

Jon Llewelyn

Coach Ralph Siggery

Personal Bests

SP 7.25K 10.20 (2012); 6K 11.52 (2012); 5K 13.00 (2009); 4K 10.02 (2007)
DT 2K 26.24 (2014); 1.75K 27.47 (2011).
HT 6K 23.52 (2011); HT 5K 24.89 (2009); 4K 23.74 (2007)
JT 800g 61.10 (2012); 700g 63.60 (2009); 600g 45.96 (2007)

Carmarthen and District Harriers Athletics Club had 2 SIAB (England, Ireland, Scotland and Wales) Schools International winners and both athletes won gold medals in the javelin event and both were coached at Carmarthen by the Carmarthen Harriers javelin coach Ralph Siggery.

Josh Madden won in Newport in 2007 and Jon Llewelyn on 18 July 2009 in Antrim N Ireland with a fine throw of 62.32m

Jon Llewelyn a pupil at Tregib secondary school Llandeilo Carmarthenshire joined Carmarthen Harriers as a first year under 15 athlete in 2006. Like many other Carmarthen Harriers members in that period he competed in all the throwing events

However, with Ralph Siggery as a coach he concentrated on the javelin event and had an outstanding career in that event as is shown below

- **7 Welsh championships gold medals in the javelin event**
- **Competed for Welsh Schools in 2 SIAB Schools (England,Ireland,Scotland,Wales) international matches (third in Bedford in 2008 and first in Antrim in 2009)**
- **Competed for Welsh Schools in the UK School Games in Bath in 2008**

In 2009 Jon was favorite to win the javelin event at the 2009 Celtic Junior Games in Carmarthen on 6 August 2009. However, a month before the event he had an accident on his motorbike and had an operation to remove his spleen

Jon Llewelyn was an excellent Carmarthen Harriers member, Dyfed Schools and West Wales team member. He was always willing and prepared to compete in other throwing events besides his main event the javelin

Milestones in Jon Llewelyn's Athletics Career (120 Recorded Performances)

2006 First Year Under 15 Carmarthen Harriers (1 Recorded Performance)

JT	1	31.44	Swansea	Louise Arthur League Match	16 Jul 2006
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2007 Second Year Under 15 Carmarthen Harriers (25 Recorded Performances)

SP		10.02	Newport	Welsh Junior League Match	15 Jul 2007
HT		23.74	Carmarthen	Welsh Junior League Match	28 May 2007
JT	1	45.96	Carmarthen	Eric Paton Memorial Match	30 Sep 2007
JT	1	45.68	Swansea	Welsh U15 Championships	17 Jun 2007
JT	11	41.51	Don Valley	England U15 Championships	11 Aug 2007

2008 First Year Under 17 Championships (20 Recorded Performances)

SP		10.98	Newport	Welsh Junior League Match	26 Jul 2008
JT	1	56.51	Newport	Welsh Junior League Match	26 Jul 2008
JT	1	56.45	Carmarthen	Carmarthen Throws Competition	17 Jul 2008
JT	1	52.68	Brecon	Welsh Schools Championships	5 Jul 2008
JT	3	50.30	Bedford	SIAB Schools International Match	19 Jul 2008
JT	1	49.73	Carmarthen	West Wales Championships	11 May 2008
JT	1	49.45	Carmarthen	Dyfed Schools Championships	7 June 2008
JT	7	48.29	Bath	UK School Games	31 Aug 2008
JT	1	48.57	Brecon	Welsh Junior League Cup Final	24 Aug 2008

