bro Pedr      | 2        | Hanza Orme      | Bro Pedr  |
| 3        | Leah Regan  | Bro Pedr      | 3        | Zake Jones-Diaz | Aberaeron |

## **2024 Welsh schools cross country championships at Brecon on Wednesday 28 February 2024**

### **Overall team result**

**1 Cardiff and Vale 94; 2 Dyfed 87; 3 Glamorgan Valleys 77; 4 South East Wales 75  
5 Afan Nedd Tawe 73; 6 Eryri 63; 7 Powys 58; 8 North East Wales.**

Dyfed Schools did very well in the 61<sup>st</sup> annual Welsh schools cross country championships held on a damp day and muddy course at Brecon. It was the best overall team performance since 2019.

At Brecon, the Junior Girls team came first, the Y7 Girls team, the Y7 Boys team and the Middle Boys finished second and the Middle Girls team third.

**Dyfed finished second to a very strong Cardiff and Vale Schools team in the overall team competition.**

If Dyfed had one more competitor in the senior boys race, they would have won the seniors boys race and finished the day as the overall Inter Schools District team champion. Unfortunately, Dyfed's sixth runner entered to compete was involved in a car accident two days before the race and was unable to compete in Brecon.

**In the individual races Manon Phillips Bro Myrddin won the Y7 Girls race and Tomos Cai Davies Year 7 Boy, Nansi Griffiths Greenhill Junior Girls and Ifan Bowen Bro Myrddin Senior Boy finished second in their respective races.**

**In all the Dyfed Schools athletes in Brecon won a total 34 medals, 7 gold, 21 silver and 6 bronze)**

### **Results Dyfed school teams and individuals**

#### **Year 7 Girls /Merched Blwyddyn 7**

**1Cardiff and Vale 92; 2 Dyfed 115; 3 South East Wales 128; 4 Eryri; 5 Afan Nedd Tawe  
6 North East Wales; 7 Glamorgan Valleys; 8 Powys.**

1 Manon Phillips Bro Myrddin; 8 Mabli King Preseli; 11 Paige-Lilly Williams Dyffryn Aman; 28 Fallon Graham Greenhill; 33 Erin Jones Henry Richard; 34 Molly Joseph Jones Henry Richard; 36 Lauren Rees Coedcae; 53 Isla Mcay Aberaeron; 66 Cerys Jones Bro Pedr  
73 Mari McConachie Aberaeron.  
82 finishers

#### **Year 7 Boys /Bechgyn Blwyddyn 7**

**1 Cardiff and Vale 63; 2 Dyfed 94; 3 North East Wales 111; 4 North East Wales  
5 Afan Nedd Tawe; 6 South East Wales; 7 Powys; 8 Eryri**

2 Tomos Cai Davies Bro Myrddin; 7 Alex Ladd Aberteifi; 17 Jac Lewis Aberaeron  
18 Caio Lloyd Bro Teifi; 23 Jayden Fergus Dyffryn Aman; 33 Owen Davies Bro Dinefwr  
34 Oscar Toogood Bro Dinefwr; 64 Oliver Molybeax Greenill; 65 Harry Newton Haverfordwest High;  
66 Lucash Woktasiak Coedcae.  
82 finishers

### **Junior Girls/ Merched Iau**

**1 Dyfed 79; 2 Cardiff and Vale 80; 3 Glamorgan Valleys 105; 4 Eryri; 5 South East Wales  
6 North East Wales; 7 Afan Nedd Tawe; 8 Powys.**

2 Nansi Griffiths Greenhill; 5 Sali Owen Penweddig; 8 Lily Morgan Greenhill  
18 Lowri Morgan Bro Dinefwr; 24 Keira Bruce Harry Tudor; 22 Anna Jones Bro Myrddin  
25 Meadow Norris Penweddig; 26 Sophie Cotton Bro Pedr; 42 Talia Jones Aberaeron  
43 Beca Elfyn Bro Myrddin; 49 Naula Comey Dyffryn Taf; 51 Maisie Foster Dyffryn Taf  
81 finishers

### **Junior Boys/ Bechgyn Iau**

**1 Cardiff and Vale 59; 2 South East Wales 89; 3 North East Wales 112  
4 Afan Nedd Tawe; 5 Glamorgan Valleys; 6 Dyfed; 7 Eryri; 8 Powys.**

26 Cian Knight Dyffryn Aman; 30 Ewan Parker Penrhyn Dewi  
39 Jac Howells-Arnold Bro Myrddin; 41 Iolo Herbert Dyffryn Aman  
43 Ashton Williams Glan y Mor; 45 Sonny Forbes Tinsley Aberaeron  
46 Sol Silverstone Redhill; 52 Jack Murphy Dyffryn Aman  
54 Jenson Thomas Dyffryn Aman; 56 Declan Roberts St John Lloyd  
67 Jordan Lewis Dyffryn Aman; 79 Joseff Rees Davies Bro Dinefwr  
82 finishers

### **Middle Girls /Merched Adran Ganol**

**1 Afan Nedd Tawe 48; 2 Cardiff and Vale 59; 3 Dyfed 127; 4 South East Wales; 5 Eryri  
Glamorgan Valleys; 7 North East Wales; 8 Powys**

8 Amelia Williams Bro Teifi; 15 Macy Blue Bro Myrddin; 20 Phyllis Davies Redhill  
21 Skye Bruce Henry Tudor; 22 Bronwyn Clissold Greenhill; 41 Anna Eggleston-Stoker Llandovery  
College; 43 Carys Kenniford Harry Tudor; 48 Lyra Roberts St John Lloyd  
66 Alana Harries Bro Gwaun; 70 Mari Pritchard Bro Dinefwr  
75 Scarlett Richards Aberaeron.  
77 finishers

### **Middle Boys / Bechgyn Adran Ganol**

**1 Cardiff and Vale 48; 2 Dyfed 110; 3 Glamorgan Valleys 129**

4 William Harries Haverfordwest High; 5 Josh Barnett Dyffryn Taf  
16 Lewis Wilton Harry Tudor; 20 Macsen Toogood Bro Dinefwr  
26 Daniel Warrender Penglais; 39 Liam Regan Bro Pedr; 46 Dean Thomas  
48 Ethan Hughes St John Lloyd; 62 Olli Whatmore-Cludde Caer Elen.  
66 finishers

## **Senior Girls /Merched Chweched dosbarth**

**No team scores.**

**1 Glamorgan Valleys 4 ; 2 Afan Nedd Tawe and Eryri 3; 4 Cardiff and Vale, Dyfed and Powys 2; 7 South East Wales 1; 8 North East Wales 0**

11 Erin Morgan Bro Pedr; 17 Leah Regan Bro Pedr

17 finishers

## **Senior Boys / Bechgyn Chweched dosbarth**

### **Welsh Sportshall Athletics Final in Cwmbran on Sunday 10 March 2024**

**U13G 1 Cardiff and Vale 637; 2 Powys 574; 3 Afan Nedd Tawe 567; 4 Dyfed 434**

**U13B 1 Powys 674; 2 Afan Nedd Tawe 450; 3 Cardiff and Vale; 4 Dyfed 182**

**U15G 1 Powys 603; 2 Afan Nedd Tawe 596; 3 Cardiff and Vale; 588; 4 Dyfed**

**U15B 1 Afan Nedd Tawe 627; 2 Powys 620; 3 Cardiff and Vale 583; 4 Dyfed 128**

**Llanelli Schools organised the Carmarthenshire Schools Sportshall athletics championships (Y7/8 in January and Y9/10 in February) at the Llanelli Leisure Centre.**

