

**Carmarthen Harriers members medallists in the Welsh schools' athletics championships**

The first Welsh schools' athletics championships were held in 1947 and Queen Elizabeth Grammar School for Boys Carmarthen 'pupil (my old school) CL (Cowboy) Davies won the 100 yards in 10.6 seconds.

The third Welsh schools' championship was hosted by Carmarthenshire Schools and held in the Carmarthen Park in 1949

Carmarthen also hosted the Welsh schools' athletics championships at the Ystrad Tywi School cinder track Carmarthen in 1966 and at the Carmarthen Athletics Track in 1992 and 2000

Carmarthen also hosted the Welsh schools combined events championships on two occasions.

The SIAB schools athletics international match was held in Carmarthen in 1999 and in 2024.

No Welsh schools championships were held in 2020 (Covid pandemic) and in 2021 a trials event for the middle age group athletes only.

**Carmarthen Harrier athletes have won a total of 1238 medals (564 gold,351 silver, and 323 bronze) in the Welsh Schools athletics championships.**

Dyfed schools have an outstanding record in the Welsh schools' athletics championships. Since 1989 Dyfed have won the Welsh schools' overall inter district team cup on 25 occasions and finished second three times.

On two occasions Dyfed schools won six of the seven of the seven trophies.

**It is pleasure to me to record the individual success of Carmarthen Harriers athletes particularly when I was the selector and team manager of the Dyfed school teams in the period 1996-2019.**

**Thanks to all the coaches, team coordinators, team managers and schoolteachers for helping the Dyfed school pupils achieve great success in the Welsh schools' athletics championships .**

**AGE\_GROUP INDIVIDUAL MEDALS ONLY**

Event	Year	Medal	Name	Performance
<b>JUNIOR BOYS</b>				
<b>Junior Boys 100y/100m</b>				
<b>100y</b>	<b>1956</b>	<b>Gold</b>	<b>D Ken Jones</b>	<b>10.6</b>
100y	1967	Bronze	D Herbert	10.7
<b>100m</b>	<b>1972</b>	<b>Gold</b>	<b>Steve Perks</b>	<b>11.5</b>
100m	1986	Silver	Matthew Roderick	11.9

Formatted: Font: Bold, No underline, Complex Script Font: Bold

Formatted: No Spacing

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Centered

Formatted: No Spacing

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Underline, Complex Script Font: Bold

Formatted: Font: Bold, Underline, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Centered, Tab stops: 0.71 cm, Left + 7.96 cm, Centered

Formatted: Centered

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

100m	1987	Gold	Huw Summers	12.0
<b>100m</b>	<b>1988</b>	<b>Gold</b>	<b>Simon Lewis</b>	<b>12.4</b>
<b>100m</b>	<b>1992</b>	<b>Gold</b>	<b>Graham Thomas</b>	<b>11.6w</b>
<b>100m</b>	<b>1994</b>	<b>Gold</b>	<b>Iestyn Lewis</b>	<b>11.80</b>
100m	2004	Bronze	Aled Thomas	11.83w
<b>100m</b>	<b>2006</b>	<b>Gold</b>	<b>Thomas Coleman</b>	<b>11.44</b>
100m	2008	Bronze	Jake Randall	12.1
<b>100m</b>	<b>2009</b>	<b>Gold</b>	<b>Matthew Davies</b>	<b>11.87</b>
<b>100m</b>	<b>2011</b>	<b>Gold</b>	<b>Shaun Pearce</b>	<b>11.30</b>
<u>100m</u>	<u>2023</u>	<u>Bronze</u>	<u>Steffan Thomas</u>	<u>11.75</u>
			<b>Junior Boys 220y/200m</b>	
<b>220y</b>	<b>1967</b>	<b>Gold</b>	<b>D Herbert</b>	<b>24.2</b>
<b>200m</b>	<b>1972</b>	<b>Gold</b>	<b>Steve Perks</b>	<b>23.9</b>
<b>200m</b>	<b>1976</b>	<b>Gold</b>	<b>Julian Barrington</b>	<b>24.5</b>
<b>200m</b>	<b>1987</b>	<b>Gold</b>	<b>Matthew Roderick</b>	<b>23.8</b>
200m	1988	Bronze	Dean Thomas	24.9
<b>200m</b>	<b>1994</b>	<b>Gold</b>	<b>Iestyn Lewis</b>	<b>24.34</b>
200m	1999	Bronze	Alex Eatly	25.01
200m	2004	Silver	Aled Thomas	24.28
<b>200m</b>	<b>2006</b>	<b>Gold</b>	<b>Thomas Coleman</b>	<b>23.39</b>
200m	2008	SILVER	Jake Randall	25.1
<b>200m</b>	<b>2009</b>	<b>Gold</b>	<b>Matthew Davies</b>	<b>23.57</b>
200m	2011	Silver	Sam Jones	23.85
			<b>Junior Boys 440y/300m</b>	
<b>440y</b>	<b>1983</b>	<b>Gold</b>	<b>Derrick Wyke</b>	<b>54.8</b>
<b>440y</b>	<b>1987</b>	<b>Gold</b>	<b>Andrew Stradling</b>	<b>54.4</b>
440y	1989	Bronze	Richard Stradling	54.5
400m	1990	Silver	Lewis Richards	54.7
<b>300m</b>	<b>1992</b>	<b>Gold</b>	<b>Graham Thomas</b>	<b>39.5</b>
300m	1994	Bronze	Adam Killa	39.00
<b>400m</b>	<b>2002</b>	<b>Gold</b>	<b>Owen Jones</b>	<b>55.67</b>
<b>400m</b>	<b>2006</b>	<b>Gold</b>	<b>Antoine Woodman</b>	<b>53.7</b>
<b>400m</b>	<b>2008</b>	<b>Gold</b>	<b>Liam Jones</b>	<b>54.3</b>
<b>400m</b>	<b>2010</b>	<b>Gold</b>	<b>Luke Morris</b>	<b>55.73</b>
300m	2015	Bronze	Zak Daly	38.72
			<b>Junior Boys 800m</b>	
<b>800m</b>	<b>1979</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>2.06.5</b>
<b>800m</b>	<b>1988</b>	<b>Gold</b>	<b>Jason Murphy</b>	<b>2.05.5</b>
800m	1994	Bronze	Chris Abel	2.08.70
<b>800m</b>	<b>2001</b>	<b>Gold</b>	<b>Keiran Davies</b>	<b>2.08.53</b>
<b>800m</b>	<b>2002</b>	<b>Gold</b>	<b>Alex Powell</b>	<b>2.07.36</b>
800m	2005	Silver	Chris Heesom	2.09.56
800m	2007	Bronze	Liam Jones	2.09.46
<b>800m</b>	<b>2010</b>	<b>Gold</b>	<b>Rhys Granville</b>	<b>2.03.96</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>800m</b>	<b>2017</b>	<b>Gold</b>	<b>Iwan Glynn</b>	<b>2.03.96</b>
800m	2018	Silver	Dafydd Jones	2.04.39
			<b>Junior Boys 1500m</b>	
<b>1500m</b>	<b>1978</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>4.31.2</b>
<b>1500m</b>	<b>1979</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>4.22.2</b>
<b>1500m</b>	<b>1989</b>	<b>Gold</b>	<b>David Rowley</b>	<b>4.23.2</b>
1500m	1990	Silver	Christian Davies	4.25.5
1500m	1994	Silver	Richard Thomas	4.29.04
1500m	1998	Silver	David Jones	4.24.03
1500m	1999	Silver	Charles Harvey	4.22.90
<b>1500m</b>	<b>2000</b>	<b>Gold</b>	<b>Tom Page</b>	<b>4.30.82</b>
1500m	2002	Silver	Lee Ladd	4.29.89
<b>1500m</b>	<b>2005</b>	<b>Gold</b>	<b>Dewi Griffiths</b>	<b>4.14.72</b>
1500m	2009	Bronze	Ronan Llyr	4.35.5
1500m	2010	Gold	Kyran Roberts	4.18.04
<b>1500m</b>	<b>2012</b>	<b>Gold</b>	<b>Nikita Neary</b>	<b>4.24.89</b>
1500m	2016	Silver	Tomos Rees	4.27.29
<u>1500m</u>	<u>2023</u>	<u>Bronze</u>	<u>Sam Griffiths</u>	<u>4.30.10</u>
			<b>Junior Boys 80m Hurdles</b>	
<b>80mH</b>	<b>1978</b>	<b>Gold</b>	<b>Wynne Harries</b>	<b>11.4</b>
<b>80mH</b>	<b>1983</b>	<b>Gold</b>	<b>Wayne Thomas</b>	<b>12.8</b>
<b>80mH</b>	<b>1988</b>	<b>Gold</b>	<b>Paul Rainbow</b>	<b>12.0</b>
80mH	1989	Bronze	Wayne Evans	12.0w
<b>80mH</b>	<b>1990</b>	<b>Gold</b>	<b>Jonathan Armstrong</b>	<b>11.8</b>
<b>80mH</b>	<b>1992</b>	<b>Gold</b>	<b>Graham Thomas</b>	<b>11.6</b>
80mH	1994	Silver	Steffan Edwards	12.2
<b>80mH</b>	<b>1999</b>	<b>Gold</b>	<b>Gethyn Morgan</b>	<b>11.94</b>
<b>80mH</b>	<b>2001</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>11.88</b>
<b>80mH</b>	<b>2002</b>	<b>Gold</b>	<b>Owen Jones</b>	<b>12.07w</b>
<b>80mH</b>	<b>2003</b>	<b>Gold</b>	<b>Daniel Evans</b>	<b>11.74</b>
<b>80mH</b>	<b>2006</b>	<b>Gold</b>	<b>Rhys Webb</b>	<b>11.53</b>
<b>80mH</b>	<b>2009</b>	<b>Gold</b>	<b>Daniel Blain</b>	<b>11.95</b>
80mH	2010	Silver	Joe Criddle	12.75
80mH	2019	Bronze	Harry Fuller	12.52
<u>80m</u>	<u>2023</u>	<u>Bronze</u>	<u>Steffan Thomas</u>	<u>12.80</u>
			<b>Junior Boys High Jump</b>	
<b>HJ</b>	<b>1988</b>	<b>Gold</b>	<b>Justin Arnold</b>	<b>1.69</b>
HJ	1989	Silver	Simon Howells	1.70
HJ	1991	Silver	Rhodri Thomas	1.75
HJ	1995	Silver	Alun Davies	1.68
HJ	1999	Silver	Ian Phillips	1.65
HJ	2000	Bronze	Daniel Mason	1.60
HJ	2001	Silver	Ian Wray	1.75
HJ	2005	Silver	Josh Madden	1.65
HJ	2009	Bronze	Liam Poole	1.60
HJ	2010	Silver	Aled Price	1.70

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Hidden

Formatted: Font: Bold, Complex Script Font: Bold

HJ	2011	Bronze	Jack Evans	1.60
<b>HJ</b>	<b>2013</b>	<b>Gold</b>	<b>Aled Rees</b>	<b>1.71</b>
<b>HJ</b>	<b>2018</b>	<b>Gold</b>	<b>Jac Walters</b>	<b>1.71</b>
<b>HJ</b>	<b>2019</b>	<b>Gold</b>	<b>Osian Roberts</b>	<b>1.70</b>
			<b>Junior Boys Long Jump</b>	
LJ	1953	Bronze	William Griffiths	5.41
Lj	1976	Silver	Julian Barrington	5.69
Lj	1987	Silver	Matthew Roderick	5.64
<b>LJ</b>	<b>1988</b>	<b>Gold</b>	<b>Simon Lewis</b>	<b>5.92</b>
LJ	1991	Silver	Gareth James	5.50
<b>LJ</b>	<b>1995</b>	<b>Gold</b>	<b>Gareth Gittins</b>	<b>5.80</b>
<b>LJ</b>	<b>2001</b>	<b>Gold</b>	<b>Daniel Williams</b>	<b>5.78</b>
Lj	2004	Silver	Daniel Davies	5.65
<b>LJ</b>	<b>2005</b>	<b>Gold</b>	<b>Kueni Igbagiri</b>	<b>5.57</b>
			<b>Junior Boys Triple Jump</b>	
<b>TJ</b>	<b>1978</b>	<b>Gold</b>	<b>Wynne Harries</b>	<b>12.44</b>
<b>TJ</b>	<b>1988</b>	<b>Gold</b>	<b>Simon Lewis</b>	<b>12.22</b>
<b>TJ</b>	<b>1991</b>	<b>Gold</b>	<b>Rhodri Thomas</b>	<b>12.12</b>
TJ	2001	Silver	Daniel Williams	11.66
<b>TJ</b>	<b>2002</b>	<b>Gold</b>	<b>Owen Jones</b>	<b>12.38</b>
TJ	2013	Silver	Daniel Davis	12.50
			<b>Junior Boys Pole Vault</b>	
<b>PV</b>	<b>1971</b>	<b>Gold</b>	<b>Islwyn Rees</b>	<b>3.05</b>
<b>PV</b>	<b>1976</b>	<b>Gold</b>	<b>Mark Howells</b>	<b>3.00</b>
<b>PV</b>	<b>1977</b>	<b>Gold</b>	<b>Robert Hughes</b>	<b>3.20</b>
<b>PV</b>	<b>1992</b>	<b>Gold</b>	<b>Craig Millard</b>	<b>3.10</b>
<b>PV</b>	<b>2003</b>	<b>Gold</b>	<b>Dafydd Rees</b>	<b>2.60</b>
PV	2007	Bronze	Emyr Jones	3.10
			<b>Junior Boys Shot Putt</b>	
<b>SP</b>	<b>1990</b>	<b>Gold</b>	<b>Justin Jones</b>	<b>13.52</b>
<b>SP</b>	<b>2002</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>14.6</b>
<b>SP</b>	<b>2003</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>15.01</b>
SP	2004	Bronze	Michael John	11.87
SP	2006	Silver	Tomos Edwards	13.21
<b>SP</b>	<b>2007</b>	<b>Gold</b>	<b>Jonathan Gardner</b>	<b>12.55</b>
<b>SP</b>	<b>2010</b>	<b>Gold</b>	<b>Kallum Lee Evans</b>	<b>12.54</b>
SP	2015	Silver	Joe Worrall	12.02
			<b>Junior Boys Discus Throw</b>	
DT	1976	Silver	John Daniels	35.90
<b>DT</b>	<b>1990</b>	<b>Gold</b>	<b>Justin Jones</b>	<b>41.18</b>
<b>DT</b>	<b>1992</b>	<b>Gold</b>	<b>Chris Hughes</b>	<b>40.36</b>
<b>DT</b>	<b>1994</b>	<b>Gold</b>	<b>Eifion Robinson</b>	<b>33.86</b>
DT	1997	Silver	Andrew Sherwood	35.18
<b>DT</b>	<b>2003</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>43.89</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>DT</b>	<b>2006</b>	<b>Gold</b>	<b>Tomos Edwards</b>	<b>38.34</b>
<b>DT</b>	<b>2007</b>	<b>Gold</b>	<b>Rheon James</b>	<b>40.60</b>
<b>DT</b>	<b>2009</b>	<b>Gold</b>	<b>Lee Taylor</b>	<b>36.32</b>
DT	2010	Bronze	Andrew Barriscale	28.50
DT	2012	Silver	Sam Bleach	34.59
DT	2013	Silver	Jack Joseph	32.11
DT	2015	Silver	Joe Worrall	41.64
			<b>Junior Boys Hammer Throw</b>	
<b>HT</b>	<b>2002</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>33.19</b>
<b>HT</b>	<b>2003</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>45.50</b>
HT	2006	Silver	Tomos Edwards	29.66
HT	2007	Bronze	Jon Llewelyn	21.57
HT	2010	Bronze	Kallum Lee Evans	29.81
HT	2012	Bronze	Will Mephram	4013
HT	2015	Bronze	Nicholas Jones	31.94
			<b>Junior Boys Javelin Throw</b>	
<b>JT</b>	<b>1956</b>	<b>Gold</b>	<b>Gary Mumford</b>	<b>47.02</b>
<b>JT</b>	<b>1991</b>	<b>Gold</b>	<b>Barry Walters</b>	<b>45.94</b>
<b>JT</b>	<b>1993</b>	<b>Gold</b>	<b>Derek Herman</b>	<b>45.40</b>
JT	2000	Silver	Robert Smith	41.75
JT	2001	Silver	Robert Smith	44.35
<b>JT</b>	<b>2002</b>	<b>Gold</b>	<b>Josh Turnbull</b>	<b>45.52</b>
<b>JT</b>	<b>2003</b>	<b>Gold</b>	<b>Garth Loughran</b>	<b>55.44</b>
<b>JT</b>	<b>2004</b>	<b>Gold</b>	<b>Michael John</b>	<b>45.31</b>
<b>JT</b>	<b>2005</b>	<b>Gold</b>	<b>Josh Madden</b>	<b>45.58</b>
<b>JT</b>	<b>2006</b>	<b>Gold</b>	<b>Rhys Webb</b>	<b>39.78</b>
JT	2007	Silver	Rheon James	39.58
JT	2010	Bronze	Aled Price	37.30
JT	2011	Bronze	Sam Bleach	36.63
JT	2012	Bronze	Sam Bleach	41.39
<b>JT</b>	<b>2015</b>	<b>Gold</b>	<b>Carwyn Morris</b>	<b>43.12</b>
JT	2018	Silver	Morgan Batten	40.33
JT	2019	Bronze	Sion O'Keefe	36.30
			<b>Junior Boys Pentathlon</b>	
Pentathlon	2002	Bronze	Owen Jones	2387
Pentathlon	2003	Bronze	Daniel Evans	2189
Pentathlon	2004	Silver	Daniel Davis	2455
Pentathlon	2005	Silver	Josh Madden	2572
Pentathlon	2006	Silver	Antoine Woodman	2726
<b>Pentathlon</b>	<b>2009</b>	<b>Gold</b>	<b>Matthew Davies</b>	<b>2445</b>
			<b>MIDDLE BOYS</b>	
			<b>Middle Boys 100m</b>	
<b>100y</b>	<b>1958</b>	<b>Gold</b>	<b>Brian Davies</b>	<b>10.4</b>
<b>100m</b>	<b>1988</b>	<b>Gold</b>	<b>Steven Rees</b>	<b>11.8</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Commented [DD1]: An

