

# Carmarthenshire Secondary Schools Indoor Sportshall Athletics (Y9 & 10) – Results / Canlyniadau

## Venue / Lleoliad - Carmarthen Leisure Centre on Thursday 19 January 2017

**Boys 2 Laps (Time Trials)****2 Lap Bechgyn (Amseroedd)**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>			<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>	
<b>Boys</b>	<b>2 laps</b>	<b>Time Trials</b>			<b>Boys</b>	<b>2 laps</b>	<b>Time Trials</b>		
1	Toby Baldwin	Llandovery College	22.8	-	27	Rhys Evans	Dyffryn Aman	25.7	-
2	Aaron Kerr	Dyffryn Aman	23.4	-	28	Liam Griffiths	Bryngwyn	25.8	-
3	Callum Morgan	Bryngwyn	24.2	-	29	Harry Williams	Bro Myrddin	25.8	-
4=	Thomas Davies	Strade	24.3	-	30	Eurgain Garbrith	Strade	25.8	-
4=	Toby Williams	Strade	24.3	-	31	Aaron Howles	Bryngwyn	25.9	-
4=	Jack Speed	Dyffryn Aman	24.3	-	32	No Name Recorded	--	25.9	-
7	Jacob Mills	Coedcae	24.3	-	33	Elliott Thomas	Strade	26.1	-
8	Osian Thomas	Strade	24.4	-	34	Tom Williams	Bryngwyn	26.1	-
9	Lewis Smith	Coedcae	24.4	-	35	Archi Morgan	Bro Myrddin	26.2	-
10	Owain Williams	Bro Myrddin	24.6	-	36	Ioan Dillon	Strade	26.3	-
11	Louis Fox	QE High	24.6	-	37	Zak Giannini	St Michaels	26.3	-
12=	Callum Bennett	St John Lloyd	24.7	-	38	Osian Rees	Strade	26.5	-
12=	Nicholas Evans	Bro Myrddin	24.7	-	39	Josh Davies	Bro Myrddin	26.5	-
14	Max Jenkins	Strade	24.7	-	40	Joshua Howe	St John Lloyd	26.7	-
15	Sam Hartnell	St John Lloyd	24.8	-	41=	David Williams	St John Lloyd	27.3	-
16	Jordan McNally	Coedcae	24.8	-	41=	No Name Recorded	--	27.3	-
17=	Leon Roberts	Coedcae	24.9	-	43	Rhys Gill	Strade	27.7	-
17=	Josh Evans	Strade	24.9	-	44	No Name Recorded	--	28.0	-
19	Macsen Llywelyn	Dyffryn Aman	25.2	-	45	Ifan Davies	Strade	28.5	-
20=	Lewis Clayton	St John Lloyd	25.2	-	46	Dafydd Morgans	Strade	29.3	-
20=	Luke Jones	Strade	25.2	-	47	William Gains	Strade	32.1	-
22	Coby Moorhouse	Strade	25.3	-	48	Jack Smith	St John Lloyd	32.5	-
23	Oscar Hawkins	Dyffryn Aman	25.5	-	49	Owain Thomas	Dyffryn Aman	32.7	-
24	Ioan Phillips	Strade	25.6	-	50	Osian Evans	Strade	33.8	-
25	Josh Powell	St John Lloyd	25.6	-	51	Twm Westcott	Strade	34.2	-
26	Ryan Green	Bryngwyn	25.6	-	52	George McDonald	Strade	39.2	-

**Boys 4 Laps (Time Trials)****4 Lap Bechgyn (Amseroedd)**

	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>			<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>	
<b>Boys</b>	<b>4 laps</b>	<b>Time Trials</b>			<b>Boys</b>	<b>4 laps</b>	<b>Time Trials</b>		
1	Joseff Lloyd	Coedcae	51.5	-	10	Sam Butler	Bryngwyn	55.2	-
2	Lucas Steadman	QE High	51.9	-	11	Ryan Thomas	Bro Myrddin	55.6	-
3	Kian Graham	St Michaels	52.3	-	12	Aled Beynon	Bro Myrddin	56.7	-
4	Sam Hughes	Llandovery College	52.6	-	13	Rio Borelli	St Michaels	57.5	-
5	Jordan Finnegan	Coedcae	52.7	-	14	Callum Champion	Bryngwyn	58.0	-
6	Gruff Jones	Bro Myrddin	53.1	-	15	Sam Ashford	Bryngwyn	58.5	-
7	Cody Williams	Coedcae	53.4	-	16	Matthew Richards	St Michaels	62.0	-
8	Dafydd Jenkins	Strade	53.7	-	17	Archie Price	Bryngwyn	62.4	-
9	Rhys Smith	Bro Myrddin	55.1	-	18	Ryan Lewis	Bryngwyn	62.5	-
					19	Remiel Whartyn	Bro Myrddin	66.5	-

