

## **Lauryn Davey**

**Lead Coach Denis Doyle 2016-  
previous Lead Steve Ingram -2013  
Previous Lead Nigel Lewis 2013-2016**

### **Personal Bests**

**75 12.2 (2011);100 13.52 (2019); 150 21.9 (2011; 200 26.08 (2018); 30043.8 (2013); 800 2.34.71 (2015)  
60HU17 9.29i (2014); 60HU15 9.52i (2013) 70HU13 12.50 (2011); 80H 12.96 (2015); 100H 15.58 (2019)  
300H 49.1 (2014)  
HJ 1.61 (2018); LJ 5.49i (2018); TJ 11.42 (2015)  
SP4K 11.04i (2020); SP3K 11.18i (2015); SP 3.25K 9.70 (2013); SP 2.72K 5.00 (2011).  
JT600 34.27 (2020); JT 500 26.58 (2014)  
PenU15 2737 (2013); PenU15 3209i (2013); PenU17 3192i (2014); HexU15 3063 (2013); Hep4429(2018)**

Lauryn Davey went to Dyffryn Aman Secondary School in Ammanford and Joined Carmarthen and District Harriers Athletics Club at the age of eleven. She has been a very faithful member of the Club and as a junior athlete competed regularly for the Club in all inter club League matches

As an under 13 athlete she started with the sprint events but then moved on to the hurdles and field events.

She soon developed into a very talented athlete and as a first year under 15 athlete competed for Welsh Schools in the SIAB Schools indoors international match in Glasgow on 1 December 2012.

**Lauryn has won Welsh championship gold medals in 100m hurdles, high jump, triple jump and pentathlon**

**She has represented Wales on many occasions in international competition**

A summary of her main successes so far are as follows

- **Won 10 Welsh championship gold medals**
- **Competed for Welsh Schools in 4 SIAB schools indoor pentathlon internationals (max is 4)**
- **Competed for Welsh Schools in 3 SIAB schools outdoor internationals (max is normally 2)**
- **Competed for Wales in 1 Celtic Games and several other international events**

She is prolific competitor (434 Recorded Performances) but has suffered several injuries in her time

Lauryn recorded several personal bests in 2020 but 2020 for her and for so many other young athletes has been a difficult year

A very dedicated athlete who has travelled all over the country and has had the full support of her family on training nights and at her many competitions

## Milestones in Lauryn Davey's Athletics Career to date (434 Recorded Performances)

### 2010 First Year Under 13 Carmarthen Harriers (2 Recorded Performances)

100	4	14.9	Barry	Louise Arthur League Match	11 Jul 2010
200	3	31.2	Barry	Louise Arthur League Match	11 Jul 2010

### 2011 Second Year Under 13 Carmarthen Harriers (42 Recorded Performances)

75	5	12.2	Swindon	UKA YA League Match	22 May 2011
100	2	14.2	Swansea	Louise Arthur League Match	26 Jun 2011
100	2	14.7	Carmarthen	Louise Arthur League Match	23 Jul 2011
150	4	21.9	Bristol	UKA YA League Match	5 Jun 2011
200	5	32.1	Carmarthen	West Wales Championships	15 May 2011
200	2h	32.3	Carmarthen	West Wales Championships	15 May 2011
800		3.06.36i	Cardiff	Welsh indoors U13 CE Championships	6 Nov 2011
60Hi		10.69	Cardiff	Welsh indoors U13 CE Championships	6 Nov 2011
70H	2	12.11w	Brecon	Welsh Junior Cup Final	21 Aug 2011
70H	7	12.72	Cardiff	Welsh U13 Championships	23 Jul 2011
HJ		1.32i	Cardiff	Welsh indoors U13 CE Championships	6 Nov 2011
LJ	1	4.30	Brecon	Welsh Junior Cup Final	21 Aug 2011
LJ	3	4.20	Cardiff	Welsh U13 Championships	23 Jul 2011
SP		6.35i	Cardiff	Welsh indoors U13 CE Championships	6 Nov 2011
Pen	12	1930	Cardiff	Welsh indoors U13 CE Championships	6 Nov 2011