### **SIAB Schools Cross Country International in Dublin on Saturday 23 March 2024**

JG 17 Nansi Griffiths Greenhill; 25 Sali Owen Penweddig; 29 Lily Morgan Greenhill

MG 15 Amelia Williams Dyffryn Teifi

MB 28 Joshua Barnett Dyffryn Taf; William Harries Haverfordwest H DNF

### **2024 Results Dyfed Schools Athletics Championships at Carmarthen on Wednesday 5 June 2024 and Monday 10 June 2024.**

**The Dyfed results (as the case with 6 other Welsh Schools Districts) do not appear on Power of 10 (insufficient qualified officials) ‘**

**Brianne Schools organised the Dyfed Secondary Schools Athletics Championships**

**There were 6 new records.**

Y7B Buddy Evans QEH DT 27.12 (old record 18.35 Shaun Rees 2009)

Y8B Aaron Campell Dyffryn Aman 80 H 12.3 (old record 12.4 Berian Davies 1986)

Y8G Lucy Li St Michaels 300 45.1 (new event)

MG Darcy Coslett Bryngwyn 200 25.1 (old record 25.7 Michelle John 1994)

MG Darcy Coslett Bryngwyn 300 39.9 (old record 40.9 Sian Bradshaw 1992)

MG Beatrice Morgan Bro Dinefwr LJ 5.97 (old record 5.49 Marie Humphreys 1990)

### **Frank Davies Memorial Trophy (Best Male and Female Dyfed championship performances)**

Male Aaron Campbell Dyffryn Aman new record Y8 80H 12.3 (old record 1986 Berian Davies 12.4)

Female Darcy Coslett Bryngwyn new records MG 200 25.1 (old record 25.7 1994 ) and 300 39.9 (old record 40.9 1992)

## Y7 Girls

| Event       | Position | Name                      | School             | Performance  |
|-------------|----------|---------------------------|--------------------|--------------|
| <b>100</b>  | <b>1</b> | <b>Olivia Chandria</b>    | <b>Caer Elen</b>   | <b>14.1</b>  |
|             | 2        | Cerys Moore               | Bro Dinefwr        | 14.4         |
|             | 3        | Ariel Igboekwu            | Penglais           | 14.5         |
| <b>200</b>  | <b>1</b> | <b>Mabli King</b>         | <b>Preseli</b>     | <b>29.8</b>  |
|             | 2        | Olivia Chandria           | Caer Elen          | 29.9         |
|             | 3        | Teleri Rees               | Strade             | 30.6         |
| <b>800</b>  | <b>1</b> | <b>Mabli King</b>         | <b>Preseli</b>     | <b>2.39</b>  |
|             | 2        | Paige – Lily Williams     | Dyffryn Aman       | 2.44         |
|             | 3        | Isla McKay                | Aberaeron          | 2.56         |
| <b>1500</b> | <b>1</b> | <b>Manon Phillips</b>     | <b>Bro Myrddin</b> | <b>5.12</b>  |
|             | 2        | Holly Patterson           | Bro Myrddin        | 5.45         |
|             | 3        | Fallon Graham             | Greenhill          | 6.10         |
| <b>70H</b>  | <b>1</b> | <b>Tabitha Curtis</b>     | <b>Preseli</b>     | <b>12.2</b>  |
|             | 2        | Macy Jenkins              | Aberaeron          | 12.8         |
|             | 3        | Paige-Lily Williams       | Dyffryn Aman       | 13.1         |
| <b>HJ</b>   | <b>1</b> | <b>Tabitha Curtis</b>     | <b>Preseli</b>     | <b>1.38</b>  |
|             | 2        | Olivia Bojanowski         | Penryn Dewi        | 1.30         |
|             | 3        | Elin Field                | Haverfordwest      | 1.30         |
| <b>LJ</b>   | <b>1</b> | <b>Cerys Moore</b>        | <b>Bro Dinefwr</b> | <b>3.90</b>  |
|             | 2        | Emma Greene               | QE H               | 3.84         |
|             | 3        | Kayla Kplomodo            | Haverfordwest      | 3.76         |
| <b>SP</b>   | <b>1</b> | <b>Nadia Czuchraniak</b>  | <b>Bryngwyn</b>    | <b>7.20</b>  |
|             | 2        | Holly Edwards             | Strade             | 6.75         |
|             | 3        | Noney Trench              | Penrhyn Dewi       | 6.65         |
| <b>DT</b>   | <b>1</b> | <b>Charlotte Anderson</b> | <b>Aberaeron</b>   | <b>17.30</b> |
|             | 2        | Celyn Burge               | Bro Gwaun          | 16.64        |
|             | 3        | Savannah Richards         | Glan y Mor         | 16.44        |
| <b>JT</b>   | <b>1</b> | <b>Freya Jameson</b>      | <b>Aberteifi</b>   | <b>20.97</b> |
|             | 2        | Hannah Leverett           | Bro Dinefwr        | 18.83        |
|             | 3        | Akela Southwell           | Penrhyn Dewi       | 17.26        |
| <b>Walk</b> | <b>1</b> | <b>Cerys Fitzpatrick</b>  | <b>Bro Myrddin</b> | <b>7.00</b>  |

## Y8 Girls

| Event      | Position | Name               | School             | Performance        |
|------------|----------|--------------------|--------------------|--------------------|
| <b>100</b> | <b>1</b> | <b>Ffion Jones</b> | <b>Bro Pedr</b>    | <b>13.3</b>        |
|            | 2        | Seren Morris       | Caer Elen          | 13.6               |
|            | 3        | Violet Neal        | Bryngwyn           | 13.9               |
| <b>200</b> | <b>1</b> | <b>Lucy Li</b>     | <b>St Michaels</b> | <b>27.8</b>        |
|            | 2        | Seren Morris       | Caer Elen          | 28.4               |
|            | 3        | Beca Elfyn         | Ro Myrddin         | 29.2               |
| <b>300</b> | <b>1</b> | <b>Lucy Li</b>     | <b>St Michaels</b> | <b>44.5 Record</b> |
|            | 2        | Beca Elfyn         | Bro Myrddin        | 45.3               |
|            | 3        | Flur Moon          | Dyffryn Aman       | 46.4               |
| <b>800</b> | <b>1</b> | <b>Eva Davies</b>  | <b>Bro Pedr</b>    | <b>2.38</b>        |
|            | 2        | Talia Jones        | Aberaeron          | 2.41               |
|            | 3        | Betsan Plimmer     | Maes y Gwendraeth  | 2.56               |

|            |          |                          |                      |              |
|------------|----------|--------------------------|----------------------|--------------|
| 1500       |          | See Y9                   |                      |              |
| <b>75H</b> | <b>1</b> | <b>Ffion Jones</b>       | <b>Bro Dinefwr</b>   | <b>12.5</b>  |
|            | 2        | Menna Fielder-Hobbs      | Bro Dinefwr          | 12.9         |
|            | 3        | Nia Morgan               | Caer Elen            | 14.4         |
| <b>HJ</b>  | <b>1</b> | <b>Isobel Dunfield</b>   | <b>Bro Preseli</b>   | <b>1.45</b>  |
|            | 2        | Ola Maulio-Martino       | Haverfordwest        | 1.30         |
|            | 3        | Menna Fielder-Hobbs      | Bro Dinefwr          | 1.30         |
| <b>LJ</b>  | <b>1</b> | <b>Pauline De Vera</b>   | <b>St John Lloyd</b> | <b>4.39</b>  |
|            | 2        | Ava Beck                 | Dyffryn Aman         | 4.38         |
|            | 3        | Seren Rose               | Greenhill            | 4.34         |
| <b>TJ</b>  | <b>1</b> | <b>Robyn Penfold</b>     | <b>Penrhyn Dewi</b>  | <b>8.98</b>  |
|            | 2        | Seren Rose               | Greenhill            | 8.72         |
|            | 3        | Ffion Jones              | Bro Dinefwr          | 8.72         |
| <b>SP</b>  | <b>1</b> | <b>Annabel Griffiths</b> | <b>Milford</b>       | <b>8.08</b>  |
|            | 2        | Eva Thomas               | Maes y Gwendraeth    | 7.51         |
|            | 3        | Sarah Jones              | Penglais             | 6.86         |
| <b>DT</b>  | <b>1</b> | <b>Julia Liecau</b>      | <b>Bro Pedr</b>      | <b>16.87</b> |
|            | 2        | Tilly Elvey              | QEH                  | 15.88        |
|            | 3        | Lili Myrddin             | Penweddig            | 15.26        |
| JT         | 1        | See Y9                   |                      |              |
| HT         |          | See Y9                   |                      |              |