**Boys Standing Long Jump (FINAL)****Naid Hir Bechgyn (FFEINAL)**

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	LJ	FINAL			Boys	LJ	FINAL		
1	Toby Baldwin	Llandovery College	2.60m		23	Sam Hughes	Llandovery College	2.14m	-
2	Lewis Thomas	Bro Myrddin	2.54m	-	24	Elliott Thomas	Strade	2.12m	-
3	Keena Hinds	Dyffryn Aman	2.48m	-	25	Kian Thomas	Strade	2.10m	-
4	Jordan Finnigan	Coedcae	2.46m	-	26	Eurgain Garbrith	Strade	2.10m	-
5	Owain Williams	Bro Myrddin	2.44m	-	27	Cody Williams	Coedcae	2.10m	-
6	Kian Graham	St Michaels	2.42m	-	28	Gruff Giles	Bro Myrddin	2.06m	-
7	Thomas Davies	Strade	2.36m	-	29	Nicholas Evans	Bro Myrddin	2.06m	-
8	Josh Powell	St John Lloyd	2.34m	-	30	Rhys Smith	Bro Myrddin	2.04m	-
9	Leon Roberts	Coedcae	2.32m	-	31	Archi Morgan	Bro Myrddin	2.04m	-
10	Jacob Mills	Coedcae	2.28m	-	32	Aled Beynon	Bro Myrddin	1.96m	-
11	Dylan Richards	Bro Myrddin	2.28m	-	33	Harry Williams	Bro Myrddin	1.96m	-
12	Osian Thomas	Strade	2.28m	-	34	Toby Williams	Strade	1.94m	-
13	Ryan Thomas	Bro Myrddin	2.26m	-	35	Deian Morgan	Bro Myrddin	1.94m	-
14	Tal Davies	Bro Myrddin	2.22m	-	36	Rhys Evans	Dyffryn Aman	1.90m	-
15	Luke Jones	Strade	2.22m	-	37	Joshua Evans	Strade	1.88m	-
16	Osian Rees	Strade	2.20m	-	38	Rio Borrelli	St Michaels	1.86m	-
17	Lewis Clayton	St John Lloyd	2.20m	-	39	Joey Lloyd	Coedcae	1.84m	-
18	Sam Hartnoll	St John Lloyd	2.20m	-	40	Twm Westcott	Strade	1.80m	-
19	Aaron Kerr	Dyffryn Aman	2.18m	-	41	Oscar Hawkins	Dyffryn Aman	1.70m	-
20	Ioan Phillips	Strade	2.18m	-	42	Dafydd James	Bro Myrddin	1.70m	-
21	Ioan Millward	Bro Myrddin	2.18m	-	43	Ethan Rees	St John Lloyd	1.66m	-
22	Lewis Smith	Coedcae	2.16m	-	44	Rhys Gill	Strade	1.50m	-