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

100m	1989	Silver	Huw Summers	11.4
<b>100m</b>	<b>1992</b>	<b>Gold</b>	<b>Jamie Henthorn</b>	<b>11.1</b>
<b>100m</b>	<b>1996</b>	<b>Gold</b>	<b>Ben Harland</b>	<b>11.2</b>
100m	1996	Silver	Iestyn Lewis	11.26
100m	2007	Silver	Thomas Coleman	11.50w
<b>100m</b>	<b>2008</b>	<b>Gold</b>	<b>Thomas Coleman</b>	<b>11.4</b>
100m	2010	Bronze	Matthew Davies	11.39
100m	2011	Bronze	Matthew Davies	11.44
<b>100m</b>	<b>2012</b>	<b>Gold</b>	<b>Shaun Pearce</b>	<b>11.46</b>
<b>100m</b>	<b>2013</b>	<b>Gold</b>	<b>Shaun Pearce</b>	<b>10.93</b>
100m	2016	Bronze	Radix Mulewarman	11.63
<b>Middle Boys 200m</b>				
<b>200y</b>	<b>1958</b>	<b>Gold</b>	<b>Brian Davies</b>	<b>23.5</b>
<b>200m</b>	<b>1977</b>	<b>Gold</b>	<b>Mike Owen</b>	<b>23.4</b>
<b>200m</b>	<b>1988</b>	<b>Gold</b>	<b>Steven Rees</b>	<b>23.2</b>
200m	1989	Bronze	Matthew Roderick	23.0
<b>200m</b>	<b>1993</b>	<b>Gold</b>	<b>Jamie Henthorn</b>	<b>22.4</b>
200m	1995	Silver	Ben Harland	22.88w
<b>200m</b>	<b>1996</b>	<b>Gold</b>	<b>Ben Harland</b>	<b>22.64</b>
200m	1996	Silver	Iestyn Lewis	23.32
200m	2000	Silver	Alex Eatly	24.0
200m	2001	Bronze	William Hyner	23.81
<b>200m</b>	<b>2003</b>	<b>Gold</b>	<b>Bruce Tasker</b>	<b>22.66</b>
200m	2004	Silver	Bruce Tasker	22.13
200m	2010	Bronze	Matthew Davies	22.69
200m	2011	Silver	Shaun Pearce	23.51
<b>200m</b>	<b>2012</b>	<b>Gold</b>	<b>Shaun Pearce</b>	<b>22.16</b>
<b>Middle Boys 400m</b>				
<b>440y</b>	<b>1966</b>	<b>Gold</b>	<b>Haydn Curran</b>	<b>51.6</b>
<b>400m</b>	<b>1971</b>	<b>Gold</b>	<b>R Hughes</b>	<b>53.3</b>
<b>400m</b>	<b>1977</b>	<b>Gold</b>	<b>Mike Owen</b>	<b>51.5</b>
<b>400m</b>	<b>1985</b>	<b>Gold</b>	<b>Derek Wyke</b>	<b>51.3</b>
<b>400m</b>	<b>1988</b>	<b>Gold</b>	<b>Peter Maitland</b>	<b>51.3</b>
<b>400m</b>	<b>1989</b>	<b>Gold</b>	<b>Peter Maitland</b>	<b>50.8</b>
400m	1991	Bronze	Martin Williams	53.2
400m	1992	Silver	Lewis Richards	51.8
400m	1994	Bronze	Huw Bannister	51.62
<b>400m</b>	<b>2003</b>	<b>Gold</b>	<b>Bruce Tasker</b>	<b>49.90</b>
<b>400m</b>	<b>2004</b>	<b>Gold</b>	<b>Bruce Tasker</b>	<b>48.82</b>
400m	2007	Bronze	Antoine Woodman	52.66
400m	2008	Bronze	Antoine Woodman	52.1
<b>400m</b>	<b>2009</b>	<b>Gold</b>	<b>Paul Bennett</b>	<b>50.18</b>
400m	2018	Silver	Iwan Glynn	51.22
<b>400m</b>	<b>2019</b>	<b>Gold</b>	<b>Iwan Glynn</b>	<b>51.00</b>
<b>Middle Boys 800m</b>				
<b>800y</b>	<b>1956</b>	<b>Gold</b>	<b>John Williams</b>	<b>2.03.2</b>
<b>800m</b>	<b>1957</b>	<b>Gold</b>	<b>John Williams</b>	<b>1.56.7</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>800m</b>	<b>1961</b>	<b>Gold</b>	<b>Philip Williams</b>	<b>2.04.6</b>
800m	1966	Silver	Vince James	1.59.5
<b>800m</b>	<b>1980</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>2.04.5</b>
<b>800m</b>	<b>1981</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>2.00.6</b>
800m	1989	Silver	Jason Murphy	1.59.5
<b>800m</b>	<b>1990</b>	<b>Gold</b>	<b>Jason Murphy</b>	<b>1.56.5</b>
800m	1992	Silver	Matthew McHugh	2.03.9
<b>800m</b>	<b>1997</b>	<b>Gold</b>	<b>Daniel Forbes</b>	<b>2.00.58</b>
800m	1998	Silver	Daniel Forbes	2.02.68
800m	2007	Bronze	Gerwyn Slinger	2.04.27
800m	2008	Bronze	Gerwyn Slinger	2.03.8
800m	2011	Silver	Rhys Granville	1.58.29
<b>800m</b>	<b>2012</b>	<b>Gold</b>	<b>Rhys Granville</b>	<b>1.58.71</b>
			<b>Middle Boys 1500m</b>	
<b>1500m</b>	<b>1980</b>	<b>Gold</b>	<b>Grant Howells</b>	<b>4.17.1</b>
1500m	1989	Silver	Ben Antwis	4.15.7
<b>1500m</b>	<b>1990</b>	<b>Gold</b>	<b>Ben Antwis</b>	<b>4.14.5</b>
1500m	1991	Silver	David Rowley	4.13.5
<b>1500m</b>	<b>1992</b>	<b>Gold</b>	<b>Christian Davies</b>	<b>4.21.0</b>
1500m	1997	Bronze	Adam P <del>ole</del>	4.17.67
1500m	2002	Bronze	Daniel Evans	4.24.87
1500m	2003	Bronze	Wynne Evans	4.20.78
1500m	2010	Bronze	Lloyd Heckler	4.20.09
<b>1500m</b>	<b>2011</b>	<b>Gold</b>	<b>Kyran Roberts</b>	<b>4.04.23</b>
<b>1500m</b>	<b>2012</b>	<b>Gold</b>	<b>Kyran Roberts</b>	<b>4.19.83</b>
<u>1500m</u>	<u>2022</u>	<u>Bronze</u>	<u>Ifan Bowen</u>	<u>4.24.05</u>
			<b>Middle Boys 3000m</b>	
3000m	1990	Silver	Rhodri Llewelyn	9.22.3
3000m	1992	Silver	Alan Jones	9.32.1
3000m	1994	Bronze	Sion Meredith	9.26.88
3000m	1999	Gold	David Jones	9.13.70
3000m	2000	Gold	David Jones	8.50.07
3000m	2002	Silver	Daniel Evans	9.33.57
3000m	2003	Gold	Wynne Evans	9.12.00
3000m	2004	Bronze	Jack Davey	9.39.05
<b>3000m</b>	<b>2006</b>	<b>Gold</b>	<b>Dewi Griffiths</b>	<b>8.55.05</b>
<b>3000m</b>	<b>2007</b>	<b>Gold</b>	<b>Adam Bitchell</b>	<b>9.14.42</b>
3000m	2007	Bronze	Nicky Morrell	9.43.43
3000m	2008	Gold	Nicky Morrell	9.31.9
3000m	2010	Bronze	Josh Griffiths	9.27.10
<b>3000m</b>	<b>2011</b>	<b>Gold</b>	<b>Lloyd Heckler</b>	<b>9.11.69</b>
<b>3000m</b>	<b>2013</b>	<b>Gold</b>	<b>Christian Lovatt</b>	<b>9.05.20</b>
<u>3000m</u>	<u>2021</u>	<u>Gold</u>	<u>Frank Morgan</u>	<u>9.10.53</u>
<u>3000m</u>	<u>2022</u>	<u>Silver</u>	<u>Finley Bruce</u>	<u>9.11.03</u>
<u>3000m</u>	<u>2023</u>	<u>Gold</u>	<u>Finley Bruce</u>	<u>9.09.53</u>
			<b>Middle Boys 1500m steeplechase</b>	

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>1500m St</b>	<b>1993</b>	<b>Gold</b>	<b>Alan Jones</b>	<b>4.44.2</b>
1500m St	1994	Silver	Tom Cairnes	4.35.6
<b>1500m St</b>	<b>1995</b>	<b>Gold</b>	<b>Tobben Tymons</b>	<b>4.41.65</b>
1500m St	1996	Bronze	Paul Clarke	4.57.16
1500m St	1997	Bronze	Dean Hood	4.53.28
1500m St	1998	Silver	Frank Flegg	4.43.6
1500m St	1999	Silver	Stephen Clarke	4.49.05
1500m St	2001	Gold	Charles Harvey	4.43.38
<b>1500m St</b>	<b>2003</b>	<b>Gold</b>	<b>Lee Ladd</b>	<b>4.42.60</b>
<b>1500m St</b>	<b>2004</b>	<b>Gold</b>	<b>Lee Ladd</b>	<b>4.40.17</b>
<b>1500m St</b>	<b>2010</b>	<b>Gold</b>	<b>Lloyd Heckler</b>	<b>4.52.35</b>
1500m St	2010	Bronze	Ronan Llŷr	5.06.44
1500 St	2013	Bronze	Ashraf Liles	4.52.46
1500 St	2014	Silver	Ashraf Liles	4.44.35
<b>1500 St</b>	<b>2016</b>	<b>Gold</b>	<b>Ben Thomas</b>	<b>4.40.96</b>
1500m St	2016	Bronze	Thomas Jones	4.46.52
<b>1500 St</b>	<b>2017</b>	<b>Gold</b>	<b>Ben Thomas</b>	<b>4.43.08</b>
<b>1500 St</b>	<b>2018</b>	<b>Gold</b>	<b>Tomos Rees</b>	<b>4.40.71</b>
<b>1500 St</b>	<b>2019</b>	<b>Gold</b>	<b>Dafydd Jones</b>	<b>4.33.44</b>
<b>1500St</b>	<b>2022</b>	<b>Silver</b>	<b>Iwan Thomas</b>	<b>4.37.77</b>
<b>1500 St</b>	<b>2023</b>	<b>Gold</b>	<b>Iwan Thomas</b>	<b>4.30.00</b>
			<b>Middle Boys 100m Hurdles</b>	
100mH	1988	Bronze	Wayne Proctor	14.5
100mH	1991	Bronze	Jon Armstrong	14.5
100mH	1992	Bronze	Jon Armstrong	14.5w
<b>100mH</b>	<b>1993</b>	<b>Gold</b>	<b>Steven Edwards</b>	<b>13.90</b>
100mH	1994	Bronze	Peter Broom	14.12
100mH	1995	Bronze	Neil Maliphant	14.80w
100mH	1997	Bronze	Gruffydd Jones	14.16
100mH	2002	Bronze	Steven Boyles	14.49
<b>100mH</b>	<b>2003</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>14.14</b>
<b>100mH</b>	<b>2004</b>	<b>Gold</b>	<b>Daniel Evans</b>	<b>13.91w</b>
100mH	2004	Silver	Owen Jones	14.23w
100mH	2005	Gold	Daniel Evans	13.75
100mH	2006	Silver	Dafydd Walters	13.85w
100mH	2010	Silver	Daniel Blain	14.22
<b>100mH</b>	<b>2011</b>	<b>Gold</b>	<b>Daniel Blain</b>	<b>13.37w</b>
100mh	2012	Silver	Aled Price	14.15
100mH	2013	Bronze	Tim Williams	14.74
100mH	2017	Silver	Haydn Davies	14.41
<b>100mH</b>	<b>2021</b>	<b>Gold</b>	<b>Osian Roberts</b>	<b>14.28</b>
			<b>Middle Boys 400n Hurdles</b>	
400mH	1977	Bronze	Phil Lewis	59.4
400mH	1988	Silver	Wayne Proctor	58.7
<b>400mH</b>	<b>1997</b>	<b>Gold</b>	<b>Dean Hood</b>	<b>58.83</b>
400mH	2000	Bronze	Rhodri Scanlon	58.63

