

2025 Carmarthen Harriers Annual Report

2025-26 Carmarthen Harriers Officers and Coaches (confirmed at the AGM)

President Neil Thomas
Chair Cressy Morgan
Secretary Lisa Forrest
Treasurer Llinos Williams
Welfare Officers Sian Fitzpatrick and Ben Bowen
Coach Coordinator Katya Edwards
Marketing and Press Officer Nathan Jones
Kit and Merchandise Sharon Williams
Officials coordinator Alison Thomas
Fund Raising Laura Mason

Tuesday and Thursday Coaches

Neil Thomas Endurance
Carol Jones Endurance
Cressy Morgan Run Jump Throw
Steve Perks Sprints
Katya Edwards Junior Run/Jump/Throw
Alison Thomas Junior Run/ Jump/Throw
Emyr Jones Pole Vault
Paul Mabey Throws
Ffion Mabey Throws
Ben Bowen Throws

Assistant Coaches Kelly Phillips, Glyn Davies, Lee Ladd, Craig Williams and Elizabeth Tremlett

Carmarthen Harriers Records as of 4 September 2025 (Indoor and wind assisted performances not included)

Nine new Carmarthen Harriers records were set in 2025.

U13G 1000W Gwen Fitzpatrick 6.07.6 (Old Record Cerys Fitzpatrick 6.09.57 2024)
U15G 1000W Cerys Fitzpatrick 5.22.11 (New Record)
U15 G 2000W Cerys Fitzpatrick 11.24.04 (New Record)
U15G 3000W Cerys Fitzpatrick 17.36.81 (New Record)
U17W 3000 Amelia Williams 10.07.21 (Old record Vicky Harmer 10.18.0 1987)
U17W 1500 Sc Sali Owen 5.17.6 (Old Record Angharad Davies 5.34.32 2007)
U20W SP Storm Evans 13.17 (Old Record Delyth Evans 12.28 1983)
U20 W DT Storm Evans 47.96 (Old Record Storm Evans 45.68 2024)
U20W HT Ffion Mabey 39.72 (Old record Claire Williams 37.32 2004)

UNDER 13 GIRLS

100m	Manon Richards	12.7	1978
200m	Manon Richards	26.68	1978
800m	Daisy Thompson	2.25.07	2015
1500m	Catrin Davies	4.58.8	1992
1000mW	Gwen Fitzpatrick	6.07.6	2025
70m Hurdles	Ffion Rees	11.6	2005
High Jump	Julia Charlton	1.68	1978
Long Jump	Emma Jones	4.85	1989
Pole Vault	Carys Jones	2.40	2011
Shot	Bethan Lewis	10.33	2011
Discus	Jade Pearce	28.71	2004
Javelin	Cordelia Walker	33.26	2018
Pentathlon	Ffion Rees	2156	2005
4 x100m Relay		54.8	1989

UNDER 15 GIRLS

100m	Jessica Lee	12.20	2019
200m	Beatrice Morgan	25.48	2023
300m	Hannah Jones	40.54	2005
800m	Mari Prys Jones	2.14.56	1987
1500m	Amelia Williams	4.43.94	2023
3000m	Amelia Williams	10.14.52	2023
1000mW	Cerys Fitzpatrick	5.22.1	2025
2000mW	Cerys Fitzpatrick	11.25.04	2025
3000mW	Cerys Fitzpatrick	17.36.81	2025
75m Hurdles	Heather Jones	10.86	2001
High Jump	Julia Charlton	1.78	1980

Long Jump	Jessica Lee	5.51	2019
Triple Jump	Zara Evans	9.92	2019
Pole Vault	Carys Jones	3.20	2013
Hammer	Elliw James	31.46	2009
Shot	Delyth Evans	12.75	1980
Discus	Awen Rosser	34.78	2010
Javelin	Danielle Hamer	38.15	2005
Pentathlon	Julia Charlton	3438	1980
4 x 100m Relay		51.1	2019

UNDER 17 WOMEN

100m	Jessica Lee	12.23	2021
200m	Jessica Lee	24.68	2022
300m	Hannah Jones	39.60	2006
400m	Kate Williams	57.08	1993
800m	Katie Parkes	2.13.77	2006
1500m	Gillian Irvine	4.38.7	1978
3000m	Amelia Williams	10.07.21	2025
5000m	Anwen Evans	20.52.0	1991
80m Hurdles	Heather Jones	11.27	2003
300m Hurdles	Caryl Granville	42.65	2006
400m Hurdles	Caryl Granville	61.55	2006
1500m SC	Sali Owen	5.17.6	2025
2000m SC	Aneura Phillips	7.38.69	2007
High Jump	Julia Charlton	1.78	1980
Long Jump	Jessica Lee	6.06	2022
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Carys Jones	3.40	2014
Shot	Delyth Evans	12.04	1980
Discus	Storm Evans	42.65	2022