**Boys Standing Triple Jump (FINAL)****Naid Drifflg Bechgyn (FFEINAL)**

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	TJ	FINAL			Boys	TJ	FINAL		
1	Keena Hinds	Dyffryn Aman	7.04m	-	11	Ioan Dillon	Strade	5.86m	-
2	Callum Bennett	St John Lloyd	6.86m	-	12	Jack Speed	Dyffryn Aman	5.80m	-
3	Lucas Steadman	QE High	6.82m	-	13	Liam Griffiths	Bryngwyn	5.76m	-
4	Dafydd Jenkins	Strade	6.74m	-	14	Macsen Llywelyn	Dyffryn Aman	5.74m	-
5	Archie Price	Bryngwyn	6.64m	-	15	Sam Wooller	Bryngwyn	5.74m	-
6	Jordan McNally	Coedcae	6.26m	-	16	Morgan Edwards	St John Lloyd	5.60m	-
7	Ioan Phillips	Strade	6.20m	-	17	Matthew Richards	QE High	5.22m	-
8	Sam Ashford	Bryngwyn	6.16m	-	18	Dafydd Morgans	Strade	4.69m	-
9	Rhys Evans	Dyffryn Aman	5.88m	-	19	George McDonald	Strade	4.63m	-
10	Callum Morgan	Bryngwyn	5.86m	-	20	Osian Rees	Strade	4.22m	-
				-	21	Osian Evans	Strade	3.88	-

**Boys Shot Putt (FINAL)****Tafu Pwysau Bechgyn (FFEINAL)**

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	SP	FINAL			Boys	SP	FINAL		
1	Lewis Clayton	St John Lloyd	11.29m	-	12	Osian Thomas	Strade	8.70m	-
2	Zac Giannini	St Michaels	11.25m	-	13	Sam Hughes	Llandoverly College	8.60m	-
3	Josh Davies	Bro Myrddin	10.12m	-	14	Leon Roberts	Coedcae	8.57m	-
4	Owain Thomas	Dyffryn Aman	9.98m	-	15	Jac Speed	Dyffryn Aman	8.16m	-
5	Aaron Howles	Bryngwyn	9.90m	-	16	Macsen Llywelyn	Dyffryn Aman	8.16m	-
6	Josh Powell	St John Lloyd	9.82m	-	17	Will Gains	Strade	7.74m	-
7	Aaron Kerr	Dyffryn Aman	9.61m	-	18	Ioan Dillon	Strade	7.53m	-
8	Toby Williams	Strade	9.18m	-	19	Liam Lilly	Bro Myrddin	7.09m	-
9	Joshua Hoey	Bryngwyn	8.91m	-	20	David Williams	St John Lloyd	6.60m	-
10	Keena Himbs	Dyffryn Aman	8.86m	-	21	Eurgain Garbrith	Strade	6.22m	-
11	Toby Baldwin	Llandoverly College	8.86m	-	22	Jac Smith	St John Lloyd	5.70m	-

**Boys Speed Bounce (FINAL)****Speed Bounce Bechgyn (FFEINAL)**

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	SB	FINAL			Boys	SB	FINAL		
1	Ryan Green	Bryngwyn	75	-	18=	Colby Monhouse	Strade	59	-
2=	Nicholas Evans	Bro Myrddin	73	-	20=	Osian Rees	Strade	58	-
2=	Sam Wooller	Bryngwyn	73	-	20=	Sam Hartnoll	St John Lloyd	58	-
4	Lucas Steadman	QE High	72	-	20=	Tom Williams	Bryngwyn	58	-
5	Callum Bennett	St John Lloyd	71	-	20=	Josh Evans	Strade	58	-
6	Archi Morgan	Bro Myrddin	70	-	24=	Callum Champion	Bryngwyn	57	-
7	Callum Morgans	Bryngwyn	68	-	24=	Sam Ashford	Bryngwyn	57	-
8=	Cian Thomas	Strade	67	-	26	Ifan Davies	Strade	56	-
8=	Lewis Smith	Coedcae	67	-	27=	Jordan Finnigan	Coedcae	55	-
10=	Rhys Smith	Bro Myrddin	66	-	27=	Dafydd James	Bro Myrddin	55	-
10=	Archie Price	Bryngwyn	66	-	29	Ryan Lewis	Bryngwyn	54	-
10=	Dafydd Jenkins	Strade	66	-	30	Rhys Gill	Strade	53	-
13=	Morgan Edwards	St John Lloyd	62	-	31	Osian Evans	Strade	51	-
13=	Elliott Thomas	Strade	62	-	32	Joe Lloyd	Coedcae	50	-
15=	Ethan Rees	St John Lloyd	60	-	33	Cody Williams	Coedcae	47	-
15=	Ioan Phillips	Strade	60	-	34	Jordan McNally	Coedcae	46	-
15=	Jacob Mills	Coedcae	60	-	35	George McDonald	Strade	41	-
18=	Deian Morgan	Bro Myrddin	59	-	36	Dafydd Morgans	Strade	28	-

