

Dafydd Jones

Lead Coach Carol Jones

Other Coach Neil Thomas Steeplechase 2019-

Personal Bests

200 25.58 (2018); 400 55.65 (2019); 800 2.00.04 (2019); 1500 4.03.96 (2020); 3000 8.49.92(2020)

1500SC 4.30.80 (2019)

HJ 1.45 (2016)

Dafydd Jones lives in Kidwelly and is a pupil at Ysgol Bro Myrddin Carmarthen

He joined Carmarthen and District Harriers Athletics Club as a young twelve year old in 2015. His results in the first two years were not outstanding but by sheer dedication and total support from his Harriers endurance coach Carol Jones he went on to achieve outstanding results in 2018 and 2019

Dafydd's success so far includes the following:-

- **2 Welsh championship gold medals**
- **Competed for Welsh Schools In 2 SIAB cross country internationals**
- **Competed for Welsh Schools in 1 SIAB athletics international. Bronze medal in 1500m steeplechase**
- **Competed for Welsh Schools in 2 London mini marathons**
- **Competed for Wales in 1 Celtic cross country international**

There is no doubt that 2020 would have been an outstanding year for Dafydd as he was a second year U17 athlete

On 11 March 2020 in the Welsh schools cross country championships he qualified to compete for Welsh schools in the 2020 SIAB schools cross country international in Falkirk on Saturday 21 March 2020

However due to the coronavirus this international event was cancelled

2020 has been a difficult year with all sport at school level cancelled with many athletes like Dafydd unable to compete in Welsh championships and international events

Dafydd is an excellent member of Carmarthen Harriers and a regular member of Dyfed Schools and West Wales teams

Dafydd Jones's Milestones so far in his athletics career (121 Recorded Results)

2015 First Year Under 13 Carmarthen Harriers (1 Recorded Performance)

XC	12	8.21	Oakwood	Dyfed Schools Championships	20 Jan 2015
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2016 Second Year Under 13 Carmarthen Harriers (33 Recorded Performances)

200	3	31.27	Carmarthen	Louise Arthur League Match	30 Apr 2016
800	2	2.35.27	Swansea	Louise Arthur League Match	5 Jun 2016
800	2	2.36.69	Carmarthen	Louise Arthur League Match	30 Apr 2016
1500	3	5.09.77	Brecon	Louise Arthur League Match	10 Jul 2016
XC	26	10.25	Monmouth	Gwent Cross Country League Match	13 Feb 2016
XC	47	12.27	Brecon	Welsh Schools Championships	10 Feb 2016
XC	34	13.04	Swansea	Welsh Cross Country Championships	27 Feb 2016

2017 First Year Under 15 Carmarthen Harriers (22 Recorded Performances)

200	4	28.32	Carmarthen	West Wales Championships	14 May 2017
800	9	2.16.12	Wrexham	Welsh U15 Championships	20 Aug 2017
800	2	2.17.88	Carmarthen	West Wales Championships	14 May 2017
1500	1	4.35.01	Swansea	Louise Arthur League Match	9 Jul 2017
HJ	7	1.40	Swansea	Louise Arthur League Match	9 Jul 2017
XC	6		Newport	Gwent Cross Country League Match	12 Feb 2017
XC	8	11.01	Cardiff	British Athletics Cross Challenge	22 Jan 2017
XC	6	11.29	Swansea	Welsh Championships	25 Feb 2017
XC	3	12.29	Brecon	Gwent Cross Country League Match	11 Nov 2017
XC	13		Brecon	Welsh Inter Schools Championships	18 Nov 2017
XC	23	15.47	Brecon	Welsh Schools Championships	18 Mar 2017

2018 Second Year Under 15 Carmarthen Harriers (33 recorded Performances)

200	2	25.58	Neath	Louise Arthur League Match	3 Jun 2018
300	1	39.40	Neath	Louise Arthur League Match	3 Jun 2018
800	2	2.02.70	Newport	Welsh Athletics Endurance Open	1 Aug 2018
800	2	2.03.68	Newport	Welsh U15 Championships	24 Jun 2018
800	2	2.04.39	Cardiff	Welsh Schools Championships	14 Jul 2018
800	3	2.05.26	Neath	West Wales Championships	13 May 2018
800	1	2.07.48	Brecon	Welsh Schools NASUWT Cup	11 Jul 2018
1500	2	2.12.51	Cardiff	Welsh U15 Championships	14 Jul 2018
1500	1	4.18.8	Carmarthen	Welsh Athletics Endurance Open	30 May 2018
1500	2h	4.22.52	Bedford	England U15 Championships	25 Aug 2018
1500	2	4.24.88	Carmarthen	Louise Arthur League Match	5 May 2018
1500	10	4.28.17	Bedford	England U15 Championships	26 Aug 2018
HJ	4	1.45	Carmarthen	Louise Arthur League Match	5 May 2018
DT	7	20.32	Brecon	Louise Arthur League Match	30 Jun 2018
JT	3	29.24	Swansea	Welsh U15 Cup Final	19 Aug 2018
XC	17	10.07	Liverpool	British Athletics Cross Challenge	24 Nov 2018

XC	9	10.45	Cardiff	Cardiff Cross Challenge	13 Oct 2018
XC	7	14.37	Brecon	Welsh Schools Championships	7 Mar 2018
XC	11		Nottingham	SIAB Schools International	21 March 2018
XC	3	14.59	Llandrindod Wells	Welsh Inter Regional Championships	24 Feb 2018
XC	5	12.39	Llandeilo	Dyfed Schools Championships	13 Feb 2018

2019 First Year Under 17 Carmarthen Harriers (26 Recorded Performances)

400	1	55.65	Swansea	UKA Midlands YA League Match	28 Jul 2019
800	1	2.00.04	Swansea	MDAL Middle Distance Open	31 Jul 2019
800	4	2.01.17	Wrexham	Welsh U17 Championships	16 Jun 2019
1500	3	4.07.78	Wrexham	Welsh U17 Championships	16 Jun 2019
1500	1	4.14.64	Aberdare	Welsh Inter Regional Championships	4 Aug 2019
1500SC	2	4.30.84	Milton Keynes	BMC PB Classic	1 Jun 2019
1500SC	1	4.33.44	Cardiff	Welsh Schools Championships	6 Jul 2019
1500SC	3	4.34.15	Swansea	SIAB Schools International	20 Jul 2019
1500SC	6	4.43.29	Bedford	England U17 Championships	31 Aug 2019
XC	2	10.19	Dundonald	Celtic International	19 Jan 2019
XC	12		Brecon	Welsh Schools Championships	13 Feb 2019
XC	67	14.21	Loughborough	CAU Inter County Championships	9 Mar 2019
XC			Dublin IRE	SIAB Schools International Relay	23 March 2019
XC	12	19.59	Brecon	Welsh Inter Regional Championships	16 Nov 2019
	51	16.28	London	London Mini Marathon	28 Apr 2019

2020 Second Year Under 17 Carmarthen Harriers (5 Recorded Performances)

1500	4	4.03.96	Lee Valley	BMC Gold Standard Races	29 Aug 2020
3000	3	8.49.92	Stretford	BMC Gold Standard	25 Aug 2020
XC	12	17.15	Llanelli	Welsh U17 Championships	22 Feb 2020
XC	3	18.33	Brecon	Welsh Schools Championships	11 Mar 2020