#### Y9 Girls

| Event       | Position | Name                     | School              | Performance |
|-------------|----------|--------------------------|---------------------|-------------|
| <b>100</b>  | <b>1</b> | <b>Stephanie Barrett</b> | <b>QEH</b>          | <b>13.4</b> |
|             | 2        | Bella Williams           | Strade              | 13.6        |
|             | 3        | Tia Powell               | Dyffryn Aman        | 13.9        |
| <b>200</b>  | <b>1</b> | <b>Kristal Butler</b>    | <b>Bro Pedr</b>     | <b>29.5</b> |
|             | 2        | Hannah Vaughan           | Penrhyn Dewi        | 29.8        |
|             | 3        | Rose Price               | Caer Elen           | 29.9        |
| <b>300</b>  | <b>1</b> | <b>Meadow Norris</b>     | <b>Penweddig</b>    | <b>45.2</b> |
|             | 2        | Stephanie Barrett        | QEH                 | 45.8        |
|             | 3        | Tyler Ellard             | Dyffryn Taf         | 48.3        |
| <b>800</b>  | <b>1</b> | <b>Sali Owen</b>         | <b>Penweddig</b>    | <b>2.26</b> |
|             | 2        | Rose Price               | Caer Elen           | 2.33        |
|             | 3        | Anna Jones               | Bro Myrddin         | 2.43        |
| <b>1500</b> | <b>1</b> | <b>Nansi Griffiths</b>   | <b>Greenhill</b>    | <b>4.50</b> |
|             | 2        | Lily Morgan              | Greenhill           | 5.26        |
|             | 3        | Lowri Morgan             | Bro Dinefwr         | 5.31        |
| <b>75H</b>  | <b>1</b> | <b>Tia Powell</b>        | <b>Dyffryn Aman</b> | <b>12.6</b> |
|             | 2        | Chloe Thomas             | Caer Elen           | 13.2        |
|             | 3        | Macy James               | Harri Tudur         | 14.0        |
| <b>HJ</b>   | <b>1</b> | <b>Lena Jarosz</b>       | <b>Aberaeron</b>    | <b>1.35</b> |
|             | 2-       | Zakia Johnson            | Dyffryn Aman        | 1.35        |
|             | 2=       | Ellie Duvleane           | Strade              | 1.35        |
| <b>LJ</b>   | <b>1</b> | <b>Hannah Vaughan</b>    | <b>Penrhyn Dewi</b> | <b>4.57</b> |

|           |          |                       |                      |              |
|-----------|----------|-----------------------|----------------------|--------------|
|           | 2        | Freya McCarthy        | Bryngwyn             | 4.56         |
|           | 3        | Kristal Butler        | Bro Pedr             | 4.50         |
| <b>TJ</b> | <b>1</b> | <b>Freya McCarthy</b> | <b>Bryngwyn</b>      | <b>9.91</b>  |
|           | 2        | Kristal Butler        | Bro Pedr             | 9.04         |
|           | 3        | Zosia Barton          | Penrhyn Dewi         | 9.00         |
| <b>SP</b> | <b>1</b> | <b>Sara Evans</b>     | <b>Bro Myrddin</b>   | <b>7.71</b>  |
|           | 2        | Lily Treu             | Haverfordwest        | 7.68         |
|           | 3        | Summer Evans          | QEH                  | 7.60         |
| <b>DT</b> | <b>1</b> | <b>Summer Evans</b>   | <b>QEH</b>           | <b>27.00</b> |
|           | 2        | Maisie Owen           | Bro Teifi            | 25.97        |
|           | 3        | Lesley Faletau        | Greenhill            | 19.57        |
| <b>JT</b> | <b>1</b> | <b>Summer Evans</b>   | <b>QEH</b>           | <b>32.96</b> |
|           | 2        | Emily Hartfield       | Bro Dinefwr          | 27.14        |
|           | 3        | Emily Treu            | Haverfordwest        | 23.78        |
| <b>HT</b> | <b>1</b> | <b>Phoebe Johnson</b> | <b>Haverfordwest</b> | <b>18.51</b> |

### Middle Girls

| Event          | Position | Name                      | School                   | Performance        |
|----------------|----------|---------------------------|--------------------------|--------------------|
| <b>100</b>     | <b>1</b> | <b>Elli -May Williams</b> | <b>Maes y Gwendraeth</b> | <b>12.4</b>        |
|                | 2        | Anest Jones               | Aberaeron                | 13.4               |
|                | 3        | Ella Jones                | Dyffryn Aman             | 13.6               |
| <b>200</b>     | <b>1</b> | <b>Darcy Coslett</b>      | <b>Bryngwyn</b>          | <b>25.1 Record</b> |
|                | 2        | Beatrice Morgan           | Bro Dinefwr              | 25.8               |
|                | 3        | Elli- May Williams        | Maes y Gwendraeth        | 26.4               |
| <b>300</b>     | <b>1</b> | <b>Darcy Coslett</b>      | <b>Bryngwyn</b>          | <b>39.9 Record</b> |
|                | 2        | Elena Harris              | Bro Gwaun                | 48.2               |
|                | 3        | Lily Gwilt                | Haverfordwest            | 48.7               |
| <b>800</b>     | <b>1</b> | <b>Macy Blue</b>          | <b>Bro Myrddin</b>       | <b>2.34</b>        |
|                | 2        | Lyra Roberts              | St John Lloyd            | 2.38               |
|                | 3        | Anna Regan                | Bro Gwaun                | 2.46               |
| <b>1500</b>    | <b>1</b> | <b>Mari Pritchard</b>     | <b>Bro Dinefwr</b>       | <b>5.54</b>        |
|                | 2        | Scarlett Richards         | Aberaeron                | 6.31               |
|                | 3        | Kiera Harris              | Caer Elen                | 6.42               |
| <b>3000</b>    | <b>1</b> | <b>Amelia Williams</b>    | <b>Dyffryn Teifi</b>     | <b>11.19.6</b>     |
|                | 2        | Skye Bruce                | Harri Tudur              | 11.51.3            |
|                | 3        | Isla-Mai Davies           | Greenhill                | 14.36.6            |
| <b>1500 Sc</b> | <b>1</b> | <b>Lyra Roberts</b>       | <b>St John Lloyd</b>     | <b>6.03.0</b>      |
|                | 2        | Katie Brazier             | Penrhyn Dewi             | 7.52.5             |
| <b>80H</b>     | <b>1</b> | <b>Lyra Roberts</b>       | <b>St John Lloyd</b>     | <b>15.2</b>        |
|                | 2        | Tirion Yate               | Bro Myrddin              | 15.3               |
|                | 3        | Sophia Crawford           | Dyffryn Aman             | 15.9               |
| <b>300H</b>    | <b>1</b> | <b>Mari Wilson</b>        | <b>Strade</b>            | <b>50.5</b>        |
|                | 2        | Lowri Evans               | Aberaeron                | 54.5               |
|                | 3        | Grace Dobeny              | Bro Preseli              | 62.1               |
| <b>HJ</b>      | <b>1</b> | <b>Mari Wilson</b>        | <b>Strade</b>            | <b>1.55</b>        |
|                | 2        | Elise Duffy               | St John Lloyd            | 1.45               |
|                | 3        | Menna Harris              | Bro Dinefwr              | 1.37               |
| <b>LJ</b>      | <b>1</b> | <b>Beatrice Morgan</b>    | <b>Bro Dinefwr</b>       | <b>5.97 Record</b> |



