

CARMARTHEN HARRIERS CLUB RECORDS 2018

UNDER 13 GIRLS

UNDER 15 GIRLS

100m	Manon Richards	12.7	1978	100m	Manon Richards	12.4	1978
200m	Manon Richards	26.68	1978	100m	Erin Walters	12.4	2010
800m	Daisy Thompson	2.25.07	2015	200m	Hannah Jones	25.5	2005
1500m	Catrin Davies	4.58.8	1992	300m	Hannah Jones	40.54	2005
1000mW	Lowri Heckler	6.55.85	2007	800m	Mari Prys Jones	2.14.56	1987
70m Hurdles	Ffion Rees	11.6	2005	1500m	Heledd Gruffudd	4.45.5	1993
High Jump	Julia Charlton	1.68	1978	75m Hurdles	Heather Jones	10.86	2001
Long Jump	Emma Jones	4.85	1989	High Jump	Julia Charlton	1.78	1980
Pole Vault	Carys Jones	2.40	2011	Long Jump	Julia Charlton	5.47	1980
Shot	Bethan Lewis	10.33	2011	Pole Vault	Carys Jones	3.20	2013
Discus	Jade Pearce	28.71	2004	Hammer	Elliw James	31.46	2009
NEW Javelin	Cordelia Walker	33.26	2018	Shot	Delyth Evans	12.75	1980
Pentathlon	Ffion Rees	2156	2005	Discus	Awen Rosser	34.78	2010
4 x100m Relay		54.8	1989	Javelin	Danielle Hamer	38.15	2005
				Pentathlon	Julia Charlton	3438	1980
				4 x 100m Relay		51.17	1988



Cordelia's season went from strength to strength. She shows fantastic promise throwing a massive 33.26 metres to take a club record and rank her 4th in the UK for her age group.

UNDER 17 WOMEN

UNDER 20 WOMEN

100m	Alicia Samuel	12.64	2017	100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006	NEW 100	Alicia Samuel	12.0	2018
300m	Hannah Jones	39.60	2006	NEW 200m	Alicia Samuel	24.87	2006
400m	Kate Williams	57.08	1993	400m	Caryl Granville	55.89	2008
800m	Katie Parkes	2.13.77	2006	800m	Katie Parkes	2.11.91	2007
1500m	Gillian Irvine	4.38.7	1978	1500m	Gillian Irvine	4.38.7	1978

3000m	Vicky Harmer	10.18.0	1987	3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991	5000m	Anwen Evans	20.52.0	1991
80m Hurdles	Heather Jones	11.27	2003	100m Hurdles	Heather Jones	13.65	2005
300m Hurdles	Caryl Granville	42.65	2006	400m Hurdles	Alyson Evans	58.37	1985
400m Hurdles	Caryl Granville	61.55	2006	2000m SC	Aneura Phillips	7.38.69	2007
1500m SC	Angharad Davies	5.24.32	2007	High Jump	Julia Charlton	1.78	1980
2000m SC	Aneura Phillips	7.38.69	2007	Long Jump	Julia Charlton	5.92	1982
High Jump	Julia Charlton	1.78	1980	Triple Jump	Caryl Granville	11.69	2005
Long Jump	Julia Charlton	5.92	1982	Pole Vault	Carys Jones	3.45	2016
Triple Jump	Caryl Granville	11.69	2005	Shot	Delyth Evans	12.28	1983
Pole Vault	Carys Jones	3.40	2014	Discus	Awen Rosser	40.70	2012
Shot	Delyth Evans	12.04	1980	Javelin	Carys Mansfield	45.09	2011
Discus	Awen Rosser	40.67	2011	Hammer	Claire Williams	37.32	2004
Javelin	Carys Mansfield	45.09	2011	Pentathlon	Caryl Granville	3736	2007
Hammer	Claire Williams	37.32	2004	Heptathlon	Caryl Granville	4807	2007
Heptathlon	Julia Charlton	4803	1982				
4 x 100m Relay		51.89	1989				



Alicia Samuel was the both the clubs and Wales's outstanding sprinter ranking 16th in the UK in her first year at under 20 she set new club records at 100 and 200 metres and equalled the senior club record set in 1976! There could be great things ahead for Alicia in 2019.