### 2012 First Year Under 15 Carmarthen Harriers (67 Recorded Performances)

200	3	28.9	Swansea	Swansea Junior Golden Games	26 Aug 2012
300	1	47.0	Haverfordwest	Gerald Codd trophy match	12 Aug 2012
800		2.40.72i	Glasgow	SIAB Schools Indoor CE International	1 Dec 2012
60H		9.88i	Glasgow	SIAB Schools Indoor CE international	1 Dec 2012
75H		12.61	Exeter	Exeter U15 CE Meeting	30 Sep 2012
75H	4	13.10	Brecon	Welsh Schools Championships	7 Jul 2012
75H	3	13.1	Carmarthen	Louise Arthur League Match	28 Apr 2012
75H	2	13.2	Carmarthen	UKA YA Athletes Match	6 May 2012
75H	1	13.3	Carmarthen	Dyfed Schools Championships	16 Jun 2012
HJ		1.48i	Glasgow	SIAB Schools Indoor CE International	1 Dec 2012
HJ	3	1.40	Cardiff	Welsh U15 Championships	2 Jun 2012
HJ	3	1.35	Carmarthen	Louise Arthur League Match	28 Apr 2012
HJ	2	1.35	Carmarthen	Dyfed Schools Championships	16 Jun 2012
LJ	1	4.70	Haverfordwest	Gerald Codd Trophy Match	12 Aug 2012
LJ	4	4.65	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
LJ	4	4.59w	Brecon	Welsh Schools Championships	7 Jul 2012
LJ	1	4.56	Carmarthen	Dyfed Schools Championships	16 Jun 2012
LJ	6	4.50	Cardiff	Welsh U15 Championships	3 Jun 2012
LJ	2	4.29	Carmarthen	UKA YA League Match	6 May 2012
LJ	2	4.06	Carmarthen	Louise Arthur League Match	28 Apr 2012
SP		8.00i	Glasgow	SIAB Schools Indoor CE International	1 Dec 2012

Pen	5	2380	Exeter	Exeter U15 CE Meeting	30 Sep 2012
<b>Pen</b>	<b>11</b>	<b>2772i</b>	<b>Glasgow</b>	<b>SIAB Schools CE International</b>	<b>1 Dec 2012</b>
Pen	3	2545i	Cardiff	Welsh Indoor U15 CE Championships	4 Nov 2012
XC	33		Llandeilo	Dyfed Schools Cross Country Champs	7 Feb 2012