**Girls 2 Laps (Time Trials)****2 Lap Merched (Amseroedd)**

<b>Girls</b>	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>		<b>Girls</b>	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>	
	<b>2 laps</b>	<b>Time Trials</b>				<b>2 laps</b>	<b>Time Trials</b>		
1	Niamh Roberts	Coedcae	25.4	-	25	Thea Williams	Bryngwyn	28.4	-
2	Louise Hughes	QE High	26.3	-	26	Leah Edwards	Bryngwyn	28.4	-
3	Chloe Timothy	Dyffryn Aman	26.4	-	27	Rachel Butler	Strade	28.5	-
4	Heledd Lewis	Dyffryn Aman	26.5	-	28	Georgie Nicholls	St Michaels	28.7	-
5	Ebony Morgans	Dyffryn Aman	26.7	-	29	Zuzia Gancelez	St John Lloyd	28.8	-
6	Ellie May Austin	Coedcae	26.7	-	30	Hannah Lewis	Bro Myrddin	28.8	-
7	Elinor Thomas	Strade	27.1	-	31	Elin Gower	Bro Myrddin	28.8	-
8	Caitlin Hearne	Dyffryn Aman	27.2	-	32	Iola Evans	Strade	29.0	-
9	Rachel Fice	Bro Myrddin	27.2	-	33	Molly Disalro	St John Lloyd	29.1	-
10=	Eluned Evans	Strade	27.3	-	34	Nia Evans	Bro Myrddin	29.2	-
10=	Taylor Hek	QE High	27.3	-	35	Lucy Owens	Bryngwyn	29.4	-
12	Catrin Evans	Llandovery College	27.4	-	36	Sophie Davies	QE High	29.5	-
13	Megan Worrall	St Michaels	27.6	-	37	Siwan Ruddall	Strade	29.8	-
14	Caitlin Simon	Strade	27.6	-	38	Chelsea Maddens	Bryngwyn	30.0	-
15	Jasmine Barnes	St Michaels	27.7	-	39	Ffion Evans	St Michaels	30.1	-
16	Megan Thomas	Strade	28.0	-	40	Emily Powell	Bryngwyn	30.1	-
17	Cady Jones	Bro Myrddin	28.1	-	41	Lilly Woodward	Bro Myrddin	30.4	-
18	Cathryn White	St Michaels	28.1	-	42	Alice Edwards	St John Lloyd	30.4	-
19	Aoife Sharp	St Michaels	28.1	-	43	Holly Howells	Bryngwyn	30.7	-
20	Sophie Jones	Dyffryn Aman	28.2	-	44	Rebecca Stevens	Bryngwyn	31.0	-
21	Laura Davies	Bro Myrddin	28.2	-	45	Caitlin Clement	Coedcae	31.3	-
22	Jessica Evans	Strade	28.2	-	46	Cerys Sheridan	St John Lloyd	31.3	-
23	Carys Griffiths	Strade	28.3	-	47	Lucy Wilson	St Michaels	34.3	-
24	Bethan Jones	St Michaels	28.3	-	48	Jessica Jones	Bryngwyn	37.2	-

**Girls 4 Laps (Time Trials)****4 Lap Merched (Amseroedd)**

<b>Girls</b>	<b>Name / Enw</b>	<b>School / Ysgol</b>	<b>Perf.</b>	
	<b>4 laps</b>	<b>Time Trials</b>		
1	Victoria Rejniak	St John Lloyd	56.9	-
2	Caitlin Williams	Bryngwyn	57.0	-
3	Maddie Morgan	Bro Myrddin	58.2	-
4	Megan Jones	Bro Myrddin	59.9	-
5	Alice Leicester	St Michaels	61.3	-
6	Eloisa Salazar	QE High	64.0	-
7	Rachel Nicholas	St Michaels	66.7	-
8	Caitlin Bartlett	Bryngwyn	67.2	-
9	Hamet Rees	St Michaels	69.1	-
10	Saffron Williams	QE High	69.7	-