SENIOR WOMEN

100m	Diane Thorne	12.0	1976	100m	Jamie Henthorn	10.45	1996
200m	Hannah Jones	25.2	2006	200m	Jamie Henthorn	21.12	1997
400m	Anwen Rees	54.50	2005	400m	Roger Barrett	47.5	1984

SENIOR MEN

800m	Katie Parkes	2.11.91	2007	800m	Roger Barrett	1.49.18	1984
1500m	Caryl Jones	4.29.21	2009	1500m	Kyran Roberts	3.45.18	2017
3000m	Caryl Jones	9.42.01	2009	3000m	Dewi Griffiths	8.26.87	2008
5000m	Caryl Jones	17.01.55	2010	5000m	Dewi Griffiths	14.28.42	2010
10000m	Caryl Jones	34.46.07	2009	10000m	Dewi Griffiths	30.30.2	2010
½ Marathon	Caryl Jones	1-16.52	2009	Marathon	Hedydd Davies	2.30.25	1981
Marathon	Caroline Jones	2.58.45	1991	110m Hurdles	James Archampong	14.18	1994
100m Hurdles	Heather Jones	13.65	2005	400m Hurdles	Paul Bennett	54.05	2010
400m Hurdles	Anwen Rees	58.15	2007	3000m S/C	Steve Gibbons	9.23.4	1971
2000m SC	Caryl Jones	6.57.69	2010	High Jump	Kim Harland	2.01	2001
3000m SC	Caryl Jones	10.33.74	2009	Long Jump	Aled Price	7.12	2015
High Jump	Julia Charlton	1.78	1980	Triple Jump	Charles Madeira Cole	15.89	1997
Long Jump	Julia Charlton	5.92	1982	Pole Vault	Islwyn Rees	4.50	1975
Triple Jump	Caryl Granville	11.69	2005	Shot	Mathew Evans	14.40	2007
Pole Vault	Jacqui Lloyd	3.00	2002	Discus	Denis Day	42.60	1974
Shot	Delyth Evans	12.28	1983	Javelin	Stuart Loughran	66.33	2007
Discus	Claire Williams	43.15	2011	Hammer	David Procter	42.23	2003
Javelin	Sara Siggery	46.20	2010	Pole Vault	Islwyn Rees	4.50	1975
Hammer	Claire Williams	38.61	2006	Shot	Mathew Evans	14.40	2007
Heptathlon	Caryl Granville	4807	2007	Discus	Denis Day	42.60	1974
4 x 100m Relay		52.5	1987	Javelin	Stuart Loughran	66.33	2007
4 x 400m Relay				Hammer	David Procter	42.23	2003
				4 x 100m Relay		43.4	1987/8
				4x400m Relay		3.25.8	1987