### 2013 Second Year Under 15 Carmarthen Harriers (98 Recorded Performances)

100	1	13.8	Swansea	Welsh Junior League	29 May 2013
200	1	28.0	Swansea	Swansea Junior Games	25 Aug 2013
300	1	43.8	Swansea	West Wales Championships	25 May 2013
300	5	44.89	Cardiff	Welsh U15 Championships	29 Jun 2013
300	2	45.8	Carmarthen	Louise Arthur League Match	11 May 2013
300	2	46.1	Carmarthen	Louise Arthur League Match	17 Aug 2013
800		2.37.42i	Glasgow	SIAB Schools Indoor CE International	14 Dec 2013
60H		9.52i	Cardiff	Welsh U15 CE Championships	3 Nov 2013
60H	6	10.00i	Cardiff	Welsh U15 Indoor Championships	17 Feb 2013
75H	2B	12.31	Brecon	Welsh Junior Cup Final	15 Sep 2013
75H	4	12.37	Cardiff	Welsh U15 Championships	29 Jun 2013
75H	1	12.4	Carmarthen	Dyfed Schools Championships	8 Jun 2013
HJ		1.60i	Glasgow	SIAB Schools Indoor CE International	14 Dec 2013
HJ	3	1.56	Newport	Welsh Inter Regional Championships	1 Sep 2013
HJ	1	1.55	Carmarthen	Dyfed Schools Championships	8 Jun 2013
HJ	2	1.55	Cardiff	Welsh U15 Championships	29 Jun 2013
<b>HJ</b>	<b>1</b>	<b>1.55</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>6 Jul 2013</b>
<b>HJ</b>	<b>1</b>	<b>1.53i</b>	<b>Cardiff</b>	<b>Welsh Indoors U15 Championships</b>	<b>17 Feb 2013</b>
<b>HJ</b>	<b>8</b>	<b>1.50</b>	<b>Dublin IRE</b>	<b>SIAB Schools International</b>	<b>20 Jul 2013</b>
HJ	1	1.45i	Swansea	West Wales indoor championships	20 Jan 2013
HJ	2	1.45	Carmarthen	Louise Arthur League Match	17 Aug 2013
HJ	3	1.40	Carmarthen	Louise Arthur League Match	11 May 2013
LJ		5.31	Glasgow	SIAB Schools CE International	14 Dec 2013
LJ	2	4.99	Newport	Welsh Inter Regional Championships	1 Sep 2013
LJ	1	4.97	Brecon	Welsh Junior Cup Final	15 Sep 2013
LJ	4	4.53	Cardiff	Welsh U15 Championships	29 Jun 2013
LJ	1	4.83	Carmarthen	Louise Arthur League Match	17 Aug 2013
LJ	5	4.76i	Cardiff	Welsh Indoors U15 Championships	17 Feb 2013
LJ	1	4.78	Carmarthen	Louise Arthur League Match	11 May 2013
LJ	4	4.70	Cardiff	Welsh Schools Championships	6 Jul 2013
LJ	1	4.55	Carmarthen	Dyfed Schools Championships	8 Jun 2013
SP	1	9.70	Carmarthen	Carmarthen Throws Competition	25 Jul 2013
SP	1	9.01	Carmarthen	Carmarthen Throws Competition	29 Aug 2013
JT	3	22.21	Carmarthen	Carmarthen Throws Competition	29 Aug 2013
JT	2	19.23	Carmarthen	Carmarthen Throws Competition	25 Jul 2013
Pen	1	2737	Exeter	Exeter CE Meeting	29 Sep 2013
<b>Pen</b>	<b>1</b>	<b>3209i</b>	<b>Cardiff</b>	<b>Welsh Indoors CE Championships</b>	<b>3 Nov 2013</b>
<b>Pen</b>	<b>6</b>	<b>3201i</b>	<b>Glasgow</b>	<b>SIAB Indoors Schools CE International</b>	<b>14 Dec 2013</b>
<b>Hex</b>	<b>6</b>	<b>3063</b>	<b>Stoke</b>	<b>Home Countries CE International</b>	<b>4 Aug 2013</b>
XC	62		Llandeilo	Dyfed Schools CC Championships	5 Feb 2013

### 2014 First Year Under 17 Carmarthen Harriers (48 Recorded Performances)

200	2	28.1	Yeovil	UKA YA Midlands League Match	27 Jul 2014
800		2.35.53i	Sheffield	England U17 Indoors CE Championships	8 Mar 2014
60H		9.29i	Sheffield	England U17 Indoors CE Championships	8 Mar 2014
60H	5	9.58i	Cardiff	Welsh U17 Championships	28 Jan 2014
80H	1	12.96	Cardiff	Welsh Senior League	4 May 2014
300H	2	49.1	Gloucester	UKA YA Midlands League Match	27 Apr 2014
<b>HJ</b>	<b>1</b>	<b>1.61i</b>	<b>Cardiff</b>	<b>Welsh U17 Championships</b>	<b>26 Jan 2014</b>
HJ	2=	1.50	Cardiff	Welsh Schools Championships	5 Jul 2014
HJ	1	1.60i	Swansea	West Wales Indoor U17 Championships	19 Jan 2014
<b>HJ</b>	<b>8</b>	<b>1.45</b>	<b>Cardiff</b>	<b>SIAB Schools International Match</b>	<b>19 Jul 2014</b>
LJ		5.32i	Glasgow	SIAB Schools Indoor International	13 Dec 2014
LJ	4	5.19i	Cardiff	Welsh Indoors U17 Championships	25 Jan 2014
SP4K		8.74i	Sheffield	England U17 CE Championships	8 Mar 2014
SP3K	1	9.95	Swansea	West Wales Indoor Championships	19 Jan 2014
SP3K	3	9.75	Carmarthen	Carmarthen Throws Competition	1 May 2014
JT	3	25.58	Yeovil	UKA YA Midlands League Match	27 Jul 2014
JT	2	21.91	Carmarthen	Carmarthen Throws Competition	28 Aug 2014
JT	3	20.57	Carmarthen	Carmarthen Throws Competition	1 May 2014
<b>Pen</b>	<b>13</b>	<b>2958i</b>	<b>Glasgow</b>	<b>SIAB Schools Indoor CE International</b>	<b>13 Dec 2014</b>
Pen	2	2855i	Cardiff	Welsh Indoors U17 CE Championships	2 Nov 2014

