

Matthew Evans

Matthew Evans and his elder brother Jake were pupils at Gwendraeth Secondary School. Both came along to compete for the School in the shot putt and discus throwing events in the Brianne and Dyfed secondary schools' championships

Matthew did particularly well and at 12 joined Carmarthen and District Harriers Athletics Club where he was coached by Richard Wyr

This was the start of a long successful partnership and Matthew went on to win many championship titles

Personal Bests

SP U13 3.25K 14.47m (2001); U15 4K 17.36m (2003); U17 5K 16.10m (2004); U20 6K 16.26 (2007); SEN 7.25K 14.40m(2007)

DT U17 1.5K 47.83m (2005); U20 1.75K 47.34m (2007); SEN 2K 42.51m (2007)

Matthew is still holder of the Welsh U15 Shot Putt record of 17.36m which he set in the UK U15 championships in Sheffield on 16 August 2004 (17 years later the best performance by another U15 Welsh boy in the shot putt is only 15.75m)

Matthew during his junior career won many Welsh championships in the shot putt and discus events

He won the UK under 15 Sportshall athletics shot putt title and twice came second (U15 and U17) in the outdoor UK championships

Holder of the following Carmarthen Harriers Records

Shot Putt

U13	14.47m	2001
U15	17.36m	2005
U17	16.48m	2004
U20	16.26m	2007
SEN	14.40m	2007

Discus

U13	35.35m	2001
U15	47.71m	2003
U17	47.83m	2005
U20	45.58m	2007

Holder of the following Dyfed Schools records

Shot Putt

Y7	12.28m	2001
Y8	13.56m	2002
Y9	15.26m	2003
MB	no record	
SB	no record	

Discus

Only records

Y9	40.38m	2003
SB	44.36m	2006

Matthew Evans's milestones

2000 Under 13 Carmarthen Harriers

SP	1	11.59	Carmarthen	Louise Arthur League	6 Aug 2000
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2001 Under 13 Carmarthen Harrier

SP	1	14.47	Cardiff	UKYA League	22 Jul 2001
DT	1	35.35	Neath	Welsh Junior League	28 Jul 2001

2003 Under 15 Carmarthen Harriers

SP	2	17.36	Sheffield	UK U15 Championships	16 Aug 2003
SP	1	15.81i	Birmingham	UK Sportshall Athletics Final	12 Apr 2003
DT	1	47.21	Connahs Quay	Welsh U15 Championships	25 Aug 2003

2004 U17 Carmarthen Harriers

SP	1	14.34i	Cardiff	Welsh U20 Indoor Championships	8 Jan 2005
SP	1	13.97i	Cardiff	Welsh Indoor International	22 Jan 2005
SP	2	15.79	Tullamore IRE	SIAB Schools International	16 Jul 2005
SP	1	14.34i	Cardiff	Welsh U17 Indoor Championships	8 Jan 2005
SP	2	16.10i	Birmingham	UK U17 Indoor Championships	26 Feb 2005
SP	1	15.61i	Cardiff	Welsh U17 Indoor Championships	8 Jan 2005
SP	1	15.45	Cardiff	Welsh U20 Championships	18 Jun 2005
SP	1	15.45	Carmarthen	Celtic Games	6 Aug 2005
SP	1	14.14	Brecon	Welsh schools championships	2 Jul 2005
DT	3	46.20	Tullamore IRE	SIAB Schools International	16 Jul 2005
DT	1	43.94	Brecon	Welsh Junior League Cup Final	21 Aug 2005
DT	1	44.95	Carmarthen	Celtic Games	6 Aug 2005

HT	7	49.70	Tullamore IRE	SIAB Schools International	16 Jul 2005
HT	2	40.90	Brecon	Welsh Junior League Cup Final	21 Aug 2005

2006 U20 Carmarthen Harriers

SP	1	15.75	Brecon	Welsh Schools Championships	1 Jul 2006
SP	3	15.70	Abingdon	Inter Area Match	3 Sep 2006
SP	1	15.52	Cardiff	Welsh U20 Championships	9 Jul 2006
SP	1	15.48	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
SP	1	15.02	Carmarthen	Dyfed Schools Championships	10 Jun 2006
SP	1	14.32	Brecon	Welsh Junior League Cup Final	12 Aug 2006
DT	3	47.34	Abingdon	Inter Territorial Match	3 Sep 2006
DT	2	45.17	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
DT	1	44.36	Carmarthen	Dyfed Schools Championships	10 Jun 2006
DT	1	43.76	Cardiff	Welsh U20 Championships	9 Jul 2006
DT	2	42.76	Brecon	Welsh Schools Championships	1 Jul 2006
DT	2	39.95	Brecon	Welsh Junior League Cup Final	12 Aug 2006
HT	1	44.02	Brecon	Welsh Schools Championships	1 Jul 2006
HT	2	42.08	Brecon	Welsh Junior League Cup Final	12 Aug 2006
HT	8	£6.15	Abingdon	Inter Territorial Match	3 Sep 2006

2007 Under 20 Carmarthen Harriers

SP	4	14.40	Cwmbran	Welsh Senior Championships	14 Jul 2007
SP	1	14.25i	Cardiff	Welsh Senior Indoor Championships	13 Jan 2007
SP	1	16.26	Aberdare	Inter Association Match	18 Jul 2007
SP	2	15.94i	Cardiff	Celtic Indoor Cup	3 Feb 2007
SP	1	15.88	Verazdin CRO	ASLI KOZAR MEMORIAL	7 Jul 2007
SP	1	15.86	Aberdare	Throws Meet Competition	8 Sep 2007
SP	1	15.78i	Cardiff	Welsh U20 Indoor Championships	28 Jan 2007
SP	1	15.44	Cardiff	National Junior League Match	1 Jul 2007
SP	3	15.09	Hendon	U20 Inter Area Match	2 Sep 2007
DT	6	42.51	Cwmbran	Welsh Senior Championships	14 Jul 2007
DT	1	42.37	Carmarthen	Welsh Senior League	23 Jun 2007
DT	2	38.68	Aberdare	Welsh Senior League	26 May 2007
DT	1	45.58	Hendon	U20 Inter Territorial Match	2 Sep 2007
DT	1	45.53	Aberdare	Inter Association Match	8 Sep 2007
DT	2	44.08	Aberdare	Throws Meet Competition	8 Sep 2007
DT	1	43.91	Cardiff	National Junior League Match	1 Jul 2007
DT	2	41.06	Aberdare	Throws Meet Competition	8 Sep 2007

2008 U"£ Carmarthen Harriers/Swansea H

SP	1	14.34	Swansea	BAL League Match	2 Aug 2008
DT	1	35.35	Swansea	BAL League Match	2 Aug 2008