

Danielle Hamer

Coach Ralph Siggery

Personal Bests

JT 42.60 (2008)

Danielle Hamer Queen Elizabeth Maridunum and Llandovery College pupil is one of many javelin athletes coached by Carmarthen Harriers javelin coach Ralph Siggery to win Welsh javelin championships and to represent Welsh schools and Wales in major competitions

Her major successes are as follows

- **7 Welsh javelin championship gold medals**
- **Competed 3 times for Welsh schools in SIAB (England, Ireland, Scotland and Wales) schools international matches (Tullamore Ireland 2005 – 3rd ; Grangemouth Scotland 2006 – 3rd and Newport Wales 2007-2nd)**
- **2 Celtic Junior Games (Ireland, Scotland, Wales, Ulster) Carmarthen Wales 2005- 1st; Antrim NI 2007- 2nd)**
- **1 UK School Games Glasgow 2007 (7th)**
- **2nd in England AA Championships in 2007 and 3rd in 2005**

Danielle still holds the following records

Carmarthen Harriers Under 15 javelin record of 38.15m set in 2005

Dyfed Schools Senior Girls javelin record of 41.01m set in 2008

Hedydd Davies

3 October 2020

Danielle Hamer Milestones in her Athletics Career – 56 recorded performances

2004 First Year Under 15 Carmarthen Harriers (3 recorded Performances)

JT	3	30.04	Colwyn Bay	Welsh U15 Championships	19 Jun 2004
JT	1	29.36	Carmarthen	West Wales v Munster match	15 Aug 2004
JT	3	28.18	Brecon	Welsh Junior League Cup Final	23 Aug 2004

2005 Second Year Under 15 Carmarthen Harriers (15 Recorded Performances)

JT	3	36.77	Tullamore IRE	SIAB Schools International	16 Jul 2005
JT	1	36.30	Brecon	Welsh Schools championships	2 Jul 2005
JT	1	35.52	Carmarthen	Celtic Junior Games	6 Aug 2005

JT	1	35.20	Carmarthen	Welsh Inter Regional Championships	27 Aug 2005
JT	2	33.85	Cardiff	Welsh U15 Championships	18 Jun 2005
JT	3	33.83	Birmingham	AAA U15 Championship	14 Aug 2005
JT	1	33.70	Carmarthen	Carmarthen Javelin Event	19 Jul 2005
JT	2	33.32	Brecon	Welsh Junior League Cup Final	21 Aug 2005
JT	1	32.96	Carmarthen	Louise Arthur League Match	22 May 2005

2006 First Year Under 17 Carmarthen Harriers (15 Recorded Performances)

JT	1	38.12	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
JT	3	36.90	Grangemouth SCO	SIAB Schools International	15 Jul 2006
JT	7	35.67	Glasgow	UK School Games	10 Sep 2006
JT	2	35.30	Cardiff	Welsh U17 Championships	9 Jul 2006
JT	2	35.04	Brecon	Welsh Schools Championships	1 Jul 2006
JT	1	34.26	Carmarthen	West Wales Championships	13 May 2006
JT	5	33.40	Birmingham	AAA U17 Championships	5 Aug 2006
JT	3	33.39	Carmarthen	Dyfed Schools Championships	10 Jun 2006
JT	2	33.28	Carmarthen	Carmarthen Javelin Event	27 Jul 2006
JT	5	32.54	Cardiff	Welsh U17 Championships	18 Jun 2006

2007 Second Year Under 17 Carmarthen Harriers

JT	1	41.00	Swansea	Welsh U17 Championships	16 Jun 2007
JT	1	40.29	Verazdin	ASii Kozar International Event	7 Jul 2007
JT	2	39.81	Newport	SIAB Schools International	21 Jul 2007
JT	2	39.65	Don Valley Sheffield	England U17 Championships	12 Aug 2007
JT	1	39.31	Carmarthen	Dyfed Schools Championships	9 Jun 2007
JT	2	39.02	Antrim NI	Celtic Junior Games	4 Aug 2007
JT	1	38.53	Swansea	Welsh U17 Championships	17 Jun 2007
JT	1	38.32	Connah's Quay	Welsh Inter Regional Championships	26 Aug 2007
JT	1	37.21	Carmarthen	Eric Paton Memorial Trophy	30 Sep 2007
JT	1	36.70	Carmarthen	Welsh Junior League Match	28 May 2007
JT	1	36.60	Birmingham	UK Midlands YA League Match	6 May 2007
JT	1	36.20	Brecon	Welsh Junior League Cup Final	19 Aug 2007
JT	1	34.54	Swansea	West Wales Championships	13 May 2007

2008 First Year Under 20 Carmarthen Harriers

JT	1	42.60	Carmarthen	West Wales Championships	11 May 2008
JT	1	41.01	Carmarthen	Dyfed Schools Championships	7 Jun 2008
JT	4	40.10	Swansea	Welsh U20 Championships	15 Jun 2008
JT	1	39.12	Brecon	Welsh Schools Championships	5 Jul 2008
JT	1	37.93	Carmarthen	Welsh Junior League Match	26 May 2008