|             |          |                      |                          |              |
|-------------|----------|----------------------|--------------------------|--------------|
|             | 2        | Elise Duffy          | St John Lloyd            | 4.54         |
|             | 3        | Erin Powell          | QEH                      | 4.28         |
| <b>TJ</b>   | <b>1</b> | <b>Nel Rowlands</b>  | <b>Henry Richard</b>     | <b>9.38</b>  |
|             | 2        | Tirion Yate          | Bro Myrddin              | 8.90         |
|             | 3        | Erin Frost           | Penrhyn Dewi             | 8.75         |
| <b>SP</b>   | <b>1</b> | <b>Betsan Yip</b>    | <b>Maes y Gwendraeth</b> | <b>8.81</b>  |
|             | 2        | Amelia Marsh         | Greenhill                | 8.25         |
|             | 3        | Tayla Evans          | Harri Tudur              | 7.70         |
| <b>DT</b>   | <b>1</b> | <b>Dolly Evans</b>   | <b>QEH</b>               | <b>32.30</b> |
|             | 2        | Lucy Mainwaring      | Llandovery C             | 18.39        |
|             | 3        | Freya Morgan         | Bro Dinefwr              | 17.52        |
| <b>JT</b>   | <b>1</b> | <b>Eleri Morgan</b>  | <b>Bro Dinefwr</b>       | <b>28.31</b> |
|             | 2        | Sophie Dorrington    | St Michaels              | 21.30        |
|             | 3        | Nia Davies           | Haverfordwest            | 19.77        |
| <b>HT</b>   | <b>1</b> | <b>Ellie Sampson</b> | <b>Penrhyn Dewi</b>      | <b>20.00</b> |
|             | 2        | Sara Jones           | Haverfordwest            | 18.35        |
| <b>Walk</b> | <b>1</b> | <b>Macy Blue</b>     | <b>Bro Myrddin</b>       | <b>6.57</b>  |

#### Senior Girls

| Event     | Position | Name               | School                 | Performance  |
|-----------|----------|--------------------|------------------------|--------------|
| <b>DT</b> | <b>1</b> | <b>Ffion Mabey</b> | <b>Pembrokeshire C</b> | <b>31.15</b> |
| <b>HT</b> | <b>1</b> | <b>Ffion Mabey</b> | <b>Pembrokeshire C</b> | <b>33.08</b> |

#### Y7 Boys

| Event       | Position | Name                     | School               | Performance |
|-------------|----------|--------------------------|----------------------|-------------|
| <b>100</b>  | <b>1</b> | <b>Oliver Horn</b>       | <b>Bro Myrddin</b>   | <b>1.9</b>  |
|             | 2        | Llewellyn Gregson        | Bro Pedr             | 13.0        |
|             | 3        | Macsen Jones             | Aberaeron            | 13.3        |
| <b>200</b>  | <b>1</b> | <b>Rowen Nicholson</b>   | <b>Haverfordwest</b> | <b>27.8</b> |
|             | 2        | Elis Matthews            | Maes y Gwendraeth    | 28.1        |
|             | 3        | Leo Moore                | Bro Myrddin          | 29.3        |
| <b>800</b>  | <b>1</b> | <b>Tomos Cai Davies</b>  | <b>Bro Myrddin</b>   | <b>2.23</b> |
|             | 2        | Llewellyn Gregson        | Bro Pedr             | 2.25        |
|             | 3        | Alex Ladd                | Aberteifi            | 2.36        |
| <b>1500</b> | <b>1</b> | <b>Jack Lewis</b>        | <b>Aberaeron</b>     | <b>5.18</b> |
|             | 2        | Alex Ladd                | Aberteifi            | 5.20        |
|             | 3        | Oscar Toogood            | Bro Dinefwr          | 5.33        |
| <b>75H</b>  | <b>1</b> | <b>Llewellyn Gregson</b> | <b>Bro Pedr</b>      | <b>13.1</b> |
|             | 2        | Braydon Bent             | Bro Gwaun            | 13.2        |
|             | 3        | Leo Werner               | Greenhill            | 13.4        |
| <b>HJ</b>   | <b>1</b> | <b>Tomos Cai Davies</b>  | <b>Bro Myrddin</b>   | <b>1.45</b> |
|             | 2        | Cai Barrington           | Bro Gwaun            | 1.45        |
|             | 3        | Ioan Davies              | Aberaeron            | 1.33        |
| <b>LJ</b>   | <b>1</b> | <b>Cian Morgan</b>       | <b>Penglais</b>      | <b>4.66</b> |
|             | 2        | Braydon Ben              | Bro Gwaun            | 4.33        |
|             | 3        | Iori Crichton            | Bro Myrddin          | 4.02        |

|           |          |                    |             |                     |
|-----------|----------|--------------------|-------------|---------------------|
| <b>SP</b> | <b>1</b> | <b>Buddy Evans</b> | <b>QEH</b>  | <b>10.40</b>        |
|           | 2        | Macsen Jones       | Aberaeron   | 9.17                |
|           | 3        | Abel Jenkins       | Coedcae     | 8.99                |
| <b>DT</b> | <b>1</b> | <b>Buddy Evans</b> | <b>QEH</b>  | <b>27.12 Record</b> |
|           | 2        | Tirion Thomas      | Bro Preseli | 18.66               |
|           | 3        | Abel Jenkins       | Coedcae     | 18.11               |
| <b>JT</b> | <b>1</b> | <b>Buddy Evans</b> | <b>QEH</b>  | <b>23.25</b>        |
|           | 2        | Jack O'Keefe       | Bryngwyn    | 18.44               |
|           | 3        | Ethan Brace        | Greenhill   | 18.20               |