**Girls Standing Long Jump (FINAL)****Naid Hir Merched (FFEINAL)**

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	LJ	FINAL			Girls	LJ	FINAL		
1	Tayla Heck	QE High	2.22m	-	15	Lauren Wray	QE High	1.94m	-
2	Hannah Lewis	Bro Myrddin	2.18m	-	16	Nia Evans	Bro Myrddin	1.92m	-
3	Sarah Mills	Strade	2.18m	-	17	Ffion Davies	Bryngwyn	1.92m	-
4	Thea Williams	Bryngwyn	2.16m	-	18	Iola Evans	Strade	1.90m	-
5	Alice Lester	St Michaels	2.12m	-	19	Hamet Rees	St Michaels	1.88m	-
6	Chloe Ross	QE High	2.12m	-	20	Catrin Evans	Llandoverly College	1.86m	-
7	Niamh Roberts	Coedcae	2.10m	-	21	Caitlin Simon	Strade	1.80m	-
8	Rachel Butler	Strade	2.10m	-	22	Eluned Evans	Strade	1.80m	-
9	Megan Warrell	St Michaels	2.04m	-	23	Rachel Fice	Bro Myrddin	1.74m	-
10	Catherine Wang	St Michaels	2.04m	-	24	Megan Jones	Bro Myrddin	1.74m	-
11	Jasmine Basney	St Michaels	2.00m	-	25	Elisa Salazar	QE High	1.72m	-
12	Chelsea Maddock	Bryngwyn	2.00m	-	26	Ffion Evans	St Michaels	1.70m	-
13	Elinor Thomas	Strade	1.96m	-	27	Siwan Rudall	Strade	1.70m	-
14	Caitlin Williams	Bryngwyn	1.94m	-	28	Rachel Nicholas	St Michaels	1.56m	-

**Girls Vertical Jump (FINAL)****Naid Fertigal Merched (FFEINAL)**

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	VJ	FINAL			Girls	VJ	FINAL		
1	Ebony Morgans	Dyffryn Aman	52	-	21	Rosalin Day	Bro Myrddin	40	-
2	Chloe Ross	QE High	51	-	22=	Caitlin Clement	Coedcae	39	-
3	Eloisa Salazar	QE High	51	-	22=	Leah Edwards	Bryngwyn	39	-
4	Bethan Jones	St Michaels	47	-	22=	Rebecca Stephens	Bryngwyn	39	-
5=	Victoria Rejniak	St John Lloyd	46	-	22=	Maddie Morgan	Bro Myrddin	39	-
5=	Ellie May Austin	Coedcae	46	-	26	Cerys Sheridan	St John Lloyd	38	-
7	Lucy Owens	Bryngwyn	45	-	27	Grace Morgan	QE High	38	-
8=	Cadi Jones	Bro Myrddin	45	-	28	Katie Jones	Bro Myrddin	37	-
8=	Sophie Jones	Dyffryn Aman	45	-	29	Caitlin Bartlett	Bryngwyn	37	-
8=	Chloe Timothy	Dyffryn Aman	45	-	30=	Emily Powell	Bryngwyn	36	-
8=	Taylor Hek	QE High	45	-	30=	Elouise Hughes	QE High	36	-
12	Caitlin Hearne	Dyffryn Aman	44	-	32	Laura Davies	Bro Myrddin	35	-
13	Jessica Jones	Bryngwyn	43	-	33	Lauren Wray	QE High	35	-
14=	Aoife Sharpe	St Michaels	43	-	34	Lili Woodward	Bro Myrddin	35	-
14=	Georgie Nicholls	St Michaels	43	-	35	Sarah Evans	Bro Myrddin	34	-
16	Saffron Williams	QE High	42	-	36	Ellie Edwards	QE High	33	-
17	Sophie Davies	QE High	42	-					-
18	Elin Gower	Bro Myrddin	41	-					-
19=	Heledd Lewis	Dyffryn Aman	40	-					-
19=	Holly Howells	Bryngwyn	40	-					-