Javelin	Carys Mansfield	45.09	2011
Hammer	Claire Williams	37.32	2004
Heptathlon	Jessica Lee	4656	2022
4 x 100m Relay		51.1	2019

UNDER 20 WOMEN

100m	Diane Thorne	12.0	1976
100	Alicia Samuel	12.0	2018
200m	Alicia Samuel	24.87	2018
400m	Caryl Granville	55.89	2008
800m	Katie Parkes	2.11.91	2007
1500m	Gillian Irvine	4.38.7	1978
3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Alyson Evans	58.37	1985
2000m SC	Aneura Phillips	7.38.69	2007
High Jump	Julia Charlton	1.78	1980
Long Jump	Jessica Lee	6.04	2024
Triple Jump	Caryl Granville	11.69	2005
le Vault	Carys Jones	3.45	2016
Shot	Storm Evans	13.17	2025
Discus	Storm Evans	47.96	2025
Javelin	Carys Mansfield	45.09	2011
Hammer	Ffion Mabey	39.72	2025
Pentathlon	Caryl Granville	3736	2007
Heptathlon	Caryl Granville	4807	2007
	Senior Women		

100m	Diane Thorne	12.0	1976
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100m	Alicia Samuel	12.0	2018
200m	Alicia Samuel	24.87	2018
400m	Anwen Rees	54.50	2005
800m	Katie Parkes	2.11.91	2007
1500m	Angharad Davies	4.19.56	2024
3000m	Caryl Jones	9.42.01	2009
5000m	Caryl Jones	17.01.55	2010
10000m	Caryl Jones	34.46.07	2009
½ Marathon	Caryl Jones	1-16.52	2009
Marathon	Caroline Jones	2.58.45	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Anwen Rees	58.15	2007
2000m SC	Caryl Jones	6.57.69	2010
3000m SC	Caryl Jones	10.33.74	2009
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Carys Jones	3.45	2016
Shot	Delyth Evans	12.28	1983
Discus	Claire Williams	43.15	2011
Javelin	Sara Siggery	46.20	2010
Hammer	Claire Williams	38.61	2006
Heptathlon	Caryl Granville	4807	2007
4 x 100m Relay		52.5	1987

UNDER 13 BOYS

100m	Simon Davies	12.60	1995
200m	Matthew Roderick	25.0	1985
800m	Nikita Neary	2.11.9	2010

1500m	Frank Morgan	4.33.32	2017
1000mW	Jordan Richards	6.01.37	2010
75m Hurdles	Rhys Webb	12.4	2004
Long Jump	Matthew Roderick	5.29	1985
High Jump	Aled Rees	1.57	2011
Shot	Mathew Evans	14.47	2001
Discus	Mathew Evans	35.35	2001
Javelin	Rheon James	41.37	2005
Quadrathlon	Nikita Neary	1813	2010
Pentathlon	Justin Jones	2059	1989
4 x 100m Relay		53.08	1988

UNDER 15 BOYS

100m	Steve Perks	11.2	1972
200m	Tomas Coleman	23.39	2006
300m	Iwan Glynn	37.58	2017
400m	Bruce Tasker	52.51	2002
800m	Nikita Neary	1.58.65	2012
1500	Frank Morgan	4.10.38	2019
3000m	Frank Morgan	9.12.65	2019
80m Hurdles	Daniel Evans	11.50	2003
	Rhys Webb	11.50	2006
300m Hurdles	Graham Thomas	42.6	1992
High Jump	Osian Roberts	1.88`	2020
Long Jump	Kueni Igbagiri	6.30	2005
Triple Jump	Owen Jones	12.50	2002
	Daniel Davis	12.50	2013
Pole Vault	Robert Hughes	3.55	1977
Shot	Mathew Evans	17.36	2003

Discus	Mathew Evans	47.71	2003
Javelin	Garth Loughran	55.61	2003
Hammer	Mathew Evans	52.14	2003
Pentathlon	Aled Price	2698	2010
4 x 100m Relay		45.85	1987