### Y8 Boys

| Event       | Position | Name                  | School               | Performance        |
|-------------|----------|-----------------------|----------------------|--------------------|
| <b>100</b>  | <b>1</b> | <b>Kemsi Igboekwu</b> | <b>Penglais</b>      | <b>12.3</b>        |
|             | 2        | Ollie Jenkins         | Strade               | 12.6               |
|             | 3        | Luke Simpson          | Harri Tudur          | 12.8               |
| <b>200</b>  | <b>1</b> | <b>Kemsi Igboekwu</b> | <b>Penglais</b>      | <b>25.6</b>        |
|             | 2        | Jack Howells-Arnold   | Bro Myrddin          | 26.0               |
|             | 3        | Noah Anyadike         | Maes y Gwendraeth    | 26.0               |
| <b>300</b>  | <b>1</b> | <b>Koby Witt</b>      | <b>Bro Teifi</b>     | <b>43.7</b>        |
|             | 2        | Alfie Ekkes           | Haverfordwest        | 44.8               |
|             | 3        | Deklan Roberts        | St John Lloyd        | 44.8               |
| <b>800</b>  | <b>1</b> | <b>Dyfan James</b>    | <b>Bro Dinefwr</b>   | <b>2.22</b>        |
|             | 2        | Deklan Roberts        | St John Lloyd        | 2.24               |
|             | 3        | Caleb Hale            | Bro Pedr             | 2.27               |
| 1500        |          | See Y9                |                      |                    |
| <b>80 H</b> | <b>1</b> | <b>Aaron Campell</b>  | <b>Dyffryn Aman</b>  | <b>12.3 Record</b> |
|             | 2        | Marleigh Mackie       | QEH                  | 13.9               |
|             | 3        | Malakai Rees          | Bro Gwaun            | 14.1               |
| <b>HJ</b>   | <b>1</b> | <b>Jack Thomas</b>    | <b>Bro Preseli</b>   | <b>1.50</b>        |
|             | 2        | Gethin Jones          | Penweddig            | 1.45               |
|             | 3=       | Rhys Evans            | Bryngwyn             | 1.45               |
|             | 3=       | Frazer Harry          | Bro Myrddin          | 1.45               |
| <b>LJ</b>   | <b>1</b> | <b>Will Corby</b>     | <b>Haverfordwest</b> | <b>4.92</b>        |
|             | 2        | Iago Evans            | Strade               | 4.89               |
|             | 3        | Milo Suggett          | Penweddig            | 4.65               |
| <b>TJ</b>   | <b>1</b> | <b>Aaron Campbell</b> | <b>Dyffryn Aman</b>  | <b>9.88</b>        |
|             | 2        | Keelan Lewis          | Dyffryn Aman         | 9.42               |
|             | 3        | Ben Watts             | Emlyn                | 9.30               |
| <b>SP</b>   | <b>1</b> | <b>Will Corby</b>     | <b>Haverfordwest</b> | <b>9.43</b>        |
|             | 2        | Elliott Fourance      | St John Lloyd        | 8.92               |
|             | 3        | Llyr Jones            | Bro Pedr             | 8.89               |
| <b>DT</b>   | <b>1</b> | <b>Noah Keith</b>     | <b>Penglais</b>      | <b>2.19</b>        |
|             | 2        | Alfie Harley          | Bro Myrddin          | 21.64              |
|             | 3        | Llyr Jones            | Bro Pedr             | 21.40              |
| <b>JT</b>   | <b>1</b> | <b>Steffan Thomas</b> | <b>Dyffryn Aman</b>  | <b>29.47</b>       |
|             | 2        | Jensen Thomas         | Dyffryn Aman         | 24.85              |
|             | 3        | Iago Evans            | Strade               | 24.27              |

### Y9 Boys

| Event       | Position | Name                    | School               | Performance  |
|-------------|----------|-------------------------|----------------------|--------------|
| <b>100</b>  | <b>1</b> | <b>Will Jones</b>       | <b>Llandovery C</b>  | <b>11.9</b>  |
|             | 2        | Liam Bowen              | Bro Teifi            | 12.3         |
|             | 3        | Ryan Williams           | Bro Dinefwr          | 12.6         |
| <b>200</b>  | <b>1</b> | <b>David Schroder</b>   | <b>Haverfordwest</b> | <b>25.0</b>  |
|             | 2        | Jack Johnson            | Bro Myrddin          | 25.5         |
|             | 3        | Josh Jones              | Strade               | 26.2         |
| <b>300</b>  | <b>1</b> | <b>Ryan Williams</b>    | <b>Llandovery C</b>  | <b>41.3</b>  |
|             | 2        | Zak Nottingham          | Dyffryn Aman         | 41.5         |
|             | 3        | Caleb Inglet            | Bro Pedr             | 42.6         |
| <b>800</b>  | <b>1</b> | <b>Iolo Herbert</b>     | <b>Dyffryn Aman</b>  | <b>2.21</b>  |
|             | 2        | Josh Morris             | Bro Pedr             | 2.22         |
|             | 3        | Evan Lloyd              | Bro Dinefwr          | 2.23         |
| <b>1500</b> | <b>1</b> | <b>Toby Anthony</b>     | <b>Bro Myrddin</b>   | <b>4.44</b>  |
|             | 2        | George Hugman           | Haverfordwest        | 4.48         |
|             | 3        | Jack Howells-Arnold     | Bro Myrddin          | 4.49         |
| <b>80H</b>  | <b>1</b> | <b>Dylan Cydwalider</b> | <b>Dyffryn Aman</b>  | <b>12.2</b>  |
|             | 2        | William Bowen           | Bro Preseli          | 13.2         |
|             | 3        | Ryan Williams           | Bro Dinefwr          | 13.7         |
| <b>HJ</b>   | <b>1</b> | <b>George Dustow</b>    | <b>Haverfordwest</b> | <b>1.65</b>  |
|             | 2        | Sam Newton              | Emlyn                | 1.60         |
|             | 3        | Leon James              | Caer Elen            | 1.50         |
| <b>LJ</b>   | <b>1</b> | <b>Caleb Inglut</b>     | <b>Bro Pedr</b>      | <b>5.38</b>  |
|             | 2        | Will Jones              | Llandovery C         | 5.20         |
|             | 3        | Ethan Hammond           | Greenhill            | 5.13         |
| <b>TJ</b>   | <b>1</b> | <b>Max Bevan</b>        | <b>Caer Elen</b>     | <b>10.90</b> |
|             | 2        | Brycen Cabrera          | Dyffryn Aman         | 10.36        |
|             | 3        | Jack Woods              | Coedcae              | 10.11        |
| <b>SP</b>   | <b>1</b> | <b>Riley Matthews</b>   | <b>Bryngwyn</b>      | <b>10.35</b> |
|             | 2        | Abel Riles              | Bro Myrddin          | 10.22        |
|             | 3        | Daniel Hennessy         | Bro Preseli          | 10.11        |
| <b>DT</b>   | <b>1</b> | <b>Madoc Miles</b>      | <b>Bro Pedr</b>      | <b>25.71</b> |
|             | 2        | Cole May                | Strade               | 25.29        |
|             | 3        | Harri Evans             | Bro Dinefwr          | 25.17        |
| <b>JT</b>   | <b>1</b> | <b>Robin Cowley</b>     | <b>Bro Presli</b>    | <b>35.32</b> |
|             | 2        | Huw Edwards             | Bro Pedr             | 32.82        |
|             | 3        | Austin Healy            | Penglais             | 32.36        |
| <b>HT</b>   | <b>1</b> | <b>Charlie Carter</b>   | <b>Penrhyn Dewi</b>  | <b>28.59</b> |
|             | 2        | Ayden Davies            | Haverfordwest        | 23.54        |
|             | 3        | Phillip Noga            | Greenhill            | 21.18        |