2009 Second Year Under 17 Carmarthen Harriers (23 Recorded Performances)

SP	2	13.00	Carmarthen	Dyfed Schools Championships	13 Jun 2009
DT	3B	25.47	Derby	UK Junior League Match	24 May 2009
HT	3	24.89	Swansea	Welsh Senior League	28 Jun 2009
JT800	2	54.56	Birmingham	UK Junior League Match	24 May 2009
JT700	1	63.60	Swansea	UK YA League Match	31 May 2009
JT	1	62.32	Antrim NI	SIAB Schools International Match	18 Jul 2009
JT	1	60.17	Newport	Welsh Senior League	13 Jun 2009
JT	1	56.96	Carmarthen	Dyfed Schools Championships	13 Jun 2009
JT	1	55.39	Cardiff	Welsh Schools Championships	4 Jul 2009
JT	1	55.16	Swansea	Welsh Senior League	28 Jun 2009
JT	1	52.27	Yate	UK YA League Match	3 May 2009
JT	1	50.78	Newport	Welsh U17 Championships	7 Jun 2009

2010 First Year Under 20 Carmarthen Harriers (13 Recorded Performances)

SP	1	11.30	Aberdare	NACYP Championships	26 Jun 2010
SP	1B	10.15	Brecon	Welsh Junior Cup Final	22 Aug 2010
DT	3	24.88	Aberdare	NACYP Championships	26 Jun 2010
DT	1B	22.61	Brecon	Welsh Junior Cup Final	22 Aug 2010
JT800	1	55.48	Brecon	Welsh Schools Championships	3 Jul 2010

JT	1	54.69	Carmarthen	Carmarthen Throws Competition	9 Sep 2010
JT	2	54.53	Carmarthen	Welsh U20 Championships	10 Jul 2010
JT	1	53.44	Carmarthen	Eric Paton Memorial Trophy	26 Aug 2010
JT	2	52.42	Brecon	Welsh Junior Cup Final	22 Aug 2010
JT	1	52.12	Swansea	Welsh Senior League	18 Apr 2010
JT	3	50.45	Mansfield	UK Junior League Match	25 Jul 2010

2011 Second Year Under 20 Carmarthen Harriers (22 Recorded Performances)

SP	4	10.51	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
DT	4	27.47	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
HT	8	23.52	Derby	UK Junior League Final	11 Sep 2011
JT	1	60.43	Carmarthen	Carmarthen Throws Competition	25 Aug 2011
JT	1	57.70	Carmarthen	Carmarthen Throws Competition	28 Apr 2011
JT	1	56.29	Brecon	Welsh Schools Championships	2 Jul 2011
JT	1	55.50	Carmarthen	Carmarthen Throws Competition	26 May 2011
JT	2	54.83	Brecon	Welsh Senior League	23 Apr 2011
JT	1	54.75	Carmarthen	Carmarthen Throws Competition	28 Jul 2011
JT	1	54.52	Cardiff	UK Junior League Match	24 Jul 2011
JT	2	54.49	Derby	UK Junior League Final	11 Sep 2011
JT	3	53.56	Loughborough	UK Junior League Match	1 May 2011
JT	2	52.35	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
JT	3	52.03	Sutton Coldfield	UK Junior League Match	29 May 2011
JT	2	49.29	Carmarthen	Carmarthen Throws Competition	4 Aug 2011
JT	1	48.38	Carmarthen	Eric Paton Memorial Trophy	30 Jun 2011

2012 First Year Under 23 Carmarthen Harriers/ Swansea Harriers

SP	3	11.52	Brecon	Welsh Schools Championship	7 Jul 2012
DT	6	27.39	Brecon	Welsh Schools Championships	7 Jul 2012
JT	1B	61.10	Southampton	British Athletics League Match	30 Jun 2012
JT	1	58.85	Carmarthen	Carmarthen Throws Competition	30 Aug 2012
JT	1	58.66	Brecon	Welsh Schools Championships	7 Jul 2012
JT	1	58.39	Carmarthen	Carmarthen Throws Competition	31 May 2012
JT	1	57.16	Carmarthen	Carmarthen Throws Competition	26 Apr 2012

2014 Senior Carmarthen Harriers/ Swansea Harriers

JT	2	57.23	Carmarthen	Carmarthen Throws Competition	26 Jun 2014
JT	2	56.68	Brecon	Welsh Senior League	20 Jul 2014
JT	2	54.41	Swansea	Welsh Senior League	6 Jul 2014