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold



400mH	2001	Bronze	Leon Trott	60.98
<b>400mH</b>	<b>2002</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>60.18</b>
<b>400mh</b>	<b>2003</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>59.34</b>
400mH	2007	Silver	Dafydd Walters	59.40
400mH	2009	Bronze	Glen Elsdon	61.0
400mH	2010	Silver	Aaron Willmott	60.22
<b>400mH</b>	<b>2011</b>	<b>Gold</b>	<b>Aaron Willmott</b>	<b>58.54</b>
400mH	2013	Bronze	Ashraf Liles	60.44
400mH	2014	Silver	Ashraf Liles	61.54
			<b>Middle Boys 2000m Walk</b>	
<b>2000mW</b>	<b>2003</b>	<b>Gold</b>	<b>Gareth Griffiths</b>	<b>12.32.5</b>
2000mW	2013	Silver	Dwayne Griffiths	14.15.73
2000mW	2014	Silver	Aled Phillips	13.27.94
			<b>Middle Boys High Jump</b>	
HJ	1967	Bronze	Brynmor Williams	1.67
<b>HJ</b>	<b>1972</b>	<b>Gold</b>	<b>Carwyn Jones</b>	<b>1.70</b>
HJ	1991	Bronze	Simon Howells	1.90
<b>HJ</b>	<b>1997</b>	<b>Gold</b>	<b>Alun Davies</b>	<b>1.90</b>
<b>HJ</b>	<b>1998</b>	<b>Gold</b>	<b>Kim Harland</b>	<b>1.90</b>
<b>HJ</b>	<b>2001</b>	<b>Gold</b>	<b>Gareth Haines</b>	<b>1.90</b>
HJ	2004	Silver	Craig Davies	1.84
HJ	2006	Bronze	Josh Madden	1.80
HJ	2014	Bronze	Aled Rees	1.80
<b>HJ</b>	<b>2015</b>	<b>Gold</b>	<b>Aled Rees</b>	<b>1.85</b>
<b>HJ</b>	<b>2021</b>	<b>Gold</b>	<b>Osian Roberts</b>	<b>1.85</b>
<b>HJ</b>	<b>2022</b>	<b>Gold</b>	<b>Osian Roberts</b>	<b>1.85</b>
			<b>Middle Boys Long Jump</b>	
<b>LJ</b>	<b>1977</b>	<b>Gold</b>	<b>Julian Barrington</b>	<b>6.50</b>
<b>Lj</b>	<b>1985</b>	<b>Gold</b>	<b>Mark Harries</b>	<b>6.54</b>
<b>Lj</b>	<b>1989</b>	<b>Gold</b>	<b>Simon Lewis</b>	<b>6.33</b>
<b>LJ</b>	<b>1990</b>	<b>Gold</b>	<b>Simon Lewis</b>	<b>6.66</b>
Lj	1993	Bronze	Gareth James	6.04
Lj	2000	Bronze	Nic Thompson	5.68
Lj	2001	Silver	Matthew Jacobs	6.34
Lj	2005	Silver	Daniel Davis	6.13w
Lj	2006	Silver	Kueni Igbagiri	5.99
Lj	2007	Silver	Kueni Igbagiri	5.92w
LJ	2009	Silver	Glen Elsdon	5.85
<b>Lj</b>	<b>2012</b>	<b>Gold</b>	<b>Aled Price</b>	<b>6.46</b>
			<b>Middle Boys Triple Jump</b>	
<b>TJ</b>	<b>1965</b>	<b>Gold</b>	<b>Alun James</b>	<b>13.05</b>
<b>TJ</b>	<b>1994</b>	<b>Gold</b>	<b>Charles Madeira Cole</b>	<b>13.51</b>
TJ	1996	Bronze	Gavin Jones	12.66
<b>TJ</b>	<b>2001</b>	<b>Gold</b>	<b>Matthew Jacobs</b>	<b>13.46</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 1.64 cm, Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>TJ</b>	<b>2003</b>	<b>Gold</b>	<b>Owen Jones</b>	<b>13.60</b>
<b>TJ</b>	<b>2004</b>	<b>Gold</b>	<b>Owen Jones</b>	<b>13.90</b>
<b>TJ</b>	<b>2006</b>	<b>Gold</b>	<b>Daniel Davis</b>	<b>12.84</b>
<b>TJ</b>	<b>2008</b>	<b>Gold</b>	<b>Dafydd Williams</b>	<b>12.04</b>
TJ	2012	Silver	Owain Jones	12.67
			<b>Middle Boys Pole Vault</b>	
<b>PV</b>	<b>1972</b>	<b>Gold</b>	<b>Islwyn Rees</b>	<b>3.35</b>
<b>PV</b>	<b>1973</b>	<b>Gold</b>	<b>Islwyn Rees</b>	<b>3.66</b>
<b>PV</b>	<b>1974</b>	<b>Gold</b>	<b>Islwyn Rees</b>	<b>4.10</b>
<b>PV</b>	<b>1977</b>	<b>Gold</b>	<b>Mark Howells</b>	<b>3.60</b>
<b>PV</b>	<b>1978</b>	<b>Gold</b>	<b>Robert Hughes</b>	<b>3.55</b>
<b>PV</b>	<b>1979</b>	<b>Gold</b>	<b>Robert Hughes</b>	<b>3.75</b>
<b>PV</b>	<b>1983</b>	<b>Gold</b>	<b>Richard Davies</b>	<b>3.40</b>
PV	2004	Bronze	Dafydd Rees	3.00
PV	2008	Bronze	Emyr Jones	3.50
PV	2009	Silver	Emyr Jones	4.00
			<b>Middle Boys Shot Putt</b>	
<b>SP</b>	<b>1977</b>	<b>Gold</b>	<b>Peter Rees</b>	<b>15.40</b>
SP	1991	Silver	Justin Jones	13.53
SP	1992	Silver	Justin Jones	13.01
SP	1999	Silver	Simon Cole	13.24
SP	2001	Bronze	Jake Evans	13.03
SP	2002	Bronze	Jake Evans	13.11
<b>SP</b>	<b>2004</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>14.70</b>
<b>SP</b>	<b>2005</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>14.14</b>
SP	2006	Bronze	Trystan Davies	12.21
SP	2007	Silver	Tomos Edwards	12.98
<b>SP</b>	<b>2008</b>	<b>Gold</b>	<b>Tomos Edwards</b>	<b>15.69</b>
SP	2008	Silver	Rheon James	14.51
<b>SP</b>	<b>2009</b>	<b>Gold</b>	<b>Rheon James</b>	<b>14.85</b>
SP	2011	Silver	Kallum Evans	12.49
SP	2012	Silver	Kallum Evans	13.32
			<b>Middle Boys Discus Throw</b>	
<b>DT</b>	<b>1960</b>	<b>Gold</b>	<b>Dennis Day</b>	<b>46.32</b>
DT	1991	Silver	Justin Jones	38.62
<b>DT</b>	<b>1992</b>	<b>Gold</b>	<b>Justin Jones</b>	<b>39.30</b>
DT	1994	Bronze	Wayne Jones	37.60
DT	1995	Silver	Eifion Robinson	39.22
<b>DT</b>	<b>1996</b>	<b>Gold</b>	<b>Eifion Robinson</b>	<b>38.38</b>
DT	1998	Silver	Andrew Sherwood	34.62
DT	1999	Silver	Andrew Sherwood	40.63
DT	2004	Gold	Matthew Evans	43.86
<b>DT</b>	<b>2005</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>47.83</b>
<b>DT</b>	<b>2006</b>	<b>Gold</b>	<b>Owain Williams</b>	<b>37.33</b>
DT	2007	Silver	Tomos Edwards	40.00
DT	2008	Gold	Tomos Edwards	41.73

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>DT</b>	<b>2009</b>	<b>Gold</b>	<b>Rheon James</b>	<b>41.81</b>
DT	2011	Silver	Lee Taylor	43.37
DT	2012	Silver	Kallum Evans	36.33
DT	2013	Bronze	Sam Bleach	36.42
<b>DT</b>	<b>2014</b>	<b>Gold</b>	<b>Sam Bleach</b>	<b>37.47</b>
DT	2016	Bronze	Joe Worrall	43.87
DT	2017	Silver	Joe Worrall	46.75
			<b>MIDDLE BOYS HAMMER THROW</b>	
HT	2001	Bronze	David Proctor	47.12
<b>HT</b>	<b>2004</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>46.17</b>
<b>HT</b>	<b>2005</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>49.52</b>
HT	2016	Bronze	Nicholas Jones	41.44
			<b>MIDDLE BOYS JAVELIN THROW</b>	
<b>JT</b>	<b>1986</b>	<b>Gold</b>	<b>Julian Howells</b>	<b>51.58</b>
JT	1991	Silver	Stuart Loughran	53.54
JT	1992	Gold	Stuart Loughran	56.22
<b>JT</b>	<b>1993</b>	<b>Gold</b>	<b>Barry Walters</b>	<b>48.10</b>
JT	1994	Bronze	Craig Millard	49.44
JT	1995	Silver	Derek Herman	50.40
JT	2003	Bronze	Josh Turnbull	46.40
<b>JT</b>	<b>2004</b>	<b>Gold</b>	<b>Garth Loughran</b>	<b>57.75</b>
<b>JT</b>	<b>2005</b>	<b>Gold</b>	<b>Michael John</b>	<b>49.70</b>
<b>JT</b>	<b>2006</b>	<b>Gold</b>	<b>Michael John</b>	<b>55.62</b>
JT	2006	Silver	Josh Madden	48.14
<b>JT</b>	<b>2007</b>	<b>Gold</b>	<b>Josh Madden</b>	<b>54.33</b>
<b>JT</b>	<b>2008</b>	<b>Gold</b>	<b>Jon Llewelyn</b>	<b>52.68</b>
<b>JT</b>	<b>2009</b>	<b>Gold</b>	<b>Jon Llewelyn</b>	<b>55.39</b>
<b>JT</b>	<b>2011</b>	<b>Gold</b>	<b>Aled Price</b>	<b>49.79</b>
JT	2011	Bronze	Lee Taylor	45.49
JT	2013	Bronze	Sam Bleach	46.82
JT	2014	Bronze	Sam Bleach	49.27
JT	2016	Silver	Joshua Thomas	45.48
<b>JT</b>	<b>2017</b>	<b>Gold</b>	<b>Joshua Thomas</b>	<b>47.51</b>
JT	2017	Bronze	Carwyn Morris	45.07
<b>JT</b>	<b>2021</b>	<b>Gold</b>	<b>Sion O'Keefe</b>	<b>45.33</b>
			<b>MIDDLE BOYS PENTATHLON</b>	
Pentathlon	2006	Bronze	Josh Madden	2779
Pentathlon	2007	Silver	Josh Madden	3188
Pentathlon	2007	Bronze	Antoine Woodman	2560
Pentathlon	2008	Gold	Antoine Woodman	2750
<b>Pentathlon</b>	<b>2009</b>	<b>Silver</b>	<b>Glen Elsdon</b>	<b>2616</b>
Pentathlon	2010	Bronze	Matthew Davies	2498
Pentathlon	2011	Bronze	Aled Price	2747

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

SENIOR BOYS				
Senior Boys 100m				
<b>100y</b>	<b>1959</b>	<b>Gold</b>	<b>Wynne Oliver</b>	<b>10.6</b>
<b>100y</b>	<b>1960</b>	<b>Gold</b>	<b>Brian Davies</b>	<b>10.3</b>
<b>100y</b>	<b>1965</b>	<b>Gold</b>	<b>John Bradshaw</b>	<b>10.4</b>
100y	1966	Silver	Mike Walters	9.9
100y	1967	Bronze	Mike Walters	10.0
<b>100m</b>	<b>1970</b>	<b>Gold</b>	<b>Clive Rees</b>	<b>10.8w</b>
<b>100m</b>	<b>1976</b>	<b>Gold</b>	<b>Malcolm Owen</b>	<b>11.3</b>
100m	1979	Bronze	Julian Barrington	11.7
100m	1988	Bronze	Chris Wilkins	11.7
<b>100m</b>	<b>1989</b>	<b>Gold</b>	<b>Stephen Rees</b>	<b>10.8w</b>
100m	1991	Silver	Peter Maitland	11.0
<b>100m</b>	<b>1992</b>	<b>Gold</b>	<b>Peter Maitland</b>	<b>10.5</b>
100m	1993	Silver	Lewis Richards	11.3
100m	1994	Silver	Stephen Edwards	11.56
100m	1995	Bronze	Graham Thomas	11.14
<b>100m</b>	<b>1997</b>	<b>Gold</b>	<b>Ben Harland</b>	<b>10.90</b>
100m	1997	Silver	Iestyn Lewis	11.12
100m	1999	Bronze	Iestyn Lewis	11.37
100m	2002	Silver	Matthew Stapleton	11.60
<b>100m</b>	<b>2010</b>	<b>Gold</b>	<b>Paul Bennett</b>	<b>11.22</b>
100m	2011	Silver	Paul Bennett	11.13
Senior Boys 200m				
<b>220y</b>	<b>1959</b>	<b>Gold</b>	<b>Wynne Oliver</b>	<b>23.2</b>
<b>220y</b>	<b>1965</b>	<b>Gold</b>	<b>Mike Thomas</b>	<b>22.4</b>
200m	1969	Bronze	Clive Rees	23.1
<b>200m</b>	<b>1970</b>	<b>Gold</b>	<b>Clive Rees</b>	<b>22.4</b>
200m	1977	Bronze	Steve Perks	23.4
200m	1988	Gold	Eifion Lewis	23.1
<b>200m</b>	<b>1989</b>	<b>Gold</b>	<b>Stephen Rees</b>	<b>21.9</b>
200m	1990	Silver	Peter Maitland	23.1
200m	1991	Silver	Peter Maitland	22.6
200m	1993	Silver	Martin Williams	23.2
200m	1995	Silver	Graham Thomas	22.47
<b>200m</b>	<b>1997</b>	<b>Gold</b>	<b>Ben Harland</b>	<b>22.07</b>
200m	2000	Bronze	Geraint Bevan	23.6
200m	2010	Silver	Lewis Evans	22.55
200m	2013	Silver	Daniel Blain	22.97
Senior Boys 400m				
<b>440y</b>	<b>1967</b>	<b>Gold</b>	<b>Haydn Curran</b>	<b>50.5</b>
<b>400m</b>	<b>1975</b>	<b>Gold</b>	<b>Robert Hughes</b>	<b>50.6</b>
400m	1982	Bronze	David Green	52.9
400m	1987	Silver	Chris Wilkins	51.1
<b>400m</b>	<b>1988</b>	<b>Gold</b>	<b>Chris Wilkins</b>	<b>50.5</b>
400m	1990	Bronze	Peter Maitland	51.7
<b>400m</b>	<b>1991</b>	<b>Gold</b>	<b>Jason Murphy</b>	<b>49.6</b>
<b>400m</b>	<b>1992</b>	<b>Gold</b>	<b>Jason Murphy</b>	<b>50.9</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