### Middle Boys

| Event      | Position | Name                       | School                   | Performance |
|------------|----------|----------------------------|--------------------------|-------------|
| <b>100</b> | <b>1</b> | <b>Steffan Thomas</b>      | <b>Maes y Gwendraeth</b> | <b>11.5</b> |
|            | 2        | Mohamed Altaani            | Haverfordwest            | 12.0        |
|            | 3        | Osian Millichip            | Penrhyn Dewi             | 12.0        |
| <b>200</b> | <b>1</b> | <b>Harri Wrigglesworth</b> | <b>Bro Myrddin</b>       | <b>23.6</b> |

|                |          |                        |                           |                |
|----------------|----------|------------------------|---------------------------|----------------|
|                | 2        | Ollie Thompson         | Haverfordwest             | 24.5           |
|                | 3        | Oliver Bevan           | Bryngwyn                  | 24.8           |
| <b>400</b>     | <b>1</b> | <b>James Bentley</b>   | <b>Dyffryn Aman</b>       | <b>53.9</b>    |
|                | 2        | Keane Moore            | Emlyn                     | 54.7           |
|                | 3        | Kerim Hussein          | Coedcae                   | 55.9           |
| <b>800</b>     | <b>1</b> | <b>Corin Maxwell</b>   | <b>QEH</b>                | <b>2.12</b>    |
|                | 2        | Ben Hale               | Bro Pedr                  | 2.19           |
|                | 3        | Finn Saycell           | Penweddig                 | 2.20           |
| <b>1500</b>    | <b>1</b> | <b>Tom Bridger</b>     | <b>Penrhyn Dewi</b>       | <b>4.45</b>    |
|                | 2        | Sion Rowlands          | Bro Myrddin               | 4.47           |
|                | 3        | Oscar Fattituto        | Coedcae                   | 4.50           |
| <b>3000</b>    | <b>1</b> | <b>Joshua Barnett</b>  | <b>Dyffryn Taf</b>        | <b>10.08.2</b> |
|                | 2        | Thomas Hunter          | Redhill                   | 11.03.9        |
| <b>1500 Sc</b> | <b>1</b> | <b>William Harries</b> | <b>Haverfordwest</b>      | <b>5.15.5</b>  |
|                | 2        | Ianto Lloyd            | Aberaeron                 | 5.39.6         |
|                | 3        | Olly Hopkins           | Penrhyn Dewi              | 6.25.7         |
| <b>100H</b>    | <b>1</b> | <b>Harvey Thomas</b>   | <b>Haverfordwest H</b>    | <b>14.6</b>    |
|                | 2        | Steffan Thomas         | Maes y Gwendraeth         | 15.4           |
|                | 3        | Iolo Trigg             | Aberaeron                 | 16.9           |
| <b>400H</b>    | <b>1</b> | <b>Harvey Thomas</b>   | <b>Haverfordwest</b>      | <b>62.7</b>    |
|                | 2        | Josh Peel              | Strade                    | 67.6           |
|                | 3        | Ianto Lloyd            | Aberaeron                 | 71.5           |
| <b>HJ</b>      | <b>1</b> | <b>Jack Rodgers</b>    | <b>Aberaeron</b>          | <b>1.55</b>    |
|                | 2        | Keane Moore            | Emlyn                     | 1.55           |
|                | 3        | Zac Allen              | Dyffryn Aman              | 1.50           |
| <b>LJ</b>      | <b>1</b> | <b>Leon Woodley</b>    | <b>Dyffryn Aman</b>       | <b>5.62</b>    |
|                | 2        | Josh Peel              | St John Lloyd             | 5.48           |
|                | 3        | A Sandfield            | Penglais                  | 5.48           |
| <b>TJ</b>      | <b>1</b> | <b>James Bentley</b>   | <b>Dyffryn Aman</b>       | <b>12.40</b>   |
|                | 2        | Ollie Thompson         | Haverfordwest             | 11.36          |
|                | 3        | Leon Woodley           | Dyffryn Aman              | 11.23          |
| PV             |          |                        |                           |                |
| <b>SP</b>      | <b>1</b> | <b>Harrison Riley</b>  | <b>Llandovery College</b> | <b>12.30</b>   |
|                | 2        | Harvey Thomas          | Haverfordwest             | 12.07          |
|                | 3        | Braydon Jones          | Haverfordwest             | 11.60          |
| <b>DT</b>      | <b>1</b> | <b>Dam Dirdaman</b>    | <b>Emlyn</b>              | <b>25.72</b>   |
|                | 2        | Harrison Riley         | Llandovery College        | 25.31          |
|                | 3        | Ralfie Evans           | Penrhyn Dewi              | 22.21          |
| <b>JT</b>      | <b>1</b> | <b>Tyler Philpott</b>  | <b>Emlyn</b>              | <b>33.84</b>   |
|                | 2        | Ronnie Bullance        | Dyffryn Aman              | 33.84          |
|                | 3        | Oli Arthur             | Greenhill                 | 31.85          |
| <b>HT</b>      | <b>1</b> | <b>Rhys Lewis</b>      | <b>Haverfordwest</b>      | <b>26.06</b>   |

#### Senior Boys

| Event      | Position | Name                   | School               | Performance |
|------------|----------|------------------------|----------------------|-------------|
| <b>100</b> | <b>1</b> | <b>Joseph Franklin</b> | <b>Coleg Sir Gar</b> | <b>11.3</b> |
|            | 2        | Tygan Davies           | Maes y Gwendraeth    | 11.7        |
|            | 3        | Rhys Lloyd Roberts     | Haverfordwest        | 11.9        |

|             |          |                      |                          |               |
|-------------|----------|----------------------|--------------------------|---------------|
| <b>200</b>  | <b>1</b> | <b>Tygan Davies</b>  | <b>Maes y Gwendraeth</b> | <b>23.2</b>   |
|             | 2        | Joseph Franklin      | Coleg Sir Gar            | 23.4          |
| <b>400</b>  | <b>1</b> | <b>Tygan Davies</b>  | <b>Maes y Gwendraeth</b> | <b>50.7</b>   |
|             | 2        | Iwan Wilson          | Strade                   | 51.2          |
| <b>3000</b> | <b>1</b> | <b>Ifan Bowen</b>    | <b>Bro Myrddin</b>       | <b>8.59.5</b> |
|             | 2        | Finley Bruce         | Bro Preseli              | 9.02.0        |
| <b>LJ</b>   | <b>1</b> | <b>Iestyn Davies</b> | <b>Maes y Gwendraeth</b> | <b>5.64</b>   |

### Dyfed Schools NASUWT Finals at Carmarthen on Thursday 27 June 2024

The championships organised by Ceredigion Schools.

#### Under 14 Boys

1 Dyffryn Aman 89; 2 Penglais 87; 3 Haverfordwest 85; 4 Strade 79; 5 Aberaeron 69; 6 Bro Dinefwr 63; 7 Bryngwyn 58; 8 Bro Preseli 58

#### Under 14 Girls

1 Bro Myrddin 95; 2 Bro Preseli 88; 3 Bro Dinefwr 86; 4 Aberaeron 77; 5 Bro Pedr 72; 6 Bryngwyn 64; 7 Penrhyn Dewi 54; 8 Strade 48

#### Under 16 Boys

1 Haverfordwest 107; 2 Dyffryn Aman 107; 3 Caer Elen 84; 4 Strade 72; 5 Emlyn 65; 6 Penglais 64; 7 Bryngwyn 61

#### Under 16 Girls

1 Bro Dinefwr 90; 2 Dyffryn Aman 84; 3 Penweddig 77; 4 Haverfordwest H 71; 5 Strade 70; 6 Penrhyn Dewi 64; 7 Aberaeron 62; 8 SJL 58

### Welsh Schools Athletics Championships at Cardiff on Saturday 6 July 2024

Dyfed School athletes in 2024 won a total of 43 medals (15 gold, 13 silver and 15 bronze)

The Dyfed schools team did well to finish second.

#### Overall, Team Result

1 Cardiff and Vale 612.5; 2 Dyfed 473.5; 3 Afan Nedd Tawe 461; 4 SE Wales 351; 5 Glamorgan Valleys 332; 6 NE Wales 36.5; 7 Eryri 230.8; 8 Pow3ys 183.

