

West Wales Championships & Welsh Senior League

Written by Nathan Jones
Sunday, 24 May 2015 20:40

WELL DONE to all athletes who competed at the 2015 West Wales Regional Championships at Cwrt Herbert Track in Neath, Combined Events in Bedford and the Welsh Senior League in Brecon

In total, 43 athletes from Carmarthen were present out of the 325 athletes registered, and performed well to collect 45 medals throughout the day. Very encouraging seeing many harriers vests out on show whether it was on the track or on the field.

Performances including:

Sam Bleach - JT 41.19

Jessica Williams - JT 29.20

Ellie Kiff - 3000 11.11.90

Nikita Neary - 800 2.01.11

Trystan Leech - 800 2.27.05

Iestyn Williams - 800 2.19.22, 300 44.26

Rhun Edwards - 400 55.90

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Osian Edwards - 400 58.47

Amelia Davey - HJ 1.40, JT 24.45, 1500 5.53.63

Lauryn Davey - 300mH 49.62, LJ 5.07, TJ 10.46

Ben Thomas - 800 2.14.41, 300 41.50

Morgan Batten - JT 23.26

Olwen Batten - LJ 3.36, 75H 14.19, 200 31.2

Elin Jones - 100 14.01, 75H 12.79

Sion Jones - 100 15.13, LJ 3.45

Cerys Davies - 800 2.32.52

Megan Rowe - 100 12.39, 300 44.75

Ffion Lloyd - 1000W 6.36.88

Connor Evans - DT 36.83

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Maddie Morgan - 1500 5.24.13

William Thompson - 1500 4.58.88

Daisy Thompson - 800 2.28.71

Franco Lopez - 100 12.93, 200 26.81

Ellie Tromans - 100 14.31, 200 29.12

Lili Church - JT 18.85, 70H 13.17, HJ 1.30

Charles Griffiths - 100 13.62, 200 29.79

Dwayne Griffiths - 800 2.00.95, 400 54.73

Paul Clarke - 800 2.05.15

Iwan Glynn - 800 2.23.53

Sioned Glynn - 800 2.27.39

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Zak Daly - 300 40.32

Elin Jones - 300 48.01

Archi Morgan - 1500 4.56.41

Joseph Worrall - DT 41.65, SP 11.55

Leon Davis - HJ 1.30

Phoebe Davis - 1500 5.14.43

Ashraf Liles - 800 2.00.81, 400 52.43

Amber Howell - 1500 5.32.16, 1500SC 6.11.14

Deian Morgan - 800 2.32.28

William Edwards - HJ 1.85

Thomas Jones - 1500SC 4.56.77

Alicia Samuel - 100 12.62, LJ 4.98

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Elen Hawkins - 800 2.42.08

For a full set of the results copy, [CLICK HERE](#)

At the U20 and Senior Combined Events in Bedford over the weekend, Sophie Pick finished in 2nd place in the senior women Welsh heptathlon championship in Bedford with a score of 3715pts, 200pts better than her previous best, she had been out injured before this competition which kept her from making bigger inroads into her previous PB but kept a good consistency throughout the two days.

There was a slight improvement of numbers out for the second Welsh U17/20/Senior League match in Brecon on 31 May. Results include

Rhun Edwards - 200 23.86, 400 56.05

Nikita Neary - 200 24.18, 400 54.49, JT 38.77

Charles Griffiths - 200 28.66

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Tomas Jones - 200 24.81

Ryan Jenkins - 400 62.48, 1500 4.41.28

Sion Lewis - 400 62.99, 1500 4.43.52

Ashraf Liles - 1500 4.21.88

Dwayne Griffiths - 1500 4.23.02, LJ 4.63

Paul Clarke - 1500 4.26.44

Sam Bleach - JT 38.37

Megan Rowe - 200 27.39, 300 45.19

Lauryn Davey - 200 28.34, LJ 5.09

Amelia Davey - 2kw 11.49.01, JT 20.62

Sophie Pick - LJ 4.91, JT 23.40