400m	1993	Silver	Huw Bannister	50.60
<b>400m</b>	<b>1996</b>	<b>Gold</b>	<b>Huw Bannister</b>	<b>50.20</b>
400m	1997	Bronze	Huw Bannister	51.23
400m	1998	Silver	Colin Whitbread	50.43
<b>400m</b>	<b>1999</b>	<b>Gold</b>	<b>Daniel Forbes</b>	<b>50.08</b>
<b>400m</b>	<b>2000</b>	<b>Gold</b>	<b>Daniel Forbes</b>	<b>50.02</b>
400m	2001	Silver	Geraint Bevan	50.21
400m	2005	Bronze	Alec Jenkins	53.30
400m	2016	Bronze	Dwayne Griffiths	56.23
400m	2018	Silver	Trystan Leech	52.83
			<b>Senior Boys 800m</b>	
880y	1956	Gold	Denley Owen	2.03.6
880y	1958	Gold	John Williams	1.54.2
880y	1967	Silver	Vincent James	1.56.2
800m	1991	Silver	Jason Murphy	1.56.0
<b>800m</b>	<b>1992</b>	<b>Gold</b>	<b>Jason Murphy</b>	<b>2.01.2</b>
800m	1999	Silver	Daniel Forbes	1.58.84
800m	2005	Bronze	David Cole	2.01.43
800m	2005	Bronze	David Cole	2.01.20
800m	2009	Bronze	Gerwyn Slinger	2.01.18
<b>800m</b>	<b>2013</b>	<b>Gold</b>	<b>Rhys Granville</b>	<b>1.58.46</b>
800m	2018	Silver	lestyn Williams	1.57.30
<b>800m</b>	<b>2022</b>	<b>Bronze</b>	<b>Liam Edwards</b>	<b>1.59.42</b>
			<b>Senior Boys 1500m</b>	
1500m	2003	Silver	Danny Evans	4.11.05
<b>1500m</b>	<b>2005</b>	<b>Gold</b>	<b>Jack Davey</b>	<b>4.21.44</b>
1500m	2005	Silver	David Cole	4.24.55
<b>1500m</b>	<b>2008</b>	<b>Gold</b>	<b>Adam Bitchell</b>	<b>4.05.2</b>
1500m	2009	Silver	Dewi Griffiths	4.02.27
1500m	2013	Bronze	Emlyn Lewis	4.34.06
1500m	2015	Silver	Ashraf Liles	4.12.90
1500m	2015	Bronze	Christian Lovatt	4.15.96
1500m	2017	Bronze	Morgan Llewelyn	4.50.17
<b>1500m</b>	<b>2022</b>	<b>Silver</b>	<b>Frank Morgan</b>	<b>4.18.59</b>
			<b>Senior Boys 3000m</b>	
3000m	1982	Bronze	John Williams	9.08.7
<b>3000m</b>	<b>1994</b>	<b>Gold</b>	<b>Andres Jones</b>	<b>8.34.37</b>
<b>3000m</b>	<b>2001</b>	<b>Gold</b>	<b>David Jones</b>	<b>8.48.1</b>
3000m	2002	Silver	David Jones	9.09.44
<b>3000m</b>	<b>2006</b>	<b>Gold</b>	<b>Jack Davey</b>	<b>9.21.30</b>
<b>3000m</b>	<b>2008</b>	<b>Gold</b>	<b>Dewi Griffiths</b>	<b>8.48.7</b>
<b>3000m</b>	<b>2007</b>	<b>Gold</b>	<b>Dewi Griffiths</b>	<b>8.52.36</b>
<b>3000m</b>	<b>2011</b>	<b>Gold</b>	<b>Josh Griffiths</b>	<b>8.58</b>
3000m	2012	Silver	Lloyd Heckler	9.16.06
3000m	2013	Silver	Ronan Llyr	10.26.00
3000m	2014	Silver	Christian Lovatt	8.58.72
<b>3000m</b>	<b>2015</b>	<b>Gold</b>	<b>Christian Lovatt</b>	<b>8.58.19</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 1.8 cm, Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

3000m	2015	Silver	Ryan Jenkins	9.41.82
3000m	2015	Bronze	Sion Lewis	9.52.98
<b>3000m</b>	<b>2016</b>	<b>Gold</b>	<b>Ryan Jenkins</b>	<b>9.18.98</b>
3000m	2017	Silver	Thomas Jones	9.23.87
			<b>Senior Boys 215000m steeplechase</b>	
<b>2K St</b>	<b>1997</b>	<b>Gold</b>	<b>Paul Clarke</b>	<b>6.35.27</b>
<b>2K St</b>	<b>1998</b>	<b>Gold</b>	<b>Paul Clarke</b>	<b>6.21.25</b>
2K ST	1999	Bronze	Frank Flegg	6.57.91
2K St	2001	Gold	David Jones	6.18.97
2K St	2002	Gold	David Jones	6.31.40
<b>2K St</b>	<b>2005</b>	<b>Gold</b>	<b>Lee Ladd</b>	<b>6.17.27</b>
2K St	2008	Bronze	Michael Kallenburg	6.37.8
3K St	2012	Bronze	Ronan Llyr	7.07.99
<b>2K St</b>	<b>2015</b>	<b>Gold</b>	<b>Ashraf Liles</b>	<b>6.44.95</b>
<b>2K St</b>	<b>2019</b>	<b>Gold</b>	<b>Ben Thomas</b>	<b>6.10.24</b>
<b>2K St</b>	<b>2025</b>	<b>Gold</b>	<b>Iwan Thomas</b>	<b>6.04.10</b>
<b>2K St</b>	<b>2025</b>	<b>Silver</b>	<b>William Harries</b>	<b>6.35.28</b>
			<b>Senior Boys 3000m Walk</b>	
<b>2K Walk</b>	<b>2013</b>	<b>Gold</b>	<b>Ronan Llyr</b>	<b>19.15.27</b>
2K Walk	2014	Silver	Ryan Jones	14.34.50
<b>2K Walk</b>	<b>2015</b>	<b>Gold</b>	<b>Ryan Jones</b>	<b>14.15.27</b>
<b>2K Walk</b>	<b>2016</b>	<b>Gold</b>	<b>Aled Phillips</b>	<b>15.40.82</b>
			<b>Senior Boys 110m Hurdles</b>	
120yH	1964	Silver	Alan Bergiers	
<b>120yH</b>	<b>1966</b>	<b>Gold</b>	<b>Alun James</b>	<b>14.8</b>
<b>120yH</b>	<b>1967</b>	<b>Gold</b>	<b>Alun James</b>	<b>14.8</b>
120yH	1969	Bronze	Roy Bergiers	15.0w
110mH	1989	Bronze	Wayne Proctor	16.0w
110mH	1990	Bronze	Wayne Proctor	15.8
<b>110mH</b>	<b>1993</b>	<b>Gold</b>	<b>James Archampong</b>	<b>14.3</b>
<b>110mH</b>	<b>1994</b>	<b>Gold</b>	<b>Steven Edwards</b>	<b>15.26</b>
<b>110mH</b>	<b>1996</b>	<b>Gold</b>	<b>Steven Edwards</b>	<b>15.2</b>
110mH	2001	Bronze	Dylan Garner	17.78
<b>110mH</b>	<b>2005</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>15.70w</b>
<b>110mH</b>	<b>2006</b>	<b>Gold</b>	<b>Steven Boyles</b>	<b>15.80</b>
<b>110mH</b>	<b>2008</b>	<b>Gold</b>	<b>Dafydd Walters</b>	<b>15.9</b>
110mH	2010	Bronze	Glen Elsdon	15.46
<b>110mH</b>	<b>2011</b>	<b>Gold</b>	<b>Glen Elsdon</b>	<b>15.08</b>
<b>110mH</b>	<b>2012</b>	<b>Gold</b>	<b>Daniel Blain</b>	<b>16.12</b>
110mH	2013	Silver	Daniel Blain	15.37
110mH	2014	Bronze	Aled Price	15.30
110mH	2015	Bronze	Ryan Jenkins	22.12
110mH	2016	Bronze	Ryan Jenkins	23.94

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Senior Boys <b>200y 400m Hurdles</b>				
<b>200y Hurdles</b>	<b>1966</b>	<b>Gold</b>	<b>Mike Walters</b>	<b>22.8</b>
<b>200y Hurdles</b>	<b>1967</b>	<b>Gold</b>	<b>Alun James</b>	<b>22.5</b>
<b>400mH</b>	<b>1977</b>	<b>Gold</b>	<b>Robert Davies</b>	<b>56.4</b>
<b>400mH</b>	<b>1978</b>	<b>Gold</b>	<b>Robert Davies</b>	<b>55.4</b>
<b>400nH</b>	<b>1979</b>	<b>Gold</b>	<b>Phil Lewis</b>	<b>56.3</b>
400mH	1985	Bronze	Sean O'Malley	59.7
<b>400mH</b>	<b>1989</b>	<b>Gold</b>	<b>Wayne Proctor</b>	<b>56.5</b>
<b>400mH</b>	<b>1990</b>	<b>Gold</b>	<b>Wayne Proctor</b>	<b>57.2</b>
<b>400mH</b>	<b>1991</b>	<b>Gold</b>	<b>Wayne Proctor</b>	<b>58.8</b>
400mH	1991	Silver	Paul Rainbow	56.2
400mH	1992	Gold	Paul Rainbow	57.9
400mH	2001	Bronze	Rhodri Scanlon	60.41
400mH	2005	Silver	Josh Turnbull	63.85
400mH	2010	Bronze	Glen Elsdon	59.99
<b>400mH</b>	<b>2011</b>	<b>Gold</b>	<b>Glen Elsdon</b>	<b>56.71</b>
<b>400mH</b>	<b>2012</b>	<b>Gold</b>	<b>Aaron Willmott</b>	<b>58.27</b>
400mH	2015	Bronze	Dwayne Griffiths	61.63
<b>400mH</b>	<b>2016</b>	<b>Gold</b>	<b>Aled Phillips</b>	<b>61.66</b>
Senior Boys High Jump				
<b>HJ</b>	<b>1964</b>	<b>Gold</b>	<b>Alan Bergiers</b>	<b>1.70</b>
HJ	1965	Silver	Alan Bergiers	1.73
<b>HJ</b>	<b>1969</b>	<b>Gold</b>	<b>Brynmor Williams</b>	<b>1.78</b>
<b>HJ</b>	<b>1970</b>	<b>Gold</b>	<b>Brynmor Williams</b>	<b>1.85</b>
<b>HJ</b>	<b>1973</b>	<b>Gold</b>	<b>Carwyn Jones</b>	<b>1.79</b>
<b>HJ</b>	<b>1979</b>	<b>Gold</b>	<b>Phil Lewis</b>	<b>1.85</b>
HJ	1991	Bronze	Wayne Davies	1.80
HJ	1992	Silver	Wayne Davies	1.90
HJ	1997	Silver	Richard V Roberts	1.85
HJ	1998	Silver	Alun Davies	1.90
HJ	1999	Silver	Kim Harland	1.95
<b>HJ</b>	<b>2000</b>	<b>Gold</b>	<b>Kim Harland</b>	<b>2.01</b>
<b>HJ</b>	<b>2004</b>	<b>Gold</b>	<b>Matthew Jacobs</b>	<b>1.70</b>
HJ	2015	Bronze	William Edwards	1.70
Senior Boys Long Jump				
<b>LJ</b>	<b>1957</b>	<b>Gold</b>	<b>B Richards</b>	<b>5.84</b>
<b>LJ</b>	<b>1960</b>	<b>Gold</b>	<b>Terry Davies</b>	<b>6.62</b>
<b>LJ</b>	<b>1964</b>	<b>Gold</b>	<b>Tony Harry</b>	<b>6.17</b>
LJ	1994	Bronze	Gareth James	6.29
<b>LJ</b>	<b>1995</b>	<b>Gold</b>	<b>Charles M Cole</b>	<b>6.62</b>
<b>LJ</b>	<b>1996</b>	<b>Gold</b>	<b>Charles M Cole</b>	<b>6.66</b>
LJ	1996	Silver	Gareth James	6.60
LJ	2000	Bronze	Kim Harland	6.60
LJ	2002	Silver	Matthew Jacobs	6.53
LJ	2004	Silver	Matthew Jacobs	6.04
<b>LJ</b>	<b>2006</b>	<b>Gold</b>	<b>Harry Mostyn</b>	<b>6.46</b>
LJ	2009	Silver	Kueni Igbagiri	6.48w