**Girls Shot Putt (FINAL)****Tafu Pwysau Merched (FFEINAL)**

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	SP	FINAL			Girls	SP	FINAL		
1	Saffron Williams	QE High	7.46m	-	12	Grace Morgan	QE High	5.78m	-
2	Ebony Morgans	Dyffryn Aman	7.40m	-	13	Hamett Rees	St Michaels	5.78m	-
3	Ellie May Austin	Coedcae	6.84m	-	14	Holly Howells	Bryngwyn	5.61m	-
4	Chelsea Maddocks	Bryngwyn	6.50m	-	15	Ffion Evans	St Michaels	5.59m	-
5	Sophie Davies	QE High	6.45m	-	16	Caitlin Hearne	Dyffryn Aman	5.49m	-
6	Ellie Edwards	QE High	6.38m	-	17	Heledd Lewis	Dyffryn Aman	5.40m	-
7	Katie Maceachan	QE High	6.37m	-	18	Sophie Jones	Dyffryn Aman	5.33m	-
8	Hannah Lewis	Bro Myrddin	6.21m	-	19	Rosalin Day	Bro Myrddin	5.15m	-
9	Chloe Timothy	Dyffryn Aman	6.14m	-	20	Elin Gower	Bro Myrddin	5.02m	-
10	Ffion Davies	Bryngwyn	6.11m	-	21	Caitlin Clement	Coedcae	4.62m	-
11	Caitlin Bartlett	Bryngwyn	5.79m	-	22	Lucy Owens	Bryngwyn	4.31m	-

**Girls Speed Bounce (FINAL)****Speed Bounce Merched (FFEINAL)**

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	SB	FINAL			Girls	SB	FINAL		
1=	Jasmine Barnes	St Michaels	75	-	20=	Elin Gower	Bro Myrddin	56	-
1=	Niamh Roberts	Coedcae	75	-	23=	Rachel Nicholas	St Michaels	53	-
2=	Alice Lester	St Michaels	73	-	23=	Molly Disalro	St John Lloyd	53	-
4=	Caitlin Williams	Bryngwyn	72	-	23=	Alice Edwards	St John Lloyd	53	-
4=	Victoria Rejniak	St John Lloyd	72	-	23=	Sarah Mills	Strade	53	-
6=	Thea Williams	Bryngwyn	67	-	27=	Megan Thomas	Strade	52	-
6=	Rachel Butler	Strade	67	-	27=	Megan Worrall	St Michaels	52	-
8	Katherine Wang	St Michaels	66	-	27=	Cadi Jones	Bro Myrddin	52	-
9	Eluned Evans	Strade	65	-	30=	Carys Griffiths	Strade	50	-
10	Emily Powell	Bryngwyn	64	-	30=	Maddie Morgan	Bro Myrddin	50	-
11=	Megan Jones	Bro Myrddin	63	-	30=	Sarah Evans	Bro Myrddin	50	-
11=	Bethan Jones	St Michaels	63	-	30=	Roslin Day	Bro Myrddin	50	-
11=	Aoife Sharpe	St Michaels	63	-	30=	Nia Evans	Bro Myrddin	50	-
14	Georgie Nicholls	St Michaels	62	-	30=	Zuzi Gonzarlez	St John Lloyd	50	-
15	Rachel Fice	Bro Myrddin	60	-	36	Caitlyn Simon	Strade	48	-
16	Jessica Jones	Bryngwyn	59	-	37=	Siwan Redall	Strade	47	-
17	Iola Evans	Strade	58	-	37=	Katie Jones	Bro Myrddin	47	-
18=	Rebecca Stephens	Bryngwyn	57	-	41	Lily Woodward	Bro Myrddin	46	-
18=	Jessica Evans	Strade	57	-	42	Catrin Evans	Llandoverly College	42	-
20=	Leah Edwards	Bryngwyn	56	-	43	Lily Ashford	Strade	34	-
20=	Elinor Thomas	Strade	56	-	44	Lucy Wilson	St Michaels	32	-

- Note: Names are likely to be typed incorrect in some places.

A Dyfed squad of boys and girls will be selected to travel to Cwmbran for the Welsh Sportshall athletics Final on Sunday 5 March 2017

Full Results & School News are updated on the Carmarthen Harriers website & social media pages

[www.carmarthenharriers.co.uk](http://www.carmarthenharriers.co.uk)  
Facebook – Carmarthen Harriers  
Athletics Club @CarmsHarriers

Mae yna ffeil o'r canlyniadau a newyddion athletau ar wefan a tudalennau cymdeithasol y clwb

**Event Results Coordinator – Nathan Jones**  
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