Under 17 Men

100m	Shaun Pearce	10.73	2013
200m	Shaun Pearce	21.62	2013
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.92	2012
1500m	Kyran Roberts	3.53.38	2012
3000m	Frank Morgan	8.27.19	2021
5000m	Andres Jones	15.42.8	1993
100m Hurdles	Daniel Blain	13.4	2011
400m Hurdles	Graham Thomas	55.29	1993
1500m S/C	Ben Thomas	4.22.51	2017
High Jump	Kim Harland	1.96	1998
Long Jump	Kueni Igbagiri	6.85	2007
Triple Jump	Owen Jones	14.39	2004
Pole Vault	Islwyn Rees	4.49	1974
Shot	Matthew Evans	16.48	2004
Discus	Joe Worrall	49.87	2017
Javelin	Jon Llewelyn	63.60	2009
Hammer	David Procter	50.48	2000
Octathlon	Aled Price	4887	2011
Decathlon	Aled Price	5954	2011
4 x 100m Relay		43.3	1977
4 x 400m Relay		3.43.0	1988

UNDER 20 MEN

100m	Jamie Henthorn	10.45	1996
200m	Jamie Henthorn	21.46	1996
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.12	2014
1500	Kyran Roberts	3.46.54	2014
3000m	Dafydd Jones	8.20.77	2022
5000m	Dafydd Jones	14.10.52	2022
10000m	Dewi Griffiths	30.19.37	2010
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
2000m S/C (84)	Iwan Thomas	5.49.17	2024
3000m S/C	Ben Thomas	9.07.78	2019
High Jump	William Edwards	2.10	2017
Long Jump	Aled Price	6.97	2014
Triple Jump	Charles Madeira Cole	14.80	1996
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	16.26	2007
Discus	Mathew Evans	45.58	2007
Javelin	Garth Loughran	63.05	2008
Hammer	David Procter	51.44	2003
Decathlon	Aled Price	6457	2014
4 x 100m Relay		43.4	1970

SENIOR MEN

100m	Jamie Henthorn	10.45	1996
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200m	Jamie Henthorn	21.12	1997
400m	Roger Barrett	47.5	1984
800m	Roger Barrett	1.49.18	1984
1500m	Kyran Roberts	3.45.18	2017
3000m	Dewi Griffiths	8.26.87	2008
5000m	Dewi Griffiths	14.28.42	2010
10000m	Dewi Griffiths	30.30.2	2010
Marathon	Hedydd Davies	2.30.25	1981
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
3000m S/C	Ben Thomas	8.58.79	2022
High Jump	Kim Harland	2.01	2001
Long Jump	Aled Price	7.12	2015
Triple Jump	Charles Madeira Cole	15.89	1997
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	14.40	2007
Discus	Denis Day	42.60	1974
Javelin	Stuart Loughran	66.33	2007
Hammer	David Procter	42.23	2003
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	14.40	2007
Discus	Denis Day	42.60	1974
Javelin	Stuart Loughran	66.33	2007
Hammer	David Procter	42.23	2003
4 x 100m Relay		43.4	1987/8
4x400m Relay		3.25.8	1987

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

Senior Men

Event	Place	Performance	Name	Date	Venue
			None		

SIAB Schools International Pentathlon in Glasgow on Saturday 16 November 2024

9 Beatrice Morgan U16 3364points

West Wales Indoor championships Day 1 11 January 2025

1 U15G HJ Isabel Dunkeld 1.60
1 U15BHJ Tomos Cai Davies 1.46
1 U17W LJ Beatrice Morgan 5.07
2 U11B LJ Sonny Davies 3.28

Welsh Senior, U17 and Para Indoor Championships 18 January 2025

1 SM F34 SP Jac Sheehan 8.08

Welsh cross country championships at Pembrey Country Park on Saturday 25 January 2025

Team Results

1 Under 13 Girls 4 Manon Phillips, 7 Megan Bond, 13 Paige- Williams, 19 Elsie Davies
1 Under 15 Girls 3 Sali Owen, 6 Chloe Bullock, 7 Quinn Bookless, 9 Nansi Griffiths
2 Under 13 Boys 5 Alex Ladd 6 Tomos Cai Davies, 18 Oliver Horn 19 Dylan Williams
2 Under 17 Men 4 Josh Barnett, 7 Sam Griffiths, 19 William Harries, 25 Jimmy Davis

Welsh U13/U15 and U20 Indoor Championships on 1 February 2025

2 Manon Phillips U15G 1500 4.58.47
3 Beca Elfyn U15G 300 44.63

Celtic Cross Country International in Leeds on Saturday 8 February 2025

20 U17W Amelia Williams (14.16)
32 U20M Finley Bruce (18.05)

West Wales Indoor championships Day 2 Saturday 15 February 2025

1 U11B 60 Llew Gruffydd 9.51
1 U15B 60H Gethin Mason 11.18
1 U20W SP Ffion Mabey 9.11
1 SM SP Ben Bowen 9.57
2 U11B SP Llew Gruffydd 5.03
2 U17M SP Gwyn James 8.99
3 U20M 60 Tygan Davies 7.33