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

LJ	2013	Bronze	Aled Price	6.44
<b>LJ</b>	<b>2014</b>	<b>Gold</b>	<b>Aled Price</b>	<b>6.97</b>
			<b>Senior Boys Triple Jump</b>	
<b>TJ</b>	<b>1967</b>	<b>Gold</b>	<b>Spencer Jones</b>	<b>13.69</b>
TJ	1969	Silver	Roy Bergiers	13.44
TJ	1992	Silver	Gareth Thomas	12.23
TJ	1994	Silver	Darren Morgan	12.79
<b>TJ</b>	<b>1995</b>	<b>Gold</b>	<b>Charles M Cole</b>	<b>13.82</b>
TJ	1995	Silver	Darren Morgan	13.48
<b>TJ</b>	<b>1996</b>	<b>Gold</b>	<b>Charles M Cole</b>	<b>13.24</b>
<b>TJ</b>	<b>2002</b>	<b>Gold</b>	<b>Matthew Jacobs</b>	<b>12.82</b>
TJ	2005	Bronze	Harry Mostyn	12.71w
<b>TJ</b>	<b>2006</b>	<b>Gold</b>	<b>Harry Mostyn</b>	<b>13.23</b>
TJ	2009	Silver	Dafydd Williams	12.73
			<b>Senior Boys Pole Vault</b>	
PV	1995	Bronze	Craig Millard	3.20
PV	2010	Silver	Emyr Jones	3.90
PV	2011	Silver	Emyr Jones	3.75
			<b>Senior Boys Shot Putt</b>	
<b>SP</b>	<b>1962</b>	<b>Gold</b>	<b>Denis Day</b>	<b>13.35</b>
<b>SP</b>	<b>1979</b>	<b>Gold</b>	<b>John Daniels</b>	<b>13.92</b>
SP	1991	Silver	Peter Maitland	12.84
<b>SP</b>	<b>1992</b>	<b>Gold</b>	<b>Peter Maitland</b>	<b>13.48</b>
SP	1996	Bronze	Chris Hughes	12.91
<b>SP</b>	<b>2006</b>	<b>Gold</b>	<b>Matthew Evans</b>	<b>15.75</b>
<b>SP</b>	<b>2009</b>	<b>Gold</b>	<b>Tomos Edwards</b>	<b>15.20</b>
<b>SP</b>	<b>2010</b>	<b>Gold</b>	<b>Rheon James</b>	<b>14.12</b>
SP	2012	Bronze	Jon Llewelyn	11.52
SP	2014	Silver	Kallum Lee Evans	11.08
			<b>Senior Boys Discus Throw</b>	
<b>DT</b>	<b>1961</b>	<b>Gold</b>	<b>Denis Day</b>	<b>43.93</b>
<b>DT</b>	<b>1962</b>	<b>Gold</b>	<b>Denis Day</b>	<b>44.03</b>
DT	1991	Silver	Damian McGarvie	38.72
<b>DT</b>	<b>1992</b>	<b>Gold</b>	<b>Damian McGarvie</b>	<b>40.00</b>
<b>DT</b>	<b>1993</b>	<b>Gold</b>	<b>Justin Jones</b>	<b>39.24</b>
DT	1994	Silver	Justin Jones	38.16
DT	1998	Bronze	Wayne Jones	31.30
<b>DT</b>	<b>2000</b>	<b>Gold</b>	<b>Andrew Sherwood</b>	<b>38.41</b>
DT	2006	Silver	Matthew Evans	42.76
DT	2009	Silver	Tomos Edwards	39.97
DT	2010	Bronze	Rheon James	35.33
DT	2014	Silver	Kallum Lee Evans	38.73
DT	2015	Silver	Sam Bleach	33.80
DT	2016	Silver	Sam Bleach	31.30

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold



			<b>Senior Boys Hammer Throw</b>	
HT	2002	Gold	David Proctor	47.16
HT	2006	Gold	Matthew Evans	44.02
HT	2008	Bronze	Geraint Mansfield	19.40
HT	2009	Silver	Tomos Edwards	20.69
			<b>Senior Boys Javelin Throw</b>	
JT	1993	Gold	Stuart Loughran	53.16
JT	1996	Silver	Craig Millard	46.78
JT	2005	Gold	Josh Turnbull	47.90
JT	2006	Gold	Josh Turnbull	51.13
JT	2008	Gold	Josh Madden	53.37
JT	2010	Gold	Jon Llewelyn	55.48
JT	2011	Gold	Jon Llewelyn	56.29
JT	2012	Gold	Jon Llewelyn	58.66
JT	2012	Bronze	Gareth Thompson	48.10
JT	2013	Gold	Aled Price	51.64
JT	2013	Silver	Gareth Thompson	49.08
JT	2014	Gold	Aled Price	47.55
JT	2015	Silver	Sam Bleach	43.93
JT	2015	Bronze	Nikita Neary	42.68
JT	2016	Silver	Sam Bleach	44.16
JT	2018	Gold	Carwyn Morris	49.88
JT	2019	Gold	Joshua Thomas	51.32
			<b>Senior Boys Pentathlon</b>	
<u>Pentathlon</u>	<u>1995</u>	<u>Gold</u>	<u>Craig Millard</u>	<u>2475</u>
<u>Pentathlon</u>	<u>1996</u>	<u>Bronze</u>	<u>Colin Whitbread</u>	<u>2463</u>
<u>Pentathlon</u>	<u>1998</u>	<u>Bronze</u>	<u>Colin Whitbread</u>	<u>2409</u>
<u>Pentathlon</u>	<u>2002</u>	<u>Gold</u>	<u>Leon Trott</u>	<u>2286</u>
<u>Pentathlon</u>	<u>2002</u>	<u>Bronze</u>	<u>Gareth Haines</u>	<u>1878</u>
<u>Pentathlon</u>	<u>2003</u>	<u>Gold</u>	<u>Leon Trott</u>	<u>1697</u>
<u>Pentathlon</u>	<u>2005</u>	<u>Gold</u>	<u>Huw Jones</u>	<u>2778</u>
<u>Pentathlon</u>	<u>2005</u>	<u>Bronze</u>	<u>Harry Mostyn</u>	<u>2484</u>
<u>Pentathlon</u>	<u>2007</u>	<u>Bronze</u>	<u>Josh Turnbull</u>	<u>2514</u>
<u>Pentathlon</u>	<u>2008</u>	<u>Gold</u>	<u>Josh Madden</u>	<u>3065</u>
<u>Pentathlon</u>	<u>2009</u>	<u>Silver</u>	<u>Antoine Woodman</u>	<u>2583</u>
<u>Pentathlon</u>	<u>2010</u>	<u>Gold</u>	<u>Paul Bennett</u>	<u>3049</u>
<u>Pentathlon</u>	<u>2010</u>	<u>Silver</u>	<u>Glen Elsdon</u>	<u>2668</u>
<u>Pentathlon</u>	<u>2011</u>	<u>Gold</u>	<u>Glen Elsdon</u>	<u>2851</u>
<u>Pentathlon</u>	<u>2012</u>	<u>Silver</u>	<u>Aaron Willmott</u>	<u>2419</u>
<u>Pentathlon</u>	<u>2014</u>	<u>Gold</u>	<u>Aled Price</u>	<u>3208</u>
<u>Pentathlon</u>	<u>2014</u>	<u>Bronze</u>	<u>Jack Evans</u>	<u>2461</u>
<u>Pentathlon</u>	<u>2015</u>	<u>Gold</u>	<u>Ashraf Liles</u>	<u>2556</u>
<u>Pentathlon</u>	<u>2015</u>	<u>Silver</u>	<u>Dwayne Griffiths</u>	<u>2148</u>
			<b>GIRLS RESULTS</b>	
			<b>Junior Girls</b>	

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Centered

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

			<b>Junior Girls 100m</b>	
<b>100m</b>	<b>1975</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>13.1</b>
100m	1988	Bronze	Anna Turner	13.7
100m	1990	Gold	Sian Bradshaw	13.2
<b>100m</b>	<b>1994</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>12.80</b>
100m	2004	Bronze	Emily Mitchell	12.81
100m	2009	Silver	Catrin Rees	13.31
100m	2011	Silver	Ffion Walters	12.91
<b>100m</b>	<b>2019</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>12.65</b>
<u>100m</u>	<u>2022</u>	<u>Silver</u>	<u>Elli May Williams</u>	<u>12.79</u>
			<b>Junior Girls 200m</b>	
200m	1981	Silver	Kathryn Evans	26.5
200m	1988	Silver	Anna Turner	26.5
<b>200m</b>	<b>1990</b>	<b>Gold</b>	<b>Sian Bradshaw</b>	<b>26.7</b>
200m	1992	Bronze	Karina Williams	27.3w
<b>200m</b>	<b>1994</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>26.72</b>
200m	1998	Silver	Aimee John	26.34
200m	2000	Bronze	Heather Jones	27.3
<b>200m</b>	<b>2001</b>	<b>Gold</b>	<b>Heather Jones</b>	<b>26.00</b>
200m	2004	Silver	Hannah Jones	25.87
200m	2007	Silver	Laura Penhallurick	26.23
200m	2016	Bronze	Lisa Cowdy	27.57
<u>200m</u>	<u>2022</u>	<u>Bronze</u>	<u>Beatrice Morgan</u>	<u>26.49</u>
<u>200m</u>	<u>2023</u>	<u>Silver</u>	<u>Beatrice Morgan</u>	<u>26.01</u>
			<b>Junior Girls 300m</b>	
<b>300m</b>	<b>2013</b>	<b>Gold</b>	<b>Rebecca Hartson</b>	<b>41.92</b>
300m	2015	Bronze	Celyn Williams	42.58
300m	2018	Bronze	Ellie Loweth	43.01
<u>300m</u>	<u>2022</u>	<u>Silver</u>	<u>Elli May Williams</u>	<u>41.54</u>
<u>300m</u>	<u>2025</u>	<u>Silver</u>	<u>Beca Elfyn</u>	<u>43.11</u>
			<b>Junior Girls 800m</b>	
<b>800m</b>	<b>1980</b>	<b>Gold</b>	<b>Jackie Thomas</b>	<b>2.18.0</b>
800m	1987	Silver	Mari Prys Jones	2.15.6
<b>800m</b>	<b>1988</b>	<b>Gold</b>	<b>Mari Prys Jones</b>	<b>2.17.7</b>
<b>800m</b>	<b>1991</b>	<b>Gold</b>	<b>Kate Williams</b>	<b>2.22.2</b>
800m	1992	Bronze	Elizabeth Jones	2.25.7
800m	1995	Silver	Anwen Owen	2.25.92
<b>800m</b>	<b>2004</b>	<b>Gold</b>	<b>Katie Parkes</b>	<b>2.18.36</b>
800m	2006	Silver	Angharad Davies	2.21.83
800m	2017	Silver	Daisy Thompson	2.18.88
800m	2018	Silver	Daisy Thompson	2.21.98
<u>800m</u>	<u>2024</u>	<u>Bronze</u>	<u>Sali Owen</u>	<u>2.23.82</u>
			<b>Junior Girls 1500m</b>	
<b>1500m</b>	<b>1977</b>	<b>Gold</b>	<b>Gillian Irvine</b>	<b>4.45.8</b>
1500m	1979	Silver	Jackie Thomas	4.58.4
1500m	1982	Bronze	Ellie Palmer	5.01.4

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

1500m	1983	Silver	Jenny Paynter	5.07.9
<b>1500m</b>	<b>1990</b>	<b>Gold</b>	<b>Angharad Howells</b>	<b>4.58.0</b>
<b>1500m</b>	<b>1991</b>	<b>Gold</b>	<b>Angharad Howells</b>	<b>4.53.6</b>
1500m	1992	Bronze	Yvonne Evans	5.06.2
1500m	1993	Silver	Heledd Gruffudd	4.45.5
1500m	1995	Bronze	Gemma Mounsey	5.00.03
<b>1500m</b>	<b>1997</b>	<b>Gold</b>	<b>Claire Evans</b>	<b>5.01.5</b>
1500m	2005	Silver	Angharad Davies	5.01.82
1500m	2018	Bronze	Phoebe Davis	5.05.24
<u>1500m</u>	<u>2023</u>	<u>Bronze</u>	<u>Amelia Williams</u>	<u>4.43.94</u>
<u>1500m</u>	<u>2025</u>	<u>Bronze</u>	<u>Manon Phillips</u>	<u>5.04.84</u>
<u>1000m walk</u>	<u>2025</u>	<u>Gold</u>	<u>Cerys Fitzpatrick</u>	<u>5.26.86</u>
			<b>Junior Girls 75m Hurdles</b>	
<b>75mH</b>	<b>1981</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>12.0</b>
75mH	1983	Silver	Heather Wrigglesworth	12.5
75mH	1987	Silver	Mari Prys Jones	1.9
<b>75mH</b>	<b>1988</b>	<b>Gold</b>	<b>Mari Prys Jones</b>	<b>11.7</b>
75mH	1989	Silver	Marie Humphries	1.9
75mH	1990	Bronze	Jodi Lester	11.9
<b>75mH</b>	<b>1991</b>	<b>Gold</b>	<b>Jodi Lester</b>	<b>11.8</b>
<b>75mH</b>	<b>1994</b>	<b>Gold</b>	<b>Amy Bergiers</b>	<b>11.68</b>
<b>75mH</b>	<b>1999</b>	<b>Elen-EvansGold</b>	<b>GoldElen Evans</b>	<b>12.28</b>
<b>75mH</b>	<b>2000</b>	<b>Gold</b>	<b>Heather Jones</b>	<b>11.8</b>
<b>75mH</b>	<b>2001</b>	<b>Gold</b>	<b>Heather Jones</b>	<b>11.37</b>
<b>75mH</b>	<b>2002</b>	<b>Gold</b>	<b>Samantha Jones</b>	<b>11.73w</b>
75mH	2003	Bronze	Megan Thomas	12.15
75mH	2004	Silver	Catrin Vaughan	12.01
75mH	2018	Bronze	Sadie May Mason	12.21
<u>75mH</u>	<u>2022</u>	<u>Bronze</u>	<u>Beatrice Morgan</u>	<u>12.30</u>
			<b>Junior Girls High Jump</b>	
<b>HJ</b>	<b>1979</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>1.70</b>
<b>HJ</b>	<b>1980</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>1.70</b>
<b>HJ</b>	<b>1998</b>	<b>Gold</b>	<b>Claire Shaw</b>	<b>1.51</b>
HJ	1999	Silver	Eleni George	1.55
HJ	2000	Silver	Eleri George	1.60
HJ	2002	Silver	Gemma Conway	1.45
<b>HJ</b>	<b>2011</b>	<b>Gold</b>	<b>Erin Walters</b>	<b>1.63</b>
<b>HJ</b>	<b>2013</b>	<b>Gold</b>	<b>Lauryn Davey</b>	<b>1.55</b>
<b>HJ</b>	<b>2017</b>	<b>Gold</b>	<b>Lili Church</b>	<b>1.58</b>
HJ	2018	Silver	Phoebe Davis	1.50
<u>HJ</u>	<u>2025</u>	<u>Gold</u>	<u>Isobel Dunkeld</u>	<u>1.55</u>
			<b>Junior Girls Long Jump</b>	
<b>LJ</b>	<b>1980</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>5.41</b>
Lj	1981	Silver	Kathryn Evans	4.71

