

## Ffion Rees

**Lead Coach Edward Thompson 2010-2013**

### Personal Bests

**60 8.96i; 75 10.9; 100 12.96 (2011); 200 26.54 (2011); 300 42.7 (2009); 400 61.6 (2009); 800 2.33.9  
60H 9.99i (2007); 70U13 11.2 (2005); 75HU15 12.3 (2007); 80HU17 12.3 (2008)  
300H 46.22 (2008); 400H 74.65(2009)  
HJ 1.43 (2007); LJ 5.44 (2008); TJ 10.66 (2008)  
PenU17 2169 (2008); Pen U15 2465(2007); Pen U13 2156 (2005); Pen U15i 2578 (2007)**

Ffion Rees lived in Carmarthen and went to Ysgol y Dderwen Primary School in Carmarthen and then on to Ysgol Bro Myrddin, also in Carmarthen. At Cardiff University she did a degree course in Pharmacy

She joined Carmarthen and District Harriers Athletics Club as an under 11 member and like so many other new members competed for the Club in the Gwent Cross Country League and finished 4<sup>th</sup> overall novice girl (under 11) in 2004

In 2005 she competed in several track and field events and was successful in winning her first Welsh championship, the Welsh U13 pentathlon championship

In 2007 she competed for the Welsh Schools in the SIAB schools indoor pentathlon international in Glasgow

In 2008 Ffion concentrated on the 300m hurdles, long jump and triple jump and represented Welsh Schools in all three events

Highlights of her career was competing for Wales in Carmarthen (her home track) in the 300m in the 2009 Celtic Junior Games and winning in Carmarthen the Welsh U20 long jump championship in 2010

A summary of Ffion's main successes is as follows;-

- **Winner of 10 Welsh Championship gold medals (long jump, triple jump and pentathlon)**
- **Competed for Welsh Schools in 2 SIAB Schools international matches (1 indoor and 1 outdoor)**
- **Competed for Welsh Schools in 2 UK School Games**
- **Competed for Wales in 2 Celtic Junior Games and several international matches**

Ffion is from a very talented sporting family and has had the full support of her family, friends and coaches throughout her athletics career

She has been faithful member of Carmarthen Harriers and an excellent member of Dyfed Schools and West Wales teams

## Milestones in Ffion Rees's Athletics Career (Main Results – 294 Recorded Performances)

### 2003 Under 11 Carmarthen Harriers (3 Recorded Performances)

XC	3	6.21	Bridgend	Gwent Cross Country League	12 Oct 2003
XC	6	7.11	Cardiff	Gwent Cross Country League	2 Nov 2003
XC	10	4.45	Bath	Gwent Cross Country League	30 Nov 2003

### 2004 First Year Under 13 Carmarthen Harriers (6 Recorded Performance)

70H		12.6			
HJ	2		Newport	Welsh Boys and Girls Clubs Champs	5 June 2004
1500	5	5.47.25i	Cardiff	Welsh U13 indoor championships	24 Jan 2004
XC	2	6.42	Blaise Castle	Gwent Cross Country League	10 Jan 2004
XC	12	3.25	Carmarthen	Gwent Cross Country League	20/03/2004
XC	25	12.43	Bridgend	Gwent Cross Country League	10 Oct 2004
XC	22	10.28	Cardiff	Gwent Cross Country League	31 Oct 2004

### 2005 Second Year Under 13 Carmarthen Harriers (30 Recorded Performances)

75	2B	10.9	Brierley Hill	UK YA Midlands League Match	5 Jun 2005
800		2.39.11i	Cardiff	Welsh U13 Indoor CE Championships	20 Nov 2005
60H		10.47i	Cardiff	Welsh U13 Indoor CE Championships	20 Nov 2005
70H	1	11.2	Brecon	Welsh Schools NASUWT Final	10 Jul 2005
70H	2	11.6	Carmarthen	West Wales Championships	14 May 2005
70H	3	12.0	Cardiff	Welsh U13 Championships	18 Jun 2005
70H	1	12.8	Carmarthen	Louise Arthur League	22 May 2005
HJ	1	1.40	Brierley Hill	UK YA Midlands League Match	5 Jun 2005
HJ	3	1.40	Cardiff	Welsh U13 Championships	18 Jun 2005
LJ		4.25i	Cardiff	Welsh U13 Indoor CE Championships	20 Nov 2005
LJ	7	4.15	Cardiff	Welsh U13 Championships	18 Jun 2005
LJ	3	4.13	Carmarthen	West Wales Championships	14 May 2005
SP		5.69i	Cardiff	Welsh U13 Indoor CE Championships	20 Nov 2005
<b>Pen</b>	<b>1</b>	<b>2156</b>	<b>Cardiff</b>	<b>Welsh Schools U13 CE Championships</b>	<b>25 Jun 2005</b>
Pen	3	2258	Cardiff	Welsh U15 Indoor CE Championships	20 Nov 2005

### 2006 First Year Under 15 Carmarthen Harriers (19 recorded Performances)

300		46.1	Swansea	Louise Arthur League Match	16 Jul 2006
800		2.40.1	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
60H		10.42i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
75H		13.0	Carmarthen	West Wales Championships	13 May 2006
75H		13.43	Carmarthen		7 Jul 2006
75H		13.80	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
HJ		1.40	Neath	UK YA Midlands League Match	30 Apr 2006
HJ		1.29	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
LJ	1	4.69	Carmarthen	Dyfed Schools Championships	10 Jun 2006
LJ		4.40	Carmarthen	Welsh Schools CE Championships	24 Jun 2006