### 2015 Second Year Under 17 Carmarthen Harriers (70 Recorded Performances)

200		28.28	Bedford	England U17 CE Championships	8 Aug 2015
800	3	2.34.71	Newport	BMC Regional Races	22 Jul 2015
60H	5	9.58i	Cardiff	Cardiff Open	4 Jan 2015
80H	3	12.44w	Cardiff	Welsh Senior League	26 Apr 2015
300H	2	49.62	Neath	West Wales Championships	24 May 2015
HJ	1	1.55	Swansea	Swansea Junior Games	31 Aug 2015
LJ	4	5.29	Cardiff	Welsh Schools Championships	4 Jul 2015
LJ	6	5.23	Newport	Welsh U17 Championships	16 Aug 2015
LJ	3	5.15i	Cardiff	Welsh Indoor U17 Championships	15 Feb 2015
LJ	1	5.07	Neath	West Wales Championships	24 May 2015
<b>TJ</b>	<b>3</b>	<b>11.42</b>	<b>Grangemouth</b>	<b>SIAB Schools International Match</b>	<b>18 Jul 2015</b>
<b>TJ</b>	<b>2</b>	<b>11.11</b>	<b>Grangemouth</b>	<b>Celtic Junior Games</b>	<b>1 Aug 2015</b>
<b>TJ</b>	<b>1</b>	<b>11.02</b>	<b>Cardiff</b>	<b>Welsh Schools Championships</b>	<b>4 Jul 2015</b>
<b>TJ</b>	<b>5</b>	<b>10.79</b>	<b>Cardiff</b>	<b>Welsh Athletics International</b>	<b>29 Jul 2015</b>
<b>TJ</b>	<b>1</b>	<b>10.77i</b>	<b>Cardiff</b>	<b>Welsh Indoors U17 Championships</b>	<b>25 Jan 2015</b>
<b>TJ</b>	<b>1</b>	<b>10.70</b>	<b>Newport</b>	<b>Welsh U20 Championships</b>	<b>15 Aug 2015</b>
<b>TJ</b>	<b>1</b>	<b>10.59i</b>	<b>Cardiff</b>	<b>Welsh U20 Championships</b>	<b>15 Feb 2015</b>
<b>TJ</b>	<b>1</b>	<b>10.17w</b>	<b>Cardiff</b>	<b>Welsh U17 Championships</b>	<b>27 Jun 2015</b>
SP4K	2	9.88	Cheltenham	UKA YA Midlands League Match	28 Jun 2015
SP3K		11.18i	Cardiff	Welsh Indoor U17 CE Championships	8 Nov 2015
SP3K	1	10.07	Carmarthen	Carmarthen Throws Competition	30 Apr 2015
SP3K	4	10.03i	Cardiff	Welsh Indoors U17 Championships	24 Jan 2015
SP3K	1	9.69	Carmarthen	Carmarthen Throws Competition	25 Jun 2015