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

LJ	1982	Bronze	Lisa Lewis	4.77
LJ	1989	Bronze	Marie Humphries	4.58
LJ	1990	Bronze	Marie Humphries	4.78
<b>LJ</b>	<b>1991</b>	<b>Gold</b>	<b>Karina Williams</b>	<b>5.06</b>
<b>LJ</b>	<b>1992</b>	<b>Gold</b>	<b>Karina Williams</b>	<b>5.19</b>
LJ	1994	Bronze	Amy Bergiers	4.69
Lj	2003	Bronze	Mari Fenton	4.66
Lj	2004	Bronze	Caryl Granville	4.63
LJ	2007	Silver	Ffion Rees	4.78
LJ	2014	Bronze	Alicia Samuel	4.87
<b>LJ</b>	<b>2019</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>5.51</b>
<u>LJ</u>	<u>2023</u>	<u>Silver</u>	<u>Beatrice Morgan</u>	<u>5.20</u>
<u>LJ</u>	<u>2025</u>	<u>Bronze</u>	<u>Ffion Jones</u>	<u>4.34</u>
			<b>Junior Girls Triple Jump</b>	
<b>TJ</b>	<b>2019</b>	<b>Gold</b>	<b>Zara Evans</b>	<b>9.92</b>
			<b>Junior Girls Pole Vault</b>	
<b>PV</b>	<b>2012</b>	<b>Gold</b>	<b>Carys Jones</b>	<b>3.05</b>
<b>PV</b>	<b>2013</b>	<b>Gold</b>	<b>Carys Jones</b>	<b>3.05</b>
<u>PV</u>	<u>2022</u>	<u>Gold</u>	<u>Cerys Angharad Jones</u>	<u>2.40</u>
			<b>Junior Girls Shot Putt</b>	
<b>SP</b>	<b>1979</b>	<b>Gold</b>	<b>Delyth Evans</b>	<b>9.77</b>
<b>SP</b>	<b>1980</b>	<b>Gold</b>	<b>Delyth Evans</b>	<b>12.19</b>
<b>SP</b>	<b>1983</b>	<b>Gold</b>	<b>Vanessa Daniels</b>	<b>10.04</b>
<b>SP</b>	<b>1988</b>	<b>Gold</b>	<b>Ruth Mason</b>	<b>9.78</b>
<b>SP</b>	<b>1995</b>	<b>Gold</b>	<b>Angharad Lloyd</b>	<b>9.72</b>
SP	1999	Silver	Mair Jones	9.02
SP	2000	Silver	Vicky Lloyd	9.74
<b>SP</b>	<b>2001</b>	<b>Gold</b>	<b>Hayley Morris</b>	<b>9.07</b>
<b>SP</b>	<b>2002</b>	<b>Gold</b>	<b>Gwennan Jones</b>	<b>9.31</b>
SP	2004	Silver	Caryl Lloyd	9.20
<b>SP</b>	<b>2005</b>	<b>Gold</b>	<b>Catherine Goldsmith</b>	<b>10.50</b>
SP	2007	Silver	Sadie Flint	8.66
SP	2009	Silver	Awen Rosser	9.87
SP	2010	Silver	Awen Rosser	12.19
SP	2011	Bronze	Bronwen Lewis	9.69
SP	2013	Silver	Bethan Lewis	10.17
<b>SP</b>	<b>2015</b>	<b>Gold</b>	<b>Danielle Jones</b>	<b>10.14</b>
<b>SP</b>	<b>2018</b>	<b>Gold</b>	<b>Nia Williams</b>	<b>10.22</b>
			<b>Junior Girls Discus Throw</b>	
DT	1987	Silver	Ruth Mason	24.18
<b>DT</b>	<b>1988</b>	<b>Gold</b>	<b>Ruth Mason</b>	<b>25.70</b>
DT	1992	Bronze	Dwysli Lewis	27.22
<b>DT</b>	<b>1999</b>	<b>Gold</b>	<b>Mair Jones</b>	<b>23.82</b>
DT	2000	Silver	Delyth Jones	22.75
<b>DT</b>	<b>2001</b>	<b>Gold</b>	<b>Llinos Jones</b>	<b>26.73</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

DT	2002	Silver	Claire Williams	25.81
DT	2005	Silver	Esther Jones	23.41
<b>DT</b>	<b>2007</b>	<b>Gold</b>	<b>Carys Jones</b>	<b>24.97</b>
<b>DT</b>	<b>2008</b>	<b>Gold</b>	<b>Elliw James</b>	<b>28.71</b>
<b>DT</b>	<b>2010</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>34.78</b>
DT	2013	Bronze	Bethan Lewis	22.90
DT	2015	Silver	Danielle Jones	27.03
<b>DT</b>	<b>2022</b>	<b>Gold</b>	<b>Dolly Evans</b>	<b>27.87</b>
<b>DT</b>	<b>2024</b>	<b>Gold</b>	<b>Summer Evans</b>	<b>29.94</b>
			<b>Junior Girls Hammer Throw</b>	
HT	2006	Bronze	Jade Pearce	18.62
HT	2009	Silver	Elliw James	30.39
			<b>Junior Girls Javelin Throw</b>	
JT	1989	Silver	Joanne Evans	27.28
<b>JT</b>	<b>1995</b>	<b>Gold</b>	<b>Stacey Matthews</b>	<b>25.64</b>
JT	1996	Silver	Diane Mosey	24.94
<b>JT</b>	<b>1997</b>	<b>Gold</b>	<b>Alison Siggery</b>	<b>29.96</b>
<b>JT</b>	<b>1998</b>	<b>Gold</b>	<b>Alison Siggery</b>	<b>32.87</b>
JT	1999	Silver	Sara Siggery	28.46
<b>JT</b>	<b>2000</b>	<b>Gold</b>	<b>Natalie Griffiths</b>	<b>30.57</b>
JT	2001	Silver	Carrie Williams	28.60
<b>JT</b>	<b>2002</b>	<b>Gold</b>	<b>Kylie Clarke</b>	<b>34.57</b>
<b>JT</b>	<b>2003</b>	<b>Gold</b>	<b>Victoria Buxton</b>	<b>29.50</b>
JT	2004	Silver	Catrin Vaughan	27.74
<b>JT</b>	<b>2005</b>	<b>Gold</b>	<b>Danielle Hamer</b>	<b>36.30</b>
<b>JT</b>	<b>2006</b>	<b>Gold</b>	<b>Mary Wilson</b>	<b>33.68</b>
<b>JT</b>	<b>2009</b>	<b>Gold</b>	<b>Carys Mansfield</b>	<b>31.99</b>
JT	2012	Bronze	Amy Humble	25.28
JT	2017	Bronze	Lili Church	28.25
JT	2019	Bronze	Cordelia Walker	28.37
<b>JT</b>	<b>2024</b>	<b>Gold</b>	<b>Summer Evans</b>	<b>33.68</b>
			<b>Junior Girls Pentathlon</b>	
Pentathlon	1998	Bronze	Sioned Rees	2300
Pentathlon	1999	Bronze	Elen Evans	2309
Pentathlon	2000	Silver	Vicky Lloyd	2458
Pentathlon	2002	Bronze	Megan Thomas	2148
Pentathlon	2003	Bronze	Megan Thomas	2567
<b>Pentathlon</b>	<b>2004</b>	<b>Gold</b>	<b>Catrin Vaughan</b>	<b>2961</b>
Pentathlon	2006	Silver	Sophie Pick	2503
Pentathlon	2007	Bronze	Ffion Rees	2465
Pentathlon	2009	Silver	Alyce Phillips	2652
<b>Pentathlon</b>	<b>2013</b>	<b>Gold</b>	<b>Laurn Davey</b>	<b>2538</b>
Pentathlon	2017	Bronze	Beca Roberts	2541
			<b>MIDDLE GIRLS</b>	

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>Middle Girls 100m</b>				
100m	1976	Silver	Diane Thorne	12.5
<b>100m</b>	<b>1977</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>12.9</b>
100m	1983	Silver	Allison Rees	13.0
100m	1989	Silver	Anna Turner	12.4
100m	1990	Silver	Anna Turner	12.7
100m	1993	Silver	Emma Jones	12.8
100m	1995	Bronze	Gail Evans	12.49
<b>100m</b>	<b>1996</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>12.46</b>
100m	1997	Bronze	Rachel Lewis	13.00
100m	2000	Gold	Aimee John	13.0
100m	2005	Bronze	Hannah Thomas	12.48w
100m	2016	Bronze	Alicia Samuel	13.15
100m	2017	Bronze	Alicia Samuel	12.64
<b>100m</b>	<b>2021</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>12.32</b>
<b>Middle Girls 200m</b>				
<b>200m</b>	<b>1977</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>26.1</b>
200m	1983	Silver	Allison Rees	26.7
200m	1989	Bronze	Anna Turner	25.9
200m	1992	Bronze	Kate Williams	26.6w
<b>200m</b>	<b>1995</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>25.35w</b>
<b>200m</b>	<b>1996</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>25.65</b>
200m	2001	Bronze	Anwen Rees	27.45
<b>200m</b>	<b>2006</b>	<b>Gold</b>	<b>Hannah Jones</b>	<b>25.43</b>
200m	2009	Bronze	Leah Bitchell	27.86
200m	2010	Bronze	Catrin Rees	26.32
200m	2011	Bronze	Laura Davies	26.35
<u>200m</u>	<u>2023</u>	<u>Bronze</u>	<u>Ellimay Williams</u>	<u>26.48</u>
<u>200m</u>	<u>2024</u>	<u>Silver</u>	<u>Beatrice Morgan</u>	<u>25.88</u>
<b>Middle Girls 300m</b>				
<b>400m</b>	<b>1976</b>	<b>Gold</b>	<b>Angela Pennington</b>	<b>59.2</b>
<b>400m</b>	<b>1982</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>59.9</b>
<b>400m</b>	<b>1983</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>59.8</b>
300m	1992	Silver	Sian Bradshaw	41.6
300m	1993	Gold	Kate Williams	41.3
300m	1999	Bronze	Aimee John	43.7
<b>300m</b>	<b>2000</b>	<b>Gold</b>	<b>Aimee John</b>	<b>42.8</b>
<b>300m</b>	<b>2006</b>	<b>Gold</b>	<b>Hannah Jones</b>	<b>39.93</b>
300m	2016	Bronze	Celyn Williams	41.55
<b>300m</b>	<b>2022</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>40.02</b>
<b>Middle Girls 800m</b>				
<b>800m</b>	<b>1983</b>	<b>Gold</b>	<b>Ellie Palmer</b>	<b>2.20.2</b>
800m	1989	Silver	Catrin Jones	2.21.8
800m	1996	Bronze	Catrin Davies	2.26.99
800m	1998	Bronze	Gemma Mounsey	2.26.39
<b>800m</b>	<b>1999</b>	<b>Gold</b>	<b>Gemma Thomas</b>	<b>2.22.0</b>
<b>800m</b>	<b>2006</b>	<b>Gold</b>	<b>Katie Parkes</b>	<b>2.17.34</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 3.85 cm, Right

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

			<b>Middle Girls 1500m</b>	
1500m	1981	Silver	Jackie Thomas	4.53.8
1500m	1985	Bronze	Sharon Rees	5.01.1
<b>1500m</b>	<b>1986</b>	<b>Gold</b>	<b>Nicola Morgan</b>	<b>4.48.6</b>
1500m	1987	Silver	Nicola Morgan	4.44.4
1500m	1992	Bronze	Angharad Howells	5.11.1
1500m	1995	Bronze	Jessica P Williams	5.02.49
1500m	1996	Silver	Jessica P Williams	4.56.89
1500m	2003	Bronze	Caryl Jones	5.07.72
1500m	2005	Bronze	Rachel Marfleet	4.53.47
<b>1500m</b>	<b>2006</b>	<b>Gold</b>	<b>Kayleigh Brown</b>	<b>4.45.61</b>
1500m	2008	Bronze	Angharad Davies	4.56.0
1500m	2013	Bronze	Caitlin Page	4.56.55
<b>1500m</b>	<b>2014</b>	<b>Gold</b>	<b>Caitlin Page</b>	<b>5.01.22</b>
1500m	2016	Bronze	Non Morgan	5.25.41
<u>1500m</u>	<u>2025</u>	<u>Silver</u>	<u>Sali Owen</u>	<u>4.49.82</u>
			<b>Middle Girls 3000m</b>	
3000m	1986	Silver	Vicky Hamer	11.08.7
3000m	1987	Silver	Vicky Hamer	11.04.2
3000m	1990	Silver	Daisy Maund	11.25.8
<b>3000m</b>	<b>1994</b>	<b>Gold</b>	<b>Heledd Gruffydd</b>	<b>10.32.56</b>
3000m	1998	Bronze	Claire Evans	11.31.4
3000m	2002	Bronze	Caryl Jones	11.15.32
3000m	2003	Bronze	Caryl Jones	11.14.99
<b>3000m</b>	<b>2005</b>	<b>Gold</b>	<b>Kayleigh Brown</b>	<b>11.06.76</b>
<b>3000m</b>	<b>2007</b>	<b>Gold</b>	<b>Aneura Phillips</b>	<b>10.52.95</b>
3000m	2006	Silver	Aneura Phillips	10.57.9
3000m	2011	Silver	Kari O'Neill	11.27.05
3000m	2013	Bronze	AMBER HOWELL	11.58.95
<u>3000m</u>	<u>2024</u>	<u>Silver</u>	<u>AMELIA WILLIAMS</u>	<u>10.49.41</u>
<u>3000m</u>	<u>2025</u>	<u>Silver</u>	<u>AMELIA WILLIAMS</u>	<u>10.33.62</u>
			<b>Middle Girls 1500m steeplechase</b>	
<b>1500m St-St</b>	<b>2008</b>	<b>Gold</b>	<b>Catrin Lewis</b>	<b>5.54.6</b>
1500m St	2009	Silver	Catrin Lewis	6.12.50
1500m St	2012	Silver	Kari O'Neill	5.58.65
			<b>Middle Girls/2000m 3000m walk</b>	
2000m walk	2015	Bronze	Amelia Davey	11.35.58
<u>3000m walk</u>	<u>2024</u>	<u>Bronze</u>	<u>Macy Blue</u>	<u>24.40.39</u>
			<b>Middle Girls 80m Hurdles</b>	
<b>80mH</b>	<b>1981</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>12.2</b>
<b>80mH</b>	<b>1982</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>12.2</b>
<b>80mH</b>	<b>1986</b>	<b>Gold</b>	<b>Margarite Davies</b>	<b>12.6</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Word underline

