

Danielle Jones

Lead Coach Richard Wyr (d)

Other Coach Ralph Siggery

Personal Bests

60i (2013); 75 12.6 (2011)

SP4K 8.75 (2018); SP3K 11.49 (2016); SP3.25K 8.46i (2014); SP2.72K 9.30 (2013); SP2K 5.87 (2011)

DT1K 35.45 (2017); DT0.75K 21.62

Danielle Jones joined Carmarthen and District Harriers Athletics Club in 2011 as an under 11 athlete and in her first year she was a good sprinter. In her second year she joined Richard Wyr's throws group

She was a pupil at QEH School and with Richard's coaching she developed into an outstanding discus and shot competitor, competing for Welsh Schools and Wales in international events from 2015 onwards

Below is a summary of her main achievements as a junior athlete

- **Won 11 Welsh championship gold medals**
- **Competed for Wales in 4 Celtic Junior Games**
- **Competed for Welsh Schools in 2 SIAB Schools athletics internationals**

Danielle was an outstanding Carmarthen Harriers member and competed regularly for Dyfed and West Wales teams

A dedicated athlete who was always willing to help the team

Danielle Jones's Milestones in her athletics career (193 Recorded Performances) – Main Results

2010 First Year Under 11 Carmarthen Harriers (1 Recorded Performance)

75	5	12.7	Haverfordwest	Gerald Codd Trophy Match	15 Aug 2010
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2011 Second Year Under 11 Carmarthen Harriers (8 Recorded Performances)

75	5	12.6	Brecon	Louise Arthur League Match	9 Jul 2011
65	3	12.9	Carmarthen	Louise Arthur League Match	30 Apr 2011
SP2.72K3		4.80	Cardiff	Welsh Clubs for Young People	30 Jul 2011
SP2K	2	5.68	Carmarthen	Louise Arthur League Match	30 Apr 2011
JT	4B	9.26	Brecon	Welsh Junior Cup Final	21 Aug 2011

2012 First Year Under 13 Carmarthen Harriers (17 Recorded Performances)

75	5	12.8	Swansea	UK Midlands YA League Match	20 May 2012
SP	8	6.36	Neath	Louise Arthur League Match	20 May 2012
SP	1	6.33	Carmarthen	Carmarthen Throws Meeting	31 May 2012
SP	2	5.97	Carmarthen	Carmarthen Throws Meeting	28 Jun 2012
SP	3	5.64	Carmarthen	UK Midlands YA League Match	28 Jun 2012
SP	9	5.35	Carmarthen	Louise Arthur League Match	28 Apr 2012
DT	1	15.01	Carmarthen	Carmarthen Throws Meeting	28 Jun 2012
DT	2	14.22	Brecon	Welsh U15 League Cup Final	19 Aug 2012
DT	1	13.66	Carmarthen	Carmarthen Throws Meeting	31 May 2012
DT	9	12.09	Carmarthen	Louise Arthur League Match	28 Apr 2012
DT	2	10.76	Carmarthen	Carmarthen Throws Match	26 Apr 2012

2013 Second Year Under 13 Carmarthen Harriers (21 Recorded Performances)

60	5h	10.4i	Swansea	West Wales U13 Indoor Champs	20 Jan 2013
SP	1	9.30	Carmarthen	Carmarthen Throws Meeting	29 Aug 2013
SP	3	8.66	Carmarthen	Louise Arthur League Match	17 Aug 2013
SP	2	8.42	Carmarthen	Dyfed Schools championships	8 Jun 2013
SP	2	8.04	Carmarthen	Carmarthen Throws Meeting	27 Jun 2013
DT	1	21.62	Carmarthen	Carmarthen Throws Meeting	29 Aug 2013
DT	1	20.69	Haverfordwest	Gerald Codd Trophy	11 Aug 2013
DT	1	20.20	Carmarthen	Carmarthen Throws Meeting	27 Jun 2013
JT	5	18.16	Haverfordwest	Gerald Codd Trophy Match	11 Aug 2013
JT	1	17.70	Carmarthen	Eric Paton Memorial Trophy	30 May 2013
JT	1	17.00	Carmarthen	Carmarthen Throws Meeting	25 Apr 2013
JT	1	16.84	Carmarthen	Carmarthen Throws Meeting	27 Jun 2013

2014 First Year Under 15 Carmarthen Harriers (19 Recorded Performances)

SP	1	10.29	Carmarthen	West Wales Championships	25 May 2014
SP	1	9.52	Carmarthen	Carmarthen Throws Meeting	1 May 2014
SP	2	9.07	Carmarthen	Dyfed Schools Championships	7 Jun 2014
SP	3	8.97	Swansea	Welsh U15 Championships	3 Aug 2014
SP	4	8.46i	Cardiff	Welsh Indoor U15 Champs	16 Feb 2014
DT	2	28.32	Carmarthen	Carmarthen Throws Meeting	28 Aug 2014
DT	2	26.85	Newport	Welsh U15 League Cup Final	17 Aug 2014
DT	1	23.76	Carmarthen	Dyfed Schools Championships	7 Jun 2014
DT	3	23.73	Swansea	Welsh U15 Championships	3 Aug 2014
DT	6	20.36	Cardiff	Welsh Schools Championships	5 Jul 2014
DT	2	19.98	Carmarthen	Carmarthen Throws Meeting	28 Aug 2014