UNDER 13 BOYS

UNDER 15 BOYS

100m	Simon Davies	12.60	1995	100m	Steve Perks	11.2	1972
200m	Matthew Roderick	25.0	1985	200m	Tomas Coleman	23.39	2006
800m	Nikita Neary	2.11.9	2010	300m	Iwan Glynn	37.58	2017
1500m	Frank Morgan	4.33.32	2017	400m	Bruce Tasker	52.51	2002
1000mW	Jordan Richards	6.01.37	2010	800m	Nikita Neary	1.58.65	2012
75m Hurdles	Rhys Webb	12.4	2004	NEW 1500m	Dafydd Jones	4.12.51	2018
Long Jump	Matthew Roderick	5.29	1985	3000m	Dewi Griffiths	9.16.2	2005
High Jump	Aled Rees	1.57	2011	80m Hurdles	Daniel Evans	11.50	2003
Shot	Mathew Evans	14.47	2001		Rhys Webb	11.50	2006
Discus	Mathew Evans	35.35	2001	300m Hurdles	Graham Thomas	42.6	1992
Javelin	Rheon James	41.37	2005	High Jump	Simon Howells	1.83	1989
Quadrathlon	Nikita Neary	1813	2010		Chris Harries	1.83	1996
Pentathlon	Justin Jones	2059	1989	Long Jump	Kueni Igbagiri	6.30	2005
4 x 100m Relay		53.08	1988	Triple Jump	Owen Jones	12.50	2002
					Daniel Davis	12.50	2013
				Pole Vault	Robert Hughes	3.55	1977
				Shot	Mathew Evans	17.36	2003
				Discus	Mathew Evans	47.71	2003
				Javelin	Garth Loughran	55.61	2003
				Hammer	Mathew Evans	52.14	2003
				Pentathlon	Aled Price	2698	2010
				4 x 100m Relay		45.85	1987

Junior club team captain Dafydd Jones had an outstanding breakthrough season beating Dewi Griffiths under 15 club record for the 1500m (4.12.51), getting his first full international vest and winning the fastest leg in the Welsh road relays. He has been a core member of the strong under 15 boy's endurance group coached by Carol Jones.



Under 17 Men

UNDER 20 MEN

100m	Shaun Pearce	10.73	2013	100m	Jamie Henthorn	10.45	1996
200m	Shaun Pearce	21.62	2013	200m	Jamie Henthorn	21.46	1996
400m	Bruce Tasker	47.85	2004	400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.92	2012	800m	Kyran Roberts	1.52.12	2014
1500m	Kyran Roberts	3.53.38	2012	1500	Kyran Roberts	3.46.54	2014
3000m	David Jones	8.40.0	2000	3000m	Dewi Griffiths	8.26.87	2008
5000m	Andres Jones	15.42.8	1993	5000m	Dewi Griffiths	14.28.42	2010
100m Hurdles	Daniel Blain	13.4	2011	10000m	Dewi Griffiths	30.19.37	2010
400m Hurdles	Graham Thomas	55.29	1993	110m Hurdles	James Archampong	14.18	1994
1500m S/C	Ben Thomas	4.22.51	2017	400m Hurdles	Paul Bennett	54.05	2010
High Jump	Kim Harland	1.96	1998	NEW 2000m S/C	Ben Thomas	5.53.47	2018
Long Jump	Kueni Igbagiri	6.85	2007	3000m S/C	Paul Clarke	9.39.74	1999
Triple Jump	Owen Jones	14.39	2004	High Jump	William Edwards	2.10	2017
Pole Vault	Islwyn Rees	4.49	1974	Long Jump	Aled Price	6.97	2014
Shot	Matthew Evans	16.48	2004	Triple Jump	Charles Madeira Cole	14.80	1996

Discus	Joe Worrall	49.87	2017	Pole Vault	Islwyn Rees	4.50	1975
Javelin	Jon Llewelyn	63.60	2009	Shot	Mathew Evans	16.26	2007
Hammer	David Procter	50.48	2000	Discus	Mathew Evans	45.58	2007
Octathlon	Aled Price	4887	2011	Javelin	Garth Loughran	63.05	2008
Decathlon	Aled Price	5954	2011	Hammer	David Procter	51.44	2003
4 x 100m Relay		43.3	1977	Decathlon	Aled Price	6457	2014
4 x 400m Relay		3.43.0	1988	4 x 100m Relay		43.4	1970



A great season for Ben Thomas in the steeple chase. This was his first year as an under 20, finishing the season ranked 2nd in the UK and setting a club record for the 2000m steeple-chase to go 5th on the UK all-time list for the Distance. He finished the season in Hungary with a British vest and ranked the 10th best under 18 in Europe! Ben also won the Carmarthenshire junior sports personality of the year. Ben has always been a good club runner but he has come a long way from the 2 min 56 800m he achieved as an under 11 more than 7 years ago!