SP3K	1	9.36	Carmarthen	Carmarthen Throws Competition	30 Jul 2015
JT600	2B	22.40	Yate	UKA YA Midlands League Match	18 Apr 2015
JT500	1	24.36	Carmarthen	Carmarthen Throws Competition	30 Apr 2015
JT500	2	23.92	Carmarthen	Carmarthen Throws Competition	25 Jun 2015
JT500	3	19.16	Carmarthen	Carmarthen Throws Competition	25 Jun 2015
Pen	2	3155i	Cardiff	Welsh U17 Indoors CE Championships	8 Nov 2015
<b>Pen</b>	<b>12</b>	<b>3134i</b>	<b>Glasgow</b>	<b>SIAB Schools CE International</b>	<b>12 Dec 2015</b>
Hept	DNF		Bedford	England U17 CE Championships	9 Aug 2015

### 2018 Under 20 Carmarthen Harriers/Swansea Harriers/ Swansea University (49 Recorded Performances)

200	3	26.08	Brecon	Welsh Inter Regional Championships	25 Aug 2018
800	1	2.35.74	Swansea	UKA YA Midlands League Match	29 Jul 2018
100H	2	15.65	Exeter	UKA YA Midlands League Match	1 Jul 2018
<b>100H</b>	<b>1</b>	<b>15.89</b>	<b>Brecon</b>	<b>Welsh Inter Regional Championships</b>	<b>25 Aug 2018</b>
HJ	1	1.61	Cardiff	UKA YA Midlands League Match	27 May 2018
HJ	2	1.50	Newport	Welsh U20 Championships	23 Jun 2018
LJ	2	5.49	Swansea	UKA YA Midlands League Match	29 Jul 2018
LJ	2	5.18	Newport	Welsh U20 Championships	24 Jun 2018
SP4K	1	10.44	Brecon	Welsh Inter Regional Championships	25 Aug 2018
JT600	1	32.09	Swansea	UKA YA Midlands League Match	29 Jul 2018
JT600	4	26.35	Carmarthen	Carmarthen Throws Competition	26 Jul 2018
<b>Hep</b>	<b>7</b>	<b>4429</b>	<b>Sportcity</b>	<b>Home Countries CE International</b>	<b>5 Aug 2018</b>
<b>Hep</b>		<b>DNF</b>	<b>Hexham</b>	<b>EAP International Combined Events</b>	<b>22 Jul 2018</b>

### 2019 Under 23 Swansea Harriers/Swansea University (21 Recorded Performances)

100	2	13.52	Swansea	Swansea Harriers Open Meeting	7 Apr 2019
200	2	27.5	Swansea	West Wales Championships	11 May 2019
100H		15.58	Horspath	South of England CE Championships	6 Jul 2019
HJ		1.54	Horspath	South of England CE Championships	6 Jul 2019
LJ	6	5.47	Cardiff	Welsh Senior Championships	14 Jul 2019
LJ	5	5.20	Bedford	BUCS Championships	4 May 2010
LJ	1	5.15	Swansea	West Wales Championships	11 May 2019
SP	3	10.53	Carmarthen	Carmarthen Throws Competition	27 Jun 2019
SP	4	10.45	Carmarthen	Carmarthen Throws Competition	25 Apr 2019
JT	3	28.32	Swansea	Swansea Harriers Open Meeting	7 Apr 2019
JT	2	27.29	Carmarthen	Carmarthen Throws Competition	25 Apr 2019
JT	4	26.38	Carmarthen	Carmarthen Throws Competition	25 Jul 2019
JT	6	24.79	Carmarthen	Carmarthen Throws Competition	27 Jun 2019

### 2020 Under 23 Swansea University/Swansea Harriers (9 Recorded Performances)

HJ	6	1.60i	Cardiff	Welsh Senior Championships	25 Jan 2020
LJ	4	5.33q	Sheffield	BUCS Indoor Championships	15 Feb 2020
SP	6	11.04i	Cardiff	Welsh Indoor Championships	25 Jan 2020
JT	2	34.27	Swansea	Welsh Athletics Throws Open	6 Sep 2020