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

80mH	1989	Bronze	Mari Prys Jones	12.1
80mH	1990	Silver	Marie Humphries	12.7
80mH	1991	Silver	Marie Humphries	12.3
80mH	1993	Bronze	Emma Jones	12.3
80mH	1996	Bronze	Amy Bergiers	12.5
<b>80mH</b>	<b>1997</b>	<b>Gold</b>	<b>Nia Maynard</b>	<b>11.99</b>
80mH	2000	Bronze	Elen Evans	12.9
80mH	2001	Silver	Elen Evans	12.11
80mH	2002	Gold	Heather Jones	11.42w
<b>80mH</b>	<b>2003</b>	<b>Gold</b>	<b>Heather Jones</b>	<b>11.45</b> <b>(11.34h)</b>
<b>80mH</b>	<b>2004</b>	<b>Gold</b>	<b>Samantha Jones</b>	<b>11.95</b>
80mH	2005	Silver	Caryl Granville	12.20
<b>80mH</b>	<b>2006</b>	<b>Gold</b>	<b>Rebecca Gatehouse</b>	<b>12.33</b>
			<b>Middle Girls 300m Hurdles</b>	
<b>400mH</b>	<b>1982</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>64.8</b>
<b>400mH</b>	<b>1983</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>66.2</b>
400mH	1988	Silver	Emma Lyle	71.6
<b>300mH</b>	<b>1989</b>	<b>Gold</b>	<b>Mari Prys Jones</b>	<b>45.8</b>
300mH	1992	Bronze	Hannah Liptrott	48.8
300mH	1994	Silver	Michelle John	46.14
300mH	1995	Silver	Martha Jones	46.54
300mH	1997	Bronze	Nia Maynard	48.09
300mH	2000	Silver	Anwen Rees	46.7
300mH	2001	Silver	Anwen Rees	47.29
<b>300mH</b>	<b>2003</b>	<b>Gold</b>	<b>Heather Jones</b>	<b>44.63</b>
300mH	2004	Bronze	Megan Thomas	47.23
<b>300mH</b>	<b>2005</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>44.24</b>
300mH	2005	Bronze	Llinos Cassidy	46.87
<b>300mH</b>	<b>2006</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>44.10</b>
300mH	2014	Bronze	Carly Jones	50.31
			<b>Middle Girls High Jump</b>	
HJ	1983	Silver	Lisa Lewis	1.57
<b>HJ</b>	<b>1986</b>	<b>Gold</b>	<b>Carol Whiteway</b>	<b>1.60</b>
HJ	1995	Silver	Sian Elin Jones	1.51
HJ	1999	Silver	Claire Shaw	1.55
HJ	2000	Bronze	Elen Evans	1.55
HJ	2001	Silver	Elen Evans	1.55
HJ	2004	Bronze	Laura Davies	1.45
HJ	2005	Bronze	Katie Parkes	1.50
HJ	2007	Bronze	Catherine Goldsmith	1.45
HJ	2009	Silver	Rhiannon Plant	1.49
HJ	2012	Silver	Erin Walters	1.55
HJ	2014	Silver	Lauryn Davey	1.50
HJ	2018	Silver	Lili Church	1.58
<b>HJ</b>	<b>2019</b>	<b>Gold</b>	<b>Lili Church</b>	<b>1.65</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold



			<b>Middle Girls Long Jump</b>	
<u>Lj</u>	<b>1981</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>5.24</b>
<u>Lj</u>	<b>1983</b>	<b>Gold</b>	<b>Kathryn Evans</b>	<b>5.32</b>
Lj	1990	Silver	Marie Humphries	5.30
Lj	1992	Bronze	Sheena Rees	4.89
<u>Lj</u>	<b>1993</b>	<b>Gold</b>	<b>Karina Williams</b>	<b>5.37</b>
Lj	1997	Silver	Rachel Lewis	5.19
Lj	2002	Bronze	Vicky Lloyd	5.24
Lj	2004	Silver	Mari Fenton	4.71
Lj	2005	Bronze	Mari Fenton	4.57
Lj	2006	Silver	Caryl Granville	5.42
Lj	2007	Bronze	Sophie Pick	4.67
Lj	2008	Silver	Sophie Pick	4.78w
<u>Lj</u>	<b>2012</b>	<b>Gold</b>	<b>Erin Walters</b>	<b>5.32</b>
<u>Lj</u>	<b>2013</b>	<b>Gold</b>	<b>Erin Walters</b>	<b>5.24</b>
<u>Lj</u>	<b>2021</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>5.48</b>
<u>Lj</u>	<b>2022</b>	<b>Gold</b>	<b>Jessica Lee</b>	<b>5.76w</b>
<u>Lj</u>	<b>2024</b>	<b>Silver</b>	<b>Beatrice Morgan</b>	<b>5.72</b>
<u>Lj</u>	<b>2025</b>	<b>Silver</b>	<b>Beatrice Morgan</b>	<b>5.18</b>
			<b>Middle Girls Triple Jump</b>	
TJ	1996	Silver	Cathy James	9.51
TJ	2001	Silver	Vicky Lloyd	10.23
TJ	2002	Silver	Vicky Lloyd	10.84
<u>TJ</u>	<b>2005</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>11.09</b>
<u>TJ</u>	<b>2006</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>11.28</b>
TJ	2008	Silver	Ffion Rees	10.36
TJ	2009	Bronze	Sophie Lane	10.05
TJ	2010	Silver	Sophie Lane	10.51w
TJ	2012	Silver	Ffion Walters	10.09w
<u>TJ</u>	<b>2013</b>	<b>Gold</b>	<b>Ffion Walters</b>	<b>10.24</b>
<u>TJ</u>	<b>2015</b>	<b>Gold</b>	<b>Lauryn Davey</b>	<b>11.02</b>
TJ	2016	Bronze	Olivia Haines	10.41
<u>TJ</u>	<b>2018</b>	<b>Gold</b>	<b>Beca Roberts</b>	<b>10.65</b>
<u>TJ</u>	<b>2019</b>	<b>Gold</b>	<b>Beca Roberts</b>	<b>10.96</b>
<u>TJ</u>	<b>2021</b>	<b>Gold</b>	<b>Zara Evans</b>	<b>10.43</b>
			<b>Middle Girls Pole Vault</b>	
PV	1999	Bronze	Sioned Rees	1.90
<u>PV</u>	<b>2000</b>	<b>Gold</b>	<b>Sioned Rees</b>	<b>2.30</b>
PV	2000	Silver	Jacqui Lloyd	2.10
PV	2010	Bronze	Enfys Jones	2.55
PV	2011	Silver	Enfys Jones	2.75
<u>PV</u>	<b>2014</b>	<b>Gold</b>	<b>Carys Jones</b>	<b>3.31</b>
PV	2015	Bronze	Carys Jones	2.80
			<b>Middle Girls Shot Putt</b>	
<u>SP</u>	<b>1981</b>	<b>Gold</b>	<b>Delyth Evans</b>	<b>11.84</b>
<u>SP</u>	<b>1982</b>	<b>Gold</b>	<b>Delyth Evans</b>	<b>11.77</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 3.62 cm, Right

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>SP</b>	<b>1996</b>	<b>Gold</b>	<b>Angharad Lloyd</b>	<b>10.42</b>
<b>SP</b>	<b>1997</b>	<b>Gold</b>	<b>Angharad Lloyd</b>	<b>10.72</b>
SP	2001	Silver	Vicky Lloyd	9.32
SP	2002	Silver	Vicky Lloyd	9.61
SP	2006	Silver	Catherine Goldsmith	9.68
SP	2007	Silver	Catherine Goldsmith	9.19
SP	2008	Bronze	Sadie Flint	8.74
<b>SP</b>	<b>2011</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>11.00</b>
SP	2012	Silver	Awen Rosser	11.42
SP	2014	Bronze	Bethan Lewis	11.38
SP	2016	Bronze	Danielle Jones	10.50
SP	2018	Bronze	Nia Williams	11.88
<b>SP</b>	<b>2022</b>	<b>Silver</b>	<b>Storm Evans</b>	<b>10.45</b>
			<b>Middle Girls Discus Throw</b>	
DT	1989	Bronze	Lyndsey Thomas	30.90
<b>DT</b>	<b>1990</b>	<b>Gold</b>	<b>Lyndsey Thomas</b>	<b>30.86</b>
DT	2003	Silver	Delyth Jones	28.70
DT	2004	Bronze	Delyth Jones	25.50
<b>DT</b>	<b>2005</b>	<b>Gold</b>	<b>Claire Williams</b>	<b>33.61</b>
DT	2006	Silver	Claire Williams	31.13
<b>DT</b>	<b>2013</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>41.15</b>
<b>DT</b>	<b>2014</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>44.42</b>
<b>DT</b>	<b>2018</b>	<b>Gold</b>	<b>Danielle Jones</b>	<b>33.28</b>
<b>DT</b>	<b>2022</b>	<b>Gold</b>	<b>Storm Evans</b>	<b>37.59</b>
<b>DT</b>	<b>2024</b>	<b>Gold</b>	<b>Dolly Evans</b>	<b>34.93</b>
<b>DT</b>	<b>2025</b>	<b>Gold</b>	<b>Summer Evans</b>	<b>29.79</b>
			<b>Middle Girls Hammer Throw</b>	
HT	2002	Silver	Delyth Jones	20.72
<b>HT</b>	<b>2003</b>	<b>Gold</b>	<b>Claire Williams</b>	<b>35.25</b>
HT	2007	Bronze	Esther Jones	19.97
HT	2011	Silver	Elliw James	32.62
			<b>Middle Girls Javelin Throw</b>	
<b>JT</b>	<b>1990</b>	<b>Gold</b>	<b>Joanne Evans</b>	<b>36.24</b>
JT	1999	Bronze	Alison Siggery	31.62
JT	2000	Silver	Alison Siggery	36.57
JT	2000	Bronze	Sara Siggery	32.17
<b>JT</b>	<b>2001</b>	<b>Gold</b>	<b>Sara Siggery</b>	<b>34.98</b>
<b>JT</b>	<b>2002</b>	<b>Gold</b>	<b>Carrie Williams</b>	<b>34.32</b>
JT	2003	Silver	<del>Carrie Williams</del> 36.95	<u>36.95</u>
JT	2003	Bronze	Kylie Clarke	34.02
<b>JT</b>	<b>2004</b>	<b>Gold</b>	<b>Kylie Clarke</b>	<b>34.52</b>
JT	2004	Silver	Victoria Buxton	32.70
<b>JT</b>	<b>2005</b>	<b>Gold</b>	<b>Victoria Buxton</b>	<b>33.87</b>
<b>JT</b>	<b>2006</b>	<b>Gold</b>	<b>Lydia Jones</b>	<b>36.66</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

JT	2006	Silver	Danielle Hamer	35.04
JT	2007	Silver	Lydia Jones	31.69
<b>JT</b>	<b>2008</b>	<b>Gold</b>	<b>Mary Wilson</b>	<b>34.01</b>
JT	2010	Bronze	Carys Mansfield	37.64
<b>JT</b>	<b>2011</b>	<b>Gold</b>	<b>Carys Mansfield</b>	<b>40.05</b>
JT	2014	Silver	Amy Humble	30.24
<b>JT</b>	<b>2022</b>	<b>Gold</b>	<b>Cordelia Walker</b>	<b>39.06</b>
<b>JT</b>	<b>2023</b>	<b>Silver</b>	<b>Carri Crook</b>	<b>27.52</b>
<b>JT</b>	<b>2025</b>	<b>Gold</b>	<b>Summer Evans</b>	<b>33.84</b>
			<b>Senior Girls Pentathlon</b>	
Pentathlon	1993	Bronze	Karina Williams	2184
Pentathlon	2000	Bronze	Elen Evans	2723
Pentathlon	2005	Silver	Caryl Granville	3156
Pentathlon	2005	Bronze	Hannah Pick	2796
<b>Pentathlon</b>	<b>2006</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>3314</b>
Pentathlon	2006	Bronze	Catherine Goldsmith	2695
Pentathlon	2008	Bronze	Sophie Pick	2656
Pentathlon	2009	Bronze	Rhiannon Plant	2644
			<b>SENIOR GIRLS</b>	
			<b>Senior Girls 100m</b>	
<b>100m</b>	<b>1978</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>12.1</b>
<b>100m</b>	<b>1979</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>12.6</b>
<b>100m</b>	<b>1985</b>	<b>Gold</b>	<b>Alison Rees</b>	<b>12.7</b>
100m	1988	Silver	Carol Whiteway	13.1
100m	1991	Bronze	Anna Turner	12.8
100m	1993	Bronze	Sian Bradshaw	13.1
100m	1994	Silver	Emma Jones	12.66
<b>100m</b>	<b>1997</b>	<b>Gold</b>	<b>Gail Evans</b>	<b>12.74</b>
100m	1998	Bronze	Emma Robinson	13.57
100m	1999	Silver	Rachel Lewis	12.74
100m	2000	Silver	Rachel Lewis	13.30
100m	2009	Silver	Hannah Jones	12.95
100m	2010	Bronze	Sarah Evans	13.32
100m	2011	Bronze	Ffion Rees	12.96
100m	2013	Bronze	Natalie Evans	13.26
100m	2014	Silver	Rachel Donnison	12.98
<b>100m</b>	<b>2018</b>	<b>Gold</b>	<b>Alicia Samuel</b>	<b>12.24</b>
<b>100m</b>	<b>2025</b>	<b>Bronze</b>	<b>Ellimay Williams</b>	<b>12.71</b>
			<b>Senior Girls 200m</b>	
<b>200m</b>	<b>1978</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>25.3</b>
<b>200m</b>	<b>1979</b>	<b>Gold</b>	<b>Diane Thorne</b>	<b>26.5</b>
<b>200m</b>	<b>1985</b>	<b>Gold</b>	<b>Alison Rees</b>	<b>25.9</b>
200m	1991	Bronze	Anna Turner	26.8
200m	1997	Bronze	Gail Evans	26.38
200m	1999	Silver	Rachel Lewis	26.11
<b>200m</b>	<b>2000</b>	<b>Gold</b>	<b>Rachel Lewis</b>	<b>27.08</b>
200m	2003	Bronze	Anwen Rees	26.39

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

200m	2009	Silver	Hannah Jones	25.85
200m	2013	Silver	Elinor Jones	27.58
200m	2014	Silver	Rachel Donnison	25.92
<b>200m</b>	<b>2015</b>	<b>Gold</b>	<b>Rachel Donnison</b>	<b>26.32</b>
<b>200m</b>	<b>2018</b>	<b>Gold</b>	<b>Alicia Samuel</b>	<b>25.65</b>
<u>200m</u>	<u>2023</u>	<u>Bronze</u>	<u>Sophia Reid Thomas</u>	<u>27.30</u>
			<b>Senior Girls 400m</b>	
<b>400m</b>	<b>1978</b>	<b>Gold</b>	<b>Angela Pennington</b>	<b>59.8</b>
<del>400m</del> <b>400m</b>	<b>1985</b>	<b>Gold</b>	<b>Alyson Evans</b>	<b>58.8</b>
400m	1987	Silver	Mary Murphy	59.5
<b>400m</b>	<b>1988</b>	<b>Gold</b>	<b>Mary Murphy</b>	<b>59.0</b>
400m	1993	Silver	Sian Bradshaw	59.7
400m	1994	Bronze	Hannah Liptrott	65.26
<b>400m</b>	<b>1995</b>	<b>Gold</b>	<b>Michelle John</b>	<b>60.23</b>
<b>400m</b>	<b>2007</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>58.03</b>
<b>400m</b>	<b>2015</b>	<b>Gold</b>	<b>Rachel Donnison</b>	<b>57.71</b>
			<b>Senior Girls 800m</b>	
<b>800m</b>	<b>1978</b>	<b>Gold</b>	<b>Angela Pennington</b>	<b>2.29.2</b>
800m	1991	Bronze	Catrin Jones	2.26.9
800m	1992	Bronze	Kay Vobe	2.29.8
800m	1994	Bronze	Angharad Morgan	2.29.40
800m	1997	Bronze	Clare Peck	2.25.00
<b>800m</b>	<b>1998</b>	<b>Gold</b>	<b>Anwen Owen</b>	<b>2.24.30</b>
<b>800m</b>	<b>2001</b>	<b>Gold</b>	<b>Gemma Thomas</b>	<b>2.23.40</b>
800m	2005	Bronze	Sara B Thomas	2.34.9
800m	2008	Silver	Kayleigh Brown	2.38.3
<b>800m</b>	<b>2010</b>	<b>Gold</b>	<b>Angharad Davies</b>	<b>2.17.80</b>
800m	2017	Bronze	Ellie Kiff	2.40.21
			<b>Senior Girls 1500m</b>	
1500m	1988	Silver	Nicola Morgan	5.01.0
1500m	1989	Bronze	Nicola Morgan	5.20.5
1500m	1992	Silver	Daisy Maund	5.29.4
1500m	1994	Silver	Angharad Howells	5.15.32
1500m	1997	Silver	Jessica P Williams	5.01.18
1500m	1998	Silver	Jessica P Williams	5.02.98
1500m	2003	Silver	Charlene Beedie	5.29.88
1500m	2004	Bronze	Caryl Jones	5.06.87
1500m	2005	Silver	Sara B Thomas	6.01.75
1500m	2007	Silver	Alaw B Thomas	5.00.68
<b>1500m</b>	<b>2008</b>	<b>Gold</b>	<b>Alaw B Thomas</b>	<b>4.54.5</b>
1500m	2009	Silver	Angharad Davies	5.01.93
1500m	2014	Silver	Kari O'Neill	5.25.14
			<b>Senior Girls 3000m</b>	
3000m	1988	Silver	Vicky Hamer	10.28.9
3000m	1991	Bronze	Angela Abbott	11.28.9
3000m	2000	Silver	Claire Evans	11.00.66

