

Lili Church

Lead Coach Paul Harrison 2019-
Previous Lead Coach Ralph Siggery 2015-2019

Personal Bests

75 12.9 (2013); 800 2.59.74i (2016)
60H 10.30i (2017); 70H 13.1 (2015); 75H 13.23 (2017)
HJ 1.69 (2019)
PV 1.70 (1.70)
LJ 4.28 (2017)
SP3K 8.50 (2017); SP2.72K 6.48 (2015); SP2K 5.34 (2013)
JT500 31.86 (2018); JT400 20.77 (2015); JT300 8.29 (2013)
PenU15 2240 (2017); PenU15i 2493 (2017)

Lili joined Carmarthen and District Harriers Athletics Club as an under 11 member and in her first year with the Club like all athletes of that age competed in all events

In 2013 she took up the high jump with Carmarthen Harriers and in the next six years she achieved considerable success in the event when she was a pupil at Ysgol Gyfun Aberaeron. Now at Llandovery College

Her main successes to date in the high jump are as follows

- **8 Welsh or Welsh Schools Championships gold medals in the high jump**
- **Competed for Welsh Schools in the high jump in 3 SIAB Schools internationals**
- **Competed for Wales in the high jump in 2 Celtic Junior Internationals**

Lili competes regularly also in the javelin event

She has been and still is a faithful member of Carmarthen Harriers, Dyfed Schools and West Wales teams and competes regularly in local events

Lili Church's Athletics Career (so far) 151 Recorded Performances -Main Results

2013 Under 11 Carmarthen Harriers (18 Recorded Performances)

75	2	12.9	Carmarthen	Carmarthen Open	30 Apr 2013
800	4	3.35.3	Carmarthen	Carmarthen Open	30 Apr 2013
LJ	3	3.28	Brecon	Welsh U15 League Cup Final	15 Sep 2013
SP	6	5.34	Brecon	Welsh U15 League Cup Final	15 Sep 2013
JT	7	8.29	Brecon	Welsh U15 League Cup Final	15 Sep 2013

2015 Second Year Under 13 Carmarthen Harriers (

70H	4	13.1	Haverfordwest	Gerald Codd Trophy Match	25 Jul 2015
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HJ	2	1.45	Haverfordwest	Gerald Codd Trophy Match	25 Jul 2015
HJ	1	1.30	Cardiff	UK Boys and Girls Championships	13 Jun 2015
HJ	2	1.30	Cardiff	Welsh U13 Championships	28 Jun 2015
SP	2	6.48	Carmarthen	Carmarthen Harriers Throws Event	25 Jun 2015
JT	4	20.77	Newport	Welsh U15 League Cup Final	23 Aug 2015

2016 First Year Under 15 Carmarthen Harriers (32 Recorded Performances)

HJ	1	1.60	Swansea	Louise Arthur League Match	5 Jun 2016
HJ	1	1.60	Brecon	Welsh Inter Regional Championships	27 Aug 2016
HJ	1	1.57	Swansea	West Wales Championships	15 May 2016
HJ	3	1.50i	Cardiff	Welsh Indoor U15 Championship	17 Jan 2016
HJ	4	1.50	Cardiff	Welsh Schools Championships	2 Jul 2016
HJ	3	1.45	Newport	Welsh U15 Championships	14 Aug 2016
JT	2	24.39	Carmarthen	Carmarthen Harriers Throws Open	26 May 2016
Pen	10	2138i	Cardiff	Welsh Indoor Combined Events Champs	6 Nov 2016

2017 Second Year Under 15 Carmarthen Harriers (28 Recorded Performances)

HJ	1	1.68	Brecon	Welsh Inter Regional Championships	26 Aug 2017
HJ	2	1.65	Dublin IRE	Celtic Junior International	5 Aug 2017
HJ	1	1.65	Wrexham	Welsh U15 Championships	20 Aug 2017
HJ	1	1.58	Cardiff	Welsh Schools Championships	1 Jul 2017
HJ	2	1.55	Carmarthen	West Wales Championships	14 May 2017
HJ	7	1.55	Dublin IRE	SIAB Schools International	15 Jul 2017
HJ	1	1.53i	Cardiff	Welsh Indoor U15 Championships	11 Feb 2017
JT	3	28.25	Cardiff	Welsh Schools Championships	1 Jul 2017
JT	4	25.94	Wrexham	Welsh U15 Championships	20 Aug 2017
Pen	7	2240	Swansea	Welsh Schools CE Championships	24 Jun 2017
Pen	10	2493	Cardiff	Welsh Indoor CE Championships	7 Oct 2017

2018 First Year Under 17 Carmarthen Harriers (15 Recorded Performances)

HJ	1	1.63	Swansea	Welsh Athletics League	10 Jun 2018
HJ	3	1.62	Cardiff	Welsh Senior Championships	13 Jul 2018
HJ	7	1.61	Grangemouth SCO	SIAB Schools International	21 Jul 2018
HJ	2	1.58	Cardiff	Welsh Schools Championships	7 Jul 2018
HJ	4	1.56	Grangemouth SCO	Celtic Games International	4 Aug 2018
HJ	2	1.55	Newport	Welsh U17 Championships	23 Jun 2018
HJ	4	1.50	Brecon	Welsh Inter Regional Championships	25 Aug 2018
JT	4	31.86	Cardiff	Welsh Schools Championships	7 Jul 2018

2019 Second Year Under 17 Carmarthen Harriers(19 Recorded Performances)

HJ	1	1.69	Aberdare	Welsh Inter Regional Championships	4 Aug 2019
HJ	3	1.69	Bedford	England U17 Championships	31 Aug 2019
HJ	2=	1.68i	Cardiff	Welsh Senior Indoor Championships	27 Jan 2019

HJ	1	1.65	Cardiff	Welsh Schools Championships	6 Jul 2019
HJ	1	1.63i	Cardiff	Welsh Indoor U17 Championships	3 Feb 2019
HJ	1	1.62i	Swansea	West Wales U17 Indoor Championships	12 Jan 2019
HJ	5	1.61i	Cardiff	Welsh U20 Indoor International	3 Mar 2019
HJ	6	1.61	Swansea	SIAB Schools International Match	20 Jul 2019
HJ	3	1.61	Cardiff	Welsh U20 International Match	24 Jul 2019
HJ	1	1.55	Swansea	West Wales Championships	11 May 2019
PV	2	1.70	Swansea	UKA YA Midlands League Match	28 Jul 2019
JT	3	27.89	Swansea	UKA YA Midlands League Match	28 Jul 2019
JT	5	26.30	Cardiff	Welsh Schools Championships	6 Jul 2019

2020 First Year Under 20 Carmarthen Harriers (3 Recorded Performances)

HJ	2	1.67	Chelmsford	BIGish High Jump Mini Series	13 Sep 2020
HJ	2	1.65	Chelmsford	BIGish High Jump Mini Series	27 Sep 2020
HJ	2	1.63i	Cardiff	Welsh Indoor U20 Championships	1 Feb 2020