#### Junior Boys

##### Team Result

1 Cardiff and Vale 116.5; 2 Glamorgan Valleys 80; 3 Dyfed 75; 4 Afan Nedd Tawe 64; 5 Dyfed 75; 6 SE Wales 55; 7 Powys 41; Eryri 22.5

| Event | Position | Name | School | Performance |
|-------|----------|------|--------|-------------|
|-------|----------|------|--------|-------------|

|            |          |                          |                      |              |
|------------|----------|--------------------------|----------------------|--------------|
| 100        | 6        | William Harnett-Jones    | Llandovery College   | 12.61        |
| 200        | 5        | Jack Johnson             | Bro Myrddin          | 26.06        |
| 300        | 6        | Ryan Williams            | Llandovery College   | 42.31        |
| 800        | 5        | Dyfan James              | Bro Dinefwr          | 2.20.92      |
| 1500       | 7        | Toby Anthony             | Bro Myrddin          | 4.48.60      |
| <b>80H</b> | <b>2</b> | <b>Dylan Cadwallader</b> | <b>Dyffryn Aman</b>  | <b>12.02</b> |
| Relay      | 5        |                          |                      |              |
| <b>HJ</b>  | <b>1</b> | <b>George Dewstowe</b>   | <b>Haverfordwest</b> | <b>1.65</b>  |
| <b>PV</b>  | <b>2</b> | <b>Deklan Roberts</b>    | <b>St John Lloyd</b> | <b>2.38</b>  |
| LJ         | 4        | Caleb Inglut             | Bro Pedr             | 5.17         |
| <b>TJ</b>  | <b>3</b> | <b>Max Bevan</b>         | <b>Caer Elen</b>     | <b>10.99</b> |
| SP         | 6        | Riley Matthews           | Bryngwyn             | 10.03        |
| <b>DT</b>  | <b>3</b> | <b>Madoc Miles</b>       | <b>Bro Pedr</b>      | <b>23.38</b> |
| HT         | 4        | Charlie Carter           | Penrhyn Dewi         | 28.61        |
| <b>JT</b>  | <b>2</b> | <b>Robin Cowley</b>      | <b>Bro Preseli</b>   | <b>37.39</b> |

### Middle Boys

#### Team Result

1 Cardiff and Vales 116.5; 2 Dyfed 88.5; 3 SE Wales 78; 4 Glamorgan Valleys; 5 Afan Nedd Tawe 69; 6 NE Wales 63; 7 Eryri 56; 8 Powys 42

| Event          | Position | Name                       | School                    | Performance    |
|----------------|----------|----------------------------|---------------------------|----------------|
| 100            | 6        | Steffan Thomas             | Maes y Gwendraeth         | 11.63          |
| <b>200</b>     | <b>3</b> | <b>Harry Wrigglesworth</b> | <b>Bro Myrddin</b>        | <b>23.52</b>   |
| 400            | 4        | James Bentley              | Dyffryn Aman              | 54.55          |
| <b>800</b>     | <b>3</b> | <b>Macsén Toogood</b>      | <b>Bro Dinefwr</b>        | <b>1.59.93</b> |
| 1500           | 6        | Tom Bridger                | Penrhyn Dewi              | 4.52.45        |
| <b>1500 Sc</b> | <b>2</b> | <b>William Harries</b>     | <b>Haverfordwest</b>      | <b>4.44.49</b> |
| <b>100H</b>    | <b>2</b> | <b>Harvey Thomas</b>       | <b>Haverfordwest</b>      | <b>14.98</b>   |
| 400H           | 4        | Harvey Thomas              | Haverfordwest             | 62.06          |
| <b>Relay</b>   | <b>3</b> |                            |                           | <b>45.52</b>   |
| HJ             | 5=       | Jack Rogers                | Aberaeron                 | 1.60           |
| LJ             | 4        | Leon Woodley               | Dyffryn Aman              | 5.55           |
| TJ             | 4        | James Bentley              | Dyffryn Aman              | 12.32          |
| <b>SP</b>      | <b>1</b> | <b>Harrison Riley</b>      | <b>Llandovery College</b> | <b>11.77</b>   |
| <b>DT</b>      | <b>3</b> | <b>Adam Dirda</b>          | <b>Emllyn</b>             | <b>30.37</b>   |
| HT             | 4        | Rhys Lewis                 | Haverfordwest             | 29.58          |
| <b>JT</b>      | <b>2</b> | <b>Joseph Wood</b>         | <b>Penglais</b>           | <b>42.17</b>   |

### Senior Boys

#### Team result

1 Afan Nedd Tawe 93; 2 Cardiff and Vale 77.50; 3 Dyfed 72.50; 4 Glamorgan Valleys 33; 5 SE Wales 31; 6 Eryri 24; 7 Powys 13; 8 NE Wales 7

| Event      | Position | Name                   | School               | Performance  |
|------------|----------|------------------------|----------------------|--------------|
| <b>100</b> | <b>1</b> | <b>Joseph Franklin</b> | <b>Coleg Sir Gar</b> | <b>11.14</b> |

|              |          |                     |                          |                |
|--------------|----------|---------------------|--------------------------|----------------|
|              | 6        | Tygan Davies        | Maes y Gwendraeth        | 11.76          |
| 200          | 5        | Tygan Davies        | Maes y Gwendraeth        | 23.40          |
| <b>400</b>   | <b>3</b> | <b>Tygan Davies</b> | <b>Maes y Gwendraeth</b> | <b>52.35</b>   |
| <b>1500</b>  | <b>2</b> | <b>Finley Bruce</b> | <b>Bro Preseli</b>       | <b>4.14.04</b> |
| <b>3000</b>  | <b>1</b> | <b>Ifan Bowen</b>   | <b>Bro Myrddin</b>       | <b>9.01.63</b> |
| <b>Relay</b> | <b>2</b> |                     |                          | <b>44.84</b>   |
| HJ           | 4        | Osian Roberts       | Bro Pedr                 | 1.82           |
| LJ           | 4        | Iestyn Davies       | Maes y Gwendraeth        | 5.99           |
| SP           | 5        | Ifan Rishko         | Aberaeron                | 8.34           |
| DT           | 4        | Ifan Rishko         | Aberaeron                | 21.43          |
| <b>JT</b>    | <b>1</b> | <b>Ifan Rishko</b>  | <b>Aberaeron</b>         | <b>39.37</b>   |
|              |          |                     |                          |                |

## Junior Girls

### Team Result

1 Cardiff and Vale 110; 2 Dyfed 77.50; 3 Afan Nedd Tawe 77; 4 Eryri 62; 5 Glamorgan Valleys 60.50; 6 SE Wales 58; 7 Powys; 8 NE Wales 38

| Event      | Position  | Name                  | School                 | Performance    |
|------------|-----------|-----------------------|------------------------|----------------|
| 100        | 5         | Ffion Jones           | Bro Dinefwr            | 14.03          |
| 200        | 5         | Lucy Lee              | St Michaels            | 28.12          |
| 300        | 4         | Lucy Lee              | St Michaels            | 45.92          |
| <b>800</b> | <b>3</b>  | <b>Sali Owen</b>      | <b>Penweddig</b>       | <b>2.23.82</b> |
| 1500       | 5         | Lily Morgan           | Greenhill              | 5.12.47        |
| 75H        | 4         | Ffion Jones           | Bro Dinefwr            | 12.34          |
| Relay      | 4         |                       |                        | 53.15          |
| <b>HJ</b>  | <b>1=</b> | <b>Isobel Dunkeld</b> | <b>Bro Preseli</b>     | <b>1.50</b>    |
| <b>PV</b>  | <b>3</b>  | <b>Ellie Dunleavy</b> | <b>Strade</b>          | <b>2.28</b>    |
| LJ         | 6         | Hannah Vaughan        | Penrhyn Dewi           | 3.94           |
| <b>TJ</b>  | <b>2</b>  | <b>Freya McCarthy</b> | <b>Bryngwyn</b>        | <b>9.88</b>    |
| SP         | 7         | Freya McCarthy        | Bryngwyn               | 7.84           |
| <b>DT</b>  | <b>1</b>  | <b>Summer Evans</b>   | <b>Queen Elizabeth</b> | <b>29.94</b>   |
| HT         | 9         | Phoebe Johnson        | Haverfordwest          | 18.37          |
| <b>JT</b>  | <b>1</b>  | <b>Summer Evans</b>   | <b>Queen Elizabeth</b> | <b>33.68</b>   |

