

2025 Carmarthen Harriers 'Top Ten' Welsh Ranking List

8 No. 1 in Wales in 2025 (6 Girls and 2 Boys)

11 No 1 in Wales in 2024 (6 Girls and 5 Boys)

11 No 1 in Wales in 2023 11 No 1 (7 Girls and 4 boys) in 2023

12 No 1 in Wales in 2022

35 No 1 in 2006(21 girls and 14 boys)

Under 13 Girls

Event	Place	Performance	Name	Date	Venue
JT	4	20.41	Florence Morgan	10 May 2025	Swansea

Under 15 Girls

Event	Place	Performance	Name	Date	Venue
300	4	42.55	Beca Elfyn	12 July 2025	Carmarthen
1500	8	3.58.47i	Manon Fflur Phillips	1 Feb 2025	Cardiff
3000	2	10.45.9	Manon Fflur Phillips	10 May 2025	Swansea
HJ	1	1.60i	Isobel Dunkeld	11 Jan 2025	Swansea
DT	7	20.88	Seren Bowen	2 August 2025	Carmarthen

Under 17 Women

Event	Place	Performance	Name	Date	Venue
1500	7	4.42.18	Amelia Williams	28 June 2025	Cardiff
1500	10	4.47.47	Sali Owen	28 June 2025	Cardiff
3000	5	10.07.21	Amelia Williams	12 August 2025	Aberdare
3000	9	10.46.3	Nansi Griffiths	10 May 2025	Swansea
1500 Sc	2	5.17.6	Sali Owen	6 July 2025	Swansea
LJ	3	5.59	Beatrice Morgan	5 Jan 2025	Cardiff
SP	10	9.13	Beatrice Morgan	5 Jan 2025	Cardiff
DT	1	33.54	Summer Evans	28 Jun 2025	Cardiff
DT	8	25.79	Maisie Haf Evans	10 May 2025	Swansea
JT	1	40.25	Summer Evans	12 July 2025	Swansea

Under 20 Women

Event	Place	Performance	Name	Date	Venue
100	7	12.42	Ellimay Williams	5 April 2025	Swansea
HJ	2	1.63i	Jessica Lee	2 Feb 2025	Loughborough
PV	8	2.45i	Ellimay Williams	5 April 2025	Swansea
LJ	1	5.93	Jessica Lee	8 Feb 2025	Sheffield
SP	3	13.17	Storm Evans	12 July 2025	Carmarthen
SP	5	10.56	Dolly Evans	6 July 2025	Swansea
SP	8	9.51	Ffion Mabey	"5 May 2025	Cardiff

DT	1	47.96	Storm Evans	6 July 2025	Swansea
DT	3	38.15	Dolly Evans	15 June 2025	Swansea
DT	5	33.06	Ffion Mabey	17 May 2025	Aberdare
HT	1	39.72	Ffion Mabey	29 June 2025	Cardiff

Senior Women

Event	Place	Performance	Name	Date	Venue
1500	5	4.22.46	Angharad Davies	26 Jan 2025	Malaga Esp
3000	5	9.24.02	Angharad Davies	9 Feb 2025	Madrid Esp
HJ	4	1.69	<u>LILI CHURCH</u>	29 June 2025	Cardiff

Under 13 Boys

Event	Place	Performance	Name	Date	Venue
			None		

Under 15 Boys

Event	Place	Performance	Name	Date	Venue
100	3	11.8	Dewi Morris	2 Aug 2025	Carmarthen
200	8	24.6	Frankie Richards	2 Aug 2025	Carmarthen
200	9	24.7	Dewi Morris	2 Aug 2025	Carmarthen
DT	3	31.08	Buddy Evans	9 Aug 2025	Swansea
DT	4	30.20	Dewi Ifan	12 June 2025	Swansea
HT	2	41.18	Filip Naga	9 Aug 2025	Birmingham
HT	3	31.02	Caden Evans Robinson	9 Aug 2025	Swansea

Under 17 Men

Event	Place	Performance	Name	Date	Venue
3000	3	9.01.55	Sam Griffiths	12 Aug 2025	Aberdare
HJ	6	1.65	Sam Newton	28 June 2025	Cardiff
DT	8	32.26	Gwyn James	29 June 2025	Cardiff
JT	2	46.75	Ronnie Bullions	9 Aug 2025	Swansea
JT	3	43.93	Joseph Wood	19 July 2025	Derby

Under 20 Men

Event	Place	Performance	Name	Date	Venue
100	7	11.13	Tygan Davies	5 April 2025	Swansea
200	10	22.6	Tygan Davies	10 May 2025	Swansea
1500	3	3.57.77	Iwan Thomas	9 Aug 2025	Trafford
3000	1	8.38.35	Iwan Thomas	20 Aug 2025	Watford
3000	3	8.45.03	Ifan Bowen	25 May 2025	Cardiff
3000	4	8.54.42	Finley Bruce	5 April 2025	Swansea
2000 Sc	1	6.00.20	Iwan Thomas	14 June 2025	Swansea

2000 Sc	2	6.35.28	William Harries	5 July 2025	Aberdare
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Senior Men

Event	Place	Performance	Name	Date	Venue
			None		

Hedydd Davies 4 September 2025