Welsh schools cross country championships at Brecon on Wednesday 19 February 2025

Junior Girls

8 Manon Phillips; 23 Lily Morgan; 38 Lowri Morgan; 52 Paige-Lily Williams; 57 Beca Elfyn

Middle Girls

5 Amelia Williams; 8 Sali Owen; 11 Nansi Griffiths; 15 Macy Blue; 45 Anastasia Eggleston-Stoke

Year 7 Boys

32 Dylan Williams; 51 Jasper Davis.

Junior Boys

19 Alex Ladd; 48 Gethin Thomas

Middle Boys

3 Sam Griffiths; 35 Jimmy Davis; 56 Sion Rowlands

Senior Boys

1 Ifan Bowen; 4 Finley Bruce; 6 Josh Barnet; 9 William Harries

SIAB Schools cross country international in Scotland on Saturday 22 March 2025

U17W 27 Sali Owen 15.24
U17B 17 Sam Griffiths 21.28
3 Junior Mixed relay Manon Fflur Phillips 21.41

London mini marathon on Saturday 26 April 2025

U13B 62 Alex Ladd 9.21
U13G 25 Manon Flur Phillips 9.33
U15G 47 Sali Owen 9.24

U15G 64 Nansi Griffiths
U17M 69 Josh Barnett 8.26

BUCS Championships at Sports city Manchester on Sunday 4 May 2025

=2 Lili Church 1.65

Welsh U18 mountain running championship in Moel Ellio Llanberis on Saturday 3 May 2025

1 Amelia Williams

West Wales Championships at Swansea on Saturday 10 May 2025

Carmarthen Harriers athletes won a total of 58 medals (31 gold, 21 silver and 6 bronze).

Gold

Jac Sheehan U20 Seated Shot 7.77
Ben Bowen SM HT 24.24
Cerys Fitzpatrick U15 IK walk 5.34.4.
Gwen Fitzpatrick U13 1K walk 6.36.5.
Jac Sheehan U20 Seated DT 23.01
Dolly Evans U20 DT 34.89
Gwyn James U17 DT 30.45
Summer Evans U17 DT 28.66
Ben Bowen SM DT 24.33
Kobi Witte U15B 100 12.4
Zoe May Thomas U20 100 13.1
Isabel Dunkeld U15 HJ 1.58
Llew Gruffydd U11 75 11.5
Steffan Davies SM 3K 9.09.8
Josh Barnett U20 3K 9.48.8
Amelia Williams U17 3K 10.18.9
Jessica Hyland SW 3K 10.25.2
Manon Fflur Phillips U15 3K 10.45.9
Marleigh Mackie U15 80H 13.3
Buddy Evans U15 DT 28.34
Efan Betts U13 LJ 3.97
Ben Bowen SM SP 8.76
Haf Thomas U11 800 2.50.7
Alfie Stopher U11 800 2.44.5
Harri Blue U15 JT 24.61
Florence Morgan U13 JT 20.41
Iwan Thomas U20 2K Sc 6.12.5
Kobi Witte U15 200 25.4
Seren Bowen U15 SP 7.98

Summer Evans U17 JT 36.59
Luke Owen U17 1500 Sc 5.31.4

Silver

Ffion Mabey U20 HT 34.27
Caden Evans Robertson U15 HT 18.80
Anna Jones U17 800 2.38.6
Samuel Newton U17 HJ 1.60
Dafydd Williams U13 100 14.3
Ffion Mabey U20 DT 30.66
Maisie Owen U17 DT 25.79
Tygan Davies U20 100 11.3
Tomos Cai Davies U15 3K 9.50.0
Nansi Griffiths U17 10.46.3
Dewi Ifan U15 DT 24.30
Dolly Evans U20 SP 9.73
Dewi Morris U15 LJ 4.68
Gwyn James U17 SP 9.22
Tygan Davies U20 400 51.7
William Harries U20 2K Sc 6.46.2
Dafydd Williams U13 200 30.2
Buddy Evans U15 SP 8.98
Zoe May Thomas U20 200 29.1
Tygan Davies U20 200 22.6
Lowri Morgan U15 1500 5.39.2

Bronze

Dylan Williams U13 800 2.35.4
Cole Brydson U20 100 11.4
Macy Blue U17 11.43.8
Ffion Mabey U20 SP 8.70
Oliver Horn U15 200 26.2
Dewi Ifan U15 SP 7.99

World U18 International Mountain Running championship in Donavaly Slovenia on Saturday 14 June 2025.