## Middle Girls

### Team Result

1 Cardiff and Vale 113; 2 Dyfed 106; 3 Afan Nedd Tawe 98; 4 SE Wales 83; 5 Glamorgan Valleys 61.50; 6 NE Wales 52.50; 7 Powys 49; 8 Eryri 30

| Event      | Position | Name                 | School          | Performance  |
|------------|----------|----------------------|-----------------|--------------|
| 100        | 8        | Anest Jones          | Aberaeron       | 13.72        |
| <b>200</b> | <b>1</b> | <b>Darcy Coslett</b> | <b>Bryngwyn</b> | <b>24.81</b> |
| <b>300</b> | <b>1</b> | <b>Darcy Coslett</b> | <b>Bryngwyn</b> | <b>39.16</b> |
| 800        | 7        | Macey Blue           | Bro Myrddin     | 2.31.79      |
| 1500       | 5        | Skye Bruce           | Harri Tudur     | 5.13.03      |

|               |          |                        |                        |                 |
|---------------|----------|------------------------|------------------------|-----------------|
| <b>3000</b>   | <b>3</b> | <b>Amelia Williams</b> | <b>Dyffryn Teifi</b>   | <b>10.44.41</b> |
| 1500 Sc       | 4        | Lyra Roberts           | St John Lloyd          | 5.58.94         |
| 80H           | 7        | Sophia Crawford        | Dyffryn Aman           | 16.13           |
| <b>300H</b>   | <b>1</b> | <b>Mari Wilson</b>     | <b>Strade</b>          | <b>49.41</b>    |
| <b>3000 W</b> | <b>3</b> | <b>Macey Blue</b>      | <b>Bro Myrddin</b>     | <b>24.40.39</b> |
| <b>Relay</b>  | <b>2</b> |                        |                        | <b>51.30</b>    |
| <b>HJ</b>     | <b>3</b> | <b>Mari Wilson</b>     | <b>Strade</b>          | <b>1.50</b>     |
| <b>PV</b>     | <b>1</b> | <b>Lyra Roberts</b>    | <b>St John Lloyd</b>   | <b>2.88</b>     |
| <b>LJ</b>     | <b>2</b> | <b>Beatrice Morgan</b> | <b>Bro Dinefwr</b>     | <b>5.72</b>     |
| TJ            | 6        | Nel Huws Rolands       | Henry Richard          | 9.02            |
| SP            | 8        | Betsan Yip             | Maes y Gwendraeth      | 8.64            |
| <b>DT</b>     | <b>1</b> | <b>Dolly Evans</b>     | <b>Queen Elizabeth</b> | <b>34.93</b>    |
| HT            | 7        | Ellie Sampson          | Penrhyn Dewi           | 19.65           |
| JT            | 5        | Eleri Morgan           | Bro Dinefwr            | 23.55           |

## Senior Girls

### Team result

**1 Cardiff and Vale 79; 2 Afan Nedd Tawe 62; 3 Dyfed 55; 4 SE Wales 47; 5 Eryri 30; 6 NE Wales 26; 7 Glamorgan Valleys 22; 8 Powys 0**

| Event       | Position | Name                | School                    | Performance     |
|-------------|----------|---------------------|---------------------------|-----------------|
| 200         | 4        | Sophia Reid-Thomas  | Bro Myrddin               | 27.66           |
| <b>3000</b> | <b>2</b> | <b>Mai Davies</b>   | <b>Coleg Sir Gar</b>      | <b>11.23.25</b> |
| <b>LJ</b>   | <b>1</b> | <b>Jessica Lee</b>  | <b>Dyffryn Taf</b>        | <b>6.04</b>     |
| <b>TJ</b>   | <b>2</b> | <b>Ciara Thomas</b> |                           | <b>9.49</b>     |
| <b>SP</b>   | <b>3</b> | <b>Ffion Mabey</b>  | <b>Pembrokeshire Coll</b> | <b>8.85</b>     |
| <b>DT</b>   | <b>3</b> | <b>Ffion Mabey</b>  | <b>Pembrokeshire Coll</b> | <b>31.47</b>    |
| <b>HT</b>   | <b>3</b> | <b>Ffion Mabey</b>  | <b>Pembrokeshire Coll</b> | <b>31.33</b>    |
| <b>JT</b>   | <b>1</b> | <b>Lleucu Lloyd</b> | <b>Bro Preseli</b>        | <b>38.50</b>    |

### Welsh Schools NASUWT Cup and Plate Final in Brecon on Wednesday 10 July 2024

U14 Boys Cup 3 Dyffryn Aman U14 Boys Plate 3 Penglais  
U14 Girls Cup 4 Bro Myrddin U14 Girls Plate 6 Bro Preseli  
U16 Boys Cup 1 Haverfordwest H U16 Boys Plate 2 Dyffryn Aman  
U16 Girls Cup 4 Bro Dinefwr U16 Girls Plate Dyffryn Aman

### SIAB Schools Middle Age Group International in Carmarthen on Saturday 20 July 2024

**Dyfed Schools AA donated £1000 towards the cost of the Welsh schools team.**

The SIAB athletics international is held in Wales once every four years. Held in Haverfordwest in 1979 and in Carmarthen in 1999.

This year 10 Dyfed schools athletes had been chosen to compete for the Welsh schools team in Carmarthen.

**1 DARCY COSLETT BRYNGWYN 300 38.49**



**1 DARCY COSLETT BRYNGWYN 4x 300 RELAY**  
**4 DOLLY EVANS QEH DT 34.95**  
**4 WILLIAM HARRIES HAVERFORDWEST H1500 Sc 4.33.27**  
**4 4 x 100 RELAY ELLI MAY WILLIAMS MAES Y GWENDRAETH AND BEATRICE MORGAN BRO DINEFWR**  
**5 SUMMER EVANS QEH JT 34.76**  
**5 BEATRICE MORGAN BRO DINEFWR 200 25.64**  
**5 JOE WOOD PENGLAIS JT 42.47**  
**7 HARVEY THOMAS HAVERFORDWEST SP 12.13**  
**8 ELLI MAY WILLIAMS MAES Y GWENDRAETH 100 12.92**  
**8 MARI WILSON STRADE 300H 51.39**  
**8 HARVEY THOMAS HAVERFORDWEST 100H 12.13**  
**8 HARRISON RILEY LLANDOVERY COLLEGE SP 11.78**

**AMELIA WILLIAMS DYFFRYN TEIFI WAS CHOSEN TO COMPETE IN THE 3000 BUT WAS UNABLE TO COMPETE DUE TO INJURY.**

#### **UK school Games in Loughborough on 31 August 2024**

5 Dyfed school athletes competed.

1 Jac Sheehan (F34) Seated Shot 8.34  
 3 Darcy Coslett 300m 39.83  
 5 Beatrice Morgan LJ 5.37  
 7 Dolly Evans DT 30.88  
 8 Ellimay Williams 13.02

Darcy, Beatrice and Ellimay competed in the relays . Darcy was in the winning 4x 100m relay team.

Hedydd Davies  
 Hon Dyfed Schools Secretary 6 September 2024