2015 Second Year Under 15 Carmarthen Harriers (25 Recorded Performances)

SP	1	10.79i	Swansea	West Wales Indoor Champs	18 Jan 2015
SP	1	10.68i	Cardiff	Welsh Indoor U15 Champs	15 Feb 2015
SP	1	10.29	Haverfordwest	Gerald Codd Trophy Match	25 Jul 2015

SP	1	10.14	Cardiff	Welsh Schools Champs	4 Jul 2015
SP	2	9.95	Newport	Welsh U15 League Cup Final	23 Aug 2015
SP	2	9.95	Connah's Quay	Welsh Inter Regional Champs	29 Aug 2015
SP	4	9.80	Newport	Welsh U15 Championships	16 Aug 2015
SP	1	9.53	Carmarthen	Carmarthen Throws Meeting	25 Jun 2015
SP	2	9.39	Cardiff	UK Boys and Girls Clubs Champs	13 Jun 2015
DT	1	30.83	Cardiff	UK Boys and Girls Clubs Champs	13 Jun 2015
DT	1	30.72	Newport	Welsh U15 Championships	16 Aug 2015
DT	1	30.72`	Newport	Welsh U15 League Cup Final	23 Aug 2015
DT	1	30.52	Connah's Quay	Welsh Inter Regional Champs	29 Aug 2015
DT	1	30.51	Carmarthen	Carmarthen Throws Meeting	30 Apr 2015
DT	4	29.52	Grangemouth SCO	Celtic Junior Games	1 Aug 2015
DT	2	27.03	Cardiff	Welsh Schools Championships	4 Jul 2015
DT	1	25.74	Carmarthen	Louise Arthur League Match	10 May 2015

2016 First Year Under 17 Carmarthen Harriers (45 Recorded Performances)

SP	1	11.49	Carmarthen	UKA Midlands YA Match	26 Jun 2016
SP	2	11.13	Yeovil	UKA Midlands YA Match	24 Jul 2016
SP	1	10.78	Carmarthen	Carmarthen Throws Meeting	28 Apr 2016
SP	1	10.75	Carmarthen	Carmarthen Throws Meeting	25 Jun 2016
SP	3	10.69i	Cardiff	Welsh U17 Indoor Champs	31 Jan 2016
SP	4	10.64	Swansea	Celtic Junior Games	6 Aug 2016
SP	3	10.50	Cardiff	Welsh Schools Championships	2 Jul 2016
SP	2	10.31	Brecon	Welsh Inter Regional Champs	27 Aug 2016
DT	1	34.08	Newport	Welsh U17 Championships	13 Aug 2016
DT	1	33.74	Cardiff	Welsh Schools Championships	2 Jul 2016
DT	1	33.11	Carmarthen	Carmarthen Throws Meeting	23 Jun 2016
DT	2	32.10	Carmarthen	Carmarthen Throws Meeting	26 May 2016
DT	6	31.87	Ashford	SIAB Schools International	16 Jul 2016
DT	1	31.14	Swansea	West Wales Championships	15 May 2016
DT	1	30.58	Brecon	Welsh Inter Regional Champs	27 Aug 2016
DT	1	30.00	Carmarthen	Carmarthen Throws Meeting	28 Apr 2016
JT	4	19.33	Carmarthen	UKA YA Midlands League Match	26 Jun 2016

2017 Second Year Under 17 Carmarthen Harriers (29 Recorded Performances)

SP	1	11.04i	Swansea	West Wales Indoor Champs	21 Jan 2017
SP	3	10.53i	Cardiff	Welsh U17 Indoor Champs	28 Jan 2017
SP	3	10.20	Carmarthen	Carmarthen Throws Meeting	27 Jul 2017
SP	3	10.19	Cheltenham	UKA Midlands YA Match	28 May 2017
SP	3	10.03	Brecon	Welsh inter Regional Champs	26 Aug 2017
SP	4	9.88	Cardiff	Welsh schools Championships	1 Jul 2017
DT	1	35.45	Cheltenham	UKA Midlands YA Match	28 May 2017
DT	1	35.10	Cardiff	Welsh Schools Championships	1 Jul 2017
DT	5	35.08	Dublin IRE	SIAB Schools International	15 Jul 2017
DT	3	33.90	Dublin IRE	Celtic Junior Games	5 Aug 2017
DT	1	33.84	Carmarthen	West Wales Championships	14 May 2017
DT	1	32.79	Brecon	Welsh Inter Regional Champs	26 Aug 2017
DT	1	31.07	Carmarthen	Carmarthen Throws Meeting	29 Jun 2017

2018 Under 20 Carmarthen Harriers (16 Recorded Performances)

SP	3	8.75	Brecon	Welsh Inter Regional Champs	25 Aug 2018
SP	3	8.48	Cardiff	Welsh Schools Championships	7 Jul 2018
DT	2	34.51	Grangemouth SCO	Celtic Junior Games	4 Aug 2018
DT	1	33.28	Cardiff	Welsh Schools Championships	7 Jul 2018
DT	1	32.98	Carmarthen	Carmarthen Throws Meeting	26 Apr 2018
DT	1	32.60	Brecon	Welsh Inter Regional Champs	25 Aug 2018
DT	1	32.48	Carmarthen	Carmarthen Throws Meeting	25 Jul 2018