12 Amelia Williams

Welsh U13, U15 and U20 championships st Swansea on Saturday 14 June and Sunday 15 June 2025

Carmarthen Harriers athletes won a total of 16 medals.
6 gold, 7 silver and 3 bronze.

Gold

U15 3K Walk Cerys Fitzpatrick 18.07.30.
U15 HT Filip Noga 37.15
U20 2K Sc Iwan Thomas 6.00.20
U20 JT Summer Evans JT 34.26
U20 SP Storm Evans 12.22
U20 DT Storm Evans 43.05

Silver

U13 1K Walk Gwen Fitzpatrick 6.37.24
U15 HT Caden Robertson 23.39
U15 DT Dewi Ifan 30.20
U17 1500 SC Ianto Lloyd 5.18.65
U20 DT Dolly Evans 38.15
U20 HT Ffion Mabey 33.54
U20 2K SC William Harries 6.56.09

Bronze

U13 IK Walk Tayla Williams 6.49.97
U15 LJ Dewi Morris 4.86"
U15 DT Buddy Evans 29.50

2025 Welsh U17 and Senior Championships at Cardiff on Saturday 27 and Sunday 28 June 2025

Carmarthen Harriers Athletes won 7 medals (3 gold, 2 silver and 2 bronze)

Gold

U17 Summer Evans JT 36.62
U17 Summer Evans DT 33.54
SW Storm Evans DT 44.92

Silver

SW Storm Evans SP 12.48
SW Lili Church HJ 1.69

Bronze

U17 Amelia Williams 1500 4.42.18
SW Ffion Mabey DT 37.57

Welsh schools Athletics championships at Aberdare on Saturday 6 July 2025

15 Medals (6 gold, 5 silver, 4 bronze)

Gold

JG Cerys Fitzpatrick 1K Walk 5.26.86
JG Isobel Dunkeld HJ 1.55
MG Summer Evans JT 33.84
MG Summer Evans DT 29.79
SG Dolly Evans DT 34.56
SB Iwan Thomas 2K SC 6.04.10

Silver

JG Beca Elfyn 300 43.11
MG Sali Owen 1500 4.49.82
MG Amelia Williams 3000 10.33.62
MG Beatrice Morgan LJ 5.18
SB William Harries 2K SC 6.35.28

Bronze

JG Manon Phillips 1500 5.04.84
JG Ffion Jones LJ 4.34
SG Ellimay Williams 100 12.71
SG Dolly Evans SP 9.31

Welsh Inter Regional Championships in Carmarthen on Saturday 12 July 2025

17 medals (8 Gold, 8 silver, 1 Bronze)

Gold

U15 Isobel Dunkeld HJ 1.55
U17 Amelia Williams 1500 4.56.45
U17 Macy Blue 3000 11.24.33
U17 Summer Evans JT 40.25
U17 Summer Evans DT 30.66
U20/Sen Ifan Bowen 3000 8.59.25
U20/Sen Storm Evans DT 43.89
U20/Sen Storm Evans SP 12.67

Silver

U15 Beca Elfyn 300 42.55
U15 Buddy Evans DT 27.69

U15 Harri Blue JT 26.83
U17 Sion Rowlands 3000 10.37.48
U17 Gwyn James SP 9.76
U20/Sen Jessica Hyland 3000 10.35.15
U20/Sen Ffion Mabey DT 29.99
U20/Sen Dolly Evans SP 9.91

Bronze

U17 Gwyn James DT 30.73

SIAB Schools International match in Derby on Saturday 20 July 2025

3 Carmarthen Harriers Athletes competed for the Welsh schools team

4 Summer Evans JT 38.28
6 Isobel Dunkeld HJ 155
7 Sali Owen 1500 steeplechase 5.25.63
7 Summer Evans DT 29.67

Welsh 3K championships at Tonypany on Saturday 23 August 2025

1 U20 Iwan Thomas 8.52.10
2 U17 Amelia Williams 10.12.63
2 U15 Manon Phillips 10.57.49
3 U15 Tomos Cai Davies 9.39.28

CP National Sports at Coventry on Sunday 7 September 2013

2 Jac Sheehan Seated Shot 7.65

British and Irish International Mountain Running championship at Caernarvon on Saturday 13 September 2025

U17 9 Nansi Griffiths 12 Sali Owen .Amelia Williams DNF.

Welsh Junior Road Relays in Parc Bryn Bach on Saturday 20 September 2025

2 U17 Women

Amelia Williams 11.40; Sali Owen 11.50;Nansi Griffiths 11.55

2 Haf Thomas Primary Schools

Hedydd Davies 23 September 2025