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Not Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>3000m</b>	<b>2001</b>	<b>Gold</b>	<b>Claire Evans</b>	<b>11.14.34</b>
3000m	2003	Bronze	Charlene Beedie	11.56.82
<b>3000m</b>	<b>2004</b>	<b>Gold</b>	<b>Caryl Jones</b>	<b>11.04.37</b>
<b>3000m</b>	<b>2005</b>	<b>Gold</b>	<b>Caryl Jones</b>	<b>10.56.56</b>
3000m	2017	Bronze	Ellie Kiff	11.3.65
			<b>Senior Girls 1500m steeplechase</b>	
<b>1500m St</b>	<b>2007</b>	<b>Gold</b>	<b>Kayleigh Brown</b>	<b>5.34.45</b>
<b>1500m St</b>	<b>2009</b>	<b>Gold</b>	<b>Aneura Phillips</b>	<b>6.01.89</b>
<b>1500m St</b>	<b>2010</b>	<b>Gold</b>	<b>Catrin Lewis</b>	<b>6.31.30</b>
<b>1500m St</b>	<b>2015</b>	<b>Gold</b>	<b>Amber Howell</b>	<b>5.56.14</b>
			<b>Senior Girls 100m Hurdles</b>	
<b>100mH</b>	<b>1985</b>	<b>Gold</b>	<b>Non Evans</b>	<b>15.6</b>
<b>100mH</b>	<b>1988</b>	<b>Gold</b>	<b>Carol Whiteway</b>	<b>15.7</b>
100mH	1989	Silver	Marguerite Davies	16.5
100mH	1991	Silver	Mari Prys Jones	16.7
<b>100mH</b>	<b>1992</b>	<b>Gold</b>	<b>Marie Humphries</b>	<b>15.2w</b>
100mH	1993	Bronze	Fiona Archampong	16.0
<b>100mH</b>	<b>1994</b>	<b>Gold</b>	<b>Emma Jones</b>	<b>15.80</b>
100mH	1997	Silver	Amy Bergiers	15.8
100mH	2003	Gold	Anwen Rees	15.14
<b>100mH</b>	<b>2005</b>	<b>Gold</b>	<b>Samantha Jones</b>	<b>15.95</b>
100mH	2006	Silver	Megan Thomas	16.51
<b>100mH</b>	<b>2007</b>	<b>Gold</b>	<b>Rebecca Gatehouse</b>	<b>15.67w</b>
100mH	2007	Bronze	Megan Thomas	16.71w
<b>100mH</b>	<b>2008</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>15.3</b>
			<b>Senior Girls 400m hurdles</b>	
400mH	1985	Gold	Alyson Evans	61.2
400mH	1987	Gold	Lisa Cross	66.8
400mH	1989	Gold	Emma Lyle	66.9
400mH	1990	Bronze	Emma Lyle	68.5
400mH	1991	Silver	Mari Prys Jones	64.5
400mH	1993	Bronze	Hannah Liptrot	67.2
400mH	1994	Silver	Hannah Liptrot	68.30
<b>400mH</b>	<b>1995</b>	<b>Gold</b>	<b>Michelle John</b>	<b>66.93</b>
400mH	1999	Bronze	Anwen Owen	73.01
<b>400mH</b>	<b>2002</b>	<b>Gold</b>	<b>Anwen Rees</b>	<b>66.97</b>
<b>400mH</b>	<b>2003</b>	<b>Gold</b>	<b>Anwen Rees</b>	<b>64.36</b>
400mH	2004	Silver	Vicky Lloyd	77.16
400mH	2006	Silver	Megan Thomas	67.95
<b>400mH</b>	<b>2007</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>62.83</b>
400mH	2007	Bronze	Megan Thomas	68.00
<b>400mH</b>	<b>2008</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>61.42</b>
400mH	2008	Bronze	Megan Thomas	70.34
<b>400mH</b>	<b>2009</b>	<b>Gold</b>	<b>Angharad Davies</b>	<b>71.5</b>

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

400mH	2010	Silver	Angharad Davies	68.86
400mH	2015	Bronze	Amber Howell	79.90
<u>400mH</u>	<u>2022</u>	<u>Bronze</u>	<u>Ellie Loweth</u>	<u>78.82</u>
<b>Senior Girls High Jump</b>				
<u>HJ</u>	<b>1983</b>	<b>Gold</b>	<b>Julia Charlton</b>	<b>1.56</b>
HJ	1985	Silver	Lisa Lewis	1.65
<u>HJ</u>	<b>1988</b>	<b>Gold</b>	<b>Carol Whiteway</b>	<b>1.55</b>
<u>HJ</u>	<b>2002</b>	<b>Gold</b>	<b>Elen Evans</b>	<b>1.60</b>
<u>HJ</u>	<b>2005</b>	<b>Gold</b>	<b>Vicky Lloyd</b>	<b>1.58</b>
HJ	2006	Silver	Gemma Conway	1.45
HJ	2007	Bronze	Hannah Pick	1.50
<u>HJ</u>	<b>2008</b>	<b>Gold</b>	<b>Catherine Goldsmith</b>	<b>1.56</b>
HJ	2008	Silver	Hannah Pick	1.50
<u>HJ</u>	<b>2014</b>	<b>Gold</b>	<b>Erin Walters</b>	<b>1.50</b>
<b>Senior Girls Long Jump</b>				
<u>LJ</u>	<b>1985</b>	<b>Gold</b>	<b>Lisa Lewis</b>	<b>5.23</b>
LJ	1992	Bronze	Marie Humphries	4.86
LJ	1994	Bronze	Sheena Rees	4.63
LJ	2005	Gold	Vicky Lloyd	5.56
LJ	2006	Silver	Mari Fenton	4.66
LJ	2006	Bronze	Gemma Conway	4.51
<u>LJ</u>	<b>2010</b>	<b>Gold</b>	<b>Ffion Rees</b>	<b>5.15w</b>
<u>Lj</u>	<b>2011</b>	<b>Gold</b>	<b>Ffion Rees</b>	<b>5.19</b>
Lj	2011	Silver	Sophie Lane	4.78
LJ	2014	Silver	Erin Walters	5.29w
<u>LJ</u>	<b>2016</b>	<b>Gold</b>	<b>Lauryn Davey</b>	<b>5.18</b>
<u>LJ</u>	<u>2024</u>	<u>Gold</u>	<u>Jessica Lee</u>	<u>6.04</u>
<b>Senior Girls Triple Jump</b>				
TJ	2002	Silver	Anwen Rees	10.06
<u>TJ</u>	<b>2004</b>	<b>Gold</b>	<b>Vicky Lloyd</b>	<b>11.25</b>
<u>TJ</u>	<b>2005</b>	<b>Gold</b>	<b>Vicky Lloyd</b>	<b>11.11</b>
<u>TJ</u>	<b>2006</b>	<b>Gold</b>	<b>Mari Fenton</b>	<b>10.57w</b>
TJ	2006	Bronze	Gemma Conway	9.93w
TJ	2007	Bronze	Hannah Pick	10.24
TJ	2010	Bronze	Ffion Rees	10.02w
TJ	2011	Silver	Sophie Lane	10.23
TJ	2012	Bronze	Amelia Roberts	9.64w
TJ	2017	Bronze	Olivia Haines	10.38
<b>Senior Girls Pole Vault</b>				
PV	2001	Gold	Jacqui Lloyd	2.70
<u>PV</u>	<b>2002</b>	<b>Gold</b>	<b>Jacqui Lloyd</b>	<b>2.82</b>
PV	2013	Silver	Enfys Jones	2.70
PV	2016	Gold	Carys Jones	3.30
<u>PV</u>	<b>2017</b>	<b>Gold</b>	<b>Carys Jones</b>	<b>3.30</b>
<b>Senior Girls Shot Putt</b>				

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 1.38 cm, Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>SP</b>	<b>1983</b>	<b>Gold</b>	<b>Ruth Thompson</b>	<b>10.88</b>
SP	1989	Silver	Lyndsey Thomas	9.60
<b>SP</b>	<b>1990</b>	<b>Gold</b>	<b>Lyndsey Thomas</b>	<b>10.51</b>
SP	2002	Silver	Mair Jones	9.45
SP	2003	Silver	Mair Jones	9.25
<b>SP</b>	<b>2008</b>	<b>Gold</b>	<b>Catherine Goldsmith</b>	<b>10.81</b>
<b>SP</b>	<b>2013</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>11.61</b>
<b>SP</b>	<b>2014</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>12.33</b>
SP	2015	Silver	Amy Humble	9.28
SP	2016	Bronze	Lauryn Davey	8.80
SP	2018	Bronze	Danielle Jones	8.48
<b>SP</b>	<b>2024</b>	<b>Bronze</b>	<b>Ffion Mabey</b>	<b>8.65</b>
<b>SP</b>	<b>2025</b>	<b>Bronze</b>	<b>Dolly Evans</b>	<b>9.31</b>
			<b>Senior Girls Discus Throw</b>	
DT	1989	Bronze	Lyndsey Thomas	30.80
<b>DT</b>	<b>1990</b>	<b>Gold</b>	<b>Lyndsey Thomas</b>	<b>30.86</b>
DT	2003	Silver	Delyth Jones	28.70
DT	2004	Bronze	Delyth Jones	25.50
<b>DT</b>	<b>2005</b>	<b>Gold</b>	<b>Claire Williams</b>	<b>33.61</b>
DT	2006	Silver	Claire Williams	31.13
DT	2013	Gold	Awen Rosser	41.15
<b>DT</b>	<b>2014</b>	<b>Gold</b>	<b>Awen Rosser</b>	<b>44.42</b>
<b>DT</b>	<b>2018</b>	<b>Gold</b>	<b>Danielle Jones</b>	<b>33.28</b>
<b>DT</b>	<b>2024</b>	<b>Gold</b>	<b>Storm Evans</b>	<b>45.68</b>
<b>DT</b>	<b>2024</b>	<b>Bronze</b>	<b>Ffion Mabey</b>	<b>31.47</b>
<b>DT</b>	<b>2025</b>	<b>Gold</b>	<b>Dolly Evans</b>	<b>34.56</b>
			<b>Senior Girls Hammer Throw</b>	
<b>HT</b>	<b>1997</b>	<b>Gold</b>	<b>Marie Hughes</b>	<b>31.50</b>
HT	2002	Bronze	Mair Jones	27.06
HT	2003	Bronze	Mair Jones	27.70
<b>HT</b>	<b>2005</b>	<b>Gold</b>	<b>Claire Williams</b>	<b>36.89</b>
HT	2006	Bronze	Claire Williams	38.61
<b>HT</b>	<b>2013</b>	<b>Bronze</b>	<b>Awen Rosser</b>	<b>26.60</b>
<b>HT</b>	<b>2024</b>	<b>Bronze</b>	<b>Ffion Mabey</b>	<b>31.33</b>
			<b>Senior Girls Javelin Throw</b>	
JT	2001	Silver	Alison Siggery	36.54
JT	2002	Silver	Alison Siggery	41.20
<b>JT</b>	<b>2003</b>	<b>Gold</b>	<b>Alison Siggery</b>	<b>38.85</b>
JT	2004	Silver	Amy Gleeson	28.70
<b>JT</b>	<b>2005</b>	<b>Gold</b>	<b>Kylie Clarke</b>	<b>35.79</b>
<b>JT</b>	<b>2006</b>	<b>Gold</b>	<b>Vicky Buxton</b>	<b>39.33</b>
JT	2006	Silver	Kylie Clarke	35.82
<b>JT</b>	<b>2007</b>	<b>Gold</b>	<b>Vicky Buxton</b>	<b>37.45</b>
JT	2007	Silver	Claire Williams	36.52

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 1.75 cm, Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

<b>JT</b>	<b>2008</b>	<b>Gold</b>	<b>Danielle Hamer</b>	<b>39.12</b>
JT	2008	Bronze	Claire Williams	37.75
<b>JT</b>	<b>2009</b>	<b>Gold</b>	<b>Claire Williams</b>	<b>40.21</b>
JT	2009	Silver	Mary Wilson	36.01
JT	2014	Bronze	Bronwen Lewis	22.58
JT	2015	Bronze	Amy Humble	30.85
JT	2017	Bronze	Amy Evans	29.89
			<b>Senior Girls Pentathlon</b>	
<b>Pentathlon</b>	<b>2002</b>	<b>Gold</b>	<b>Elen Evans</b>	<b>2287</b>
Pentathlon	2002	Silver	Anwen Rees	1998
<b>Pentathlon</b>	<b>2003</b>	<b>Gold</b>	<b>Elen Evans</b>	<b>204405</b>
Pentathlon	2003	Silver	Vicky Lloyd	2098
<b>Pentathlon</b>	<b>2004</b>	<b>Gold</b>	<b>Vicky Lloyd</b>	<b>2754</b>
<b>Pentathlon</b>	<b>2006</b>	<b>Gold</b>	<b>Mari Fenton</b>	<b>2292</b>
<b>Pentathlon</b>	<b>2007</b>	<b>Gold</b>	<b>Caryl Granville</b>	<b>3339</b>
Pentathlon	2007	Silver	Hannah Pick	2555
Pentathlon	2008	Silver	<u>Emily Mitchell</u>	<u>2124</u>

Pentathlon

Hedydd Davies

25 September 2025

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Tab stops: 1.75 cm, Left

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Not Bold, Complex Script Font: Not Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Not Bold, Complex Script Font: Not Bold

Formatted: Font: Not Bold, Complex Script Font: Not Bold

Formatted: Font: Bold, Complex Script Font: Bold

Formatted: Font: Bold, Complex Script Font: Bold