SP		6.68i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
SP		6.53	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
Pen	5	2180	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
Pen	14	2178i	Cardiff	Welsh Indoor CE Championship	25 Nov 2006

### 2007 Second Year Under 15 Carmarthen Harriers (48 Recorded Performances)

60	6	8.96i	Cardiff	Welsh U15 Indoor Championships	27 Jan 2007
200		27.8	Yate	UK YA Midlands League Match	3 Jun 2007
200		28.0	Carmarthen	UK YA Midlands League Match	28 May 2007
300	2	43.27	Swansea	Welsh U15 Championships	17 Jun 2007
800		2.33.9	Carmarthen	Dyfed Schools Championships	9 Jun 2007
800		2.37.99i	Glasgow	SIAB Schools CE International Match	8 Dec 2007
60Hi		8.99i	Glasgow	SIAB Schools CE International Match	8 Dec 2007
75H	1	12.3	Sutton Coldfield	UK YA Midlands League Match	22 Jul 2007
75H	3	12.8	Carmarthen	Dyfed Schools Championships	9 Jun 2007
75H		12.9	Carmarthen	Welsh Junior League Match	28 May 2007
HJ		1.43	Cwmbran	UK YA Midlands League Match	24 Jun 2007
LJ	3	5.07	Connah's Quay	Welsh Inter Regional Championships	26 Aug 2007
LJ	1	4.84	Carmarthen	Dyfed Schools Championships	9 Jun 2007
LJ	2	4.78	Brecon	Welsh Schools Championships	7 Jul 2007
LJ	9	4.69	Swansea	Welsh U15 Championships	17 Jun 2007
SP		7.20	Cwmbran	Welsh Schools CE Championships	30 Jun 2007
Pen	4	2465	Cwmbran	Welsh Schools CE Championships	30 Jun 2007
<b>Pen</b>	<b>15</b>	<b>2578i</b>	<b>Glasgow</b>	<b>SIAB Schools Indoor CE International</b>	<b>8 Dec 2007</b>

### 2008 First Year Under 17 Carmarthen Harriers (47 Recorded Performances)

200		27.2	Swansea	Welsh Junior League	20 Apr 2008
300	1	43.3	Carmarthen	Dyfed Schools Championships	7 Jun 2008
300	1	43.4	Newport	UK YA Midlands League Match	18 May 2008
300	1B	44.8	Brecon	Welsh Junior League Cup Final	24 Aug 2008
800		2.37.0	Carmarthen	Welsh Schools CE Championships	28 Jun 2008
80H	2	12.3	Yate	UK YA Midlands League Match	22 Jun 2008
80H		18.47	Carmarthen	Welsh Schools CE Championships	28 Jun 2008
300H	1	46.22	Carmarthen	West Wales Championships	11 May 2008
300H	1	46.8	Carmarthen	Dyfed Schools Championships	7 Jun 2008
<b>300H</b>	<b>6</b>	<b>48.06</b>	<b>Bedford</b>	<b>SIAB Schools International</b>	<b>19 Jul 2008</b>
300H	2	49.19	Connah's Quay	Welsh U17 Championships	12 Jul 2008
HJ		1.20	Carmarthen	Welsh Schools CE Championships	28 Jun 2008
<b>LJ</b>	<b>3</b>	<b>5.44</b>	<b>Dunfermline</b>	<b>Celtic Junior Games</b>	<b>2 Aug 2008</b>
<b>LJ</b>	<b>1</b>	<b>5.39w</b>	<b>Connah's Quay</b>	<b>Welsh U17 Championships</b>	<b>12 Jul 2008</b>
<b>LJ</b>	<b>7</b>	<b>5.30</b>	<b>Bath</b>	<b>UK School Games</b>	<b>31 Aug 2008</b>
LJ	1	5.27	Carmarthen	West Wales Championships	11 May 2008
LJ	1	5.12	Carmarthen	UK YA Midlands League Match	4 May 2008
<b>LJ</b>	<b>3</b>	<b>5.09i</b>	<b>Cardiff</b>	<b>Celtic Cup</b>	<b>3 Feb 2008</b>
LJ	7	4.84i	Cardiff	Welsh Indoor U17 Championships	12 Jan 2008
TJ	1	10.66	Swindon	UK YA Midlands League Match	1 Jun 2008

TJ	2	10.57	Carmarthen	UK YA Midlands League Match	4 May 2008
TJ	1	10.56	Carmarthen	West Wales Championships	11 May 2008
<b>TJ</b>	<b>7</b>	<b>10.56w</b>	<b>Bedford</b>	<b>SIAB Schools International</b>	<b>19 Jul 2008</b>
TJ	2	10.36	Brecon	Welsh Schools Championships	5 Jul 2008
TJ	2	10.32w	Connah's Quay	Welsh U17 Championships	12 Jul 2008
TJ	1	10.30	Carmarthen	Dyfed Schools Championships	7 Jun 2008
TJ	1	9.60	Carmarthen	Welsh Junior League Match	26 May 2008
SP		7.50	Carmarthen	Welsh Schools CE Championships	28 Jun 2008
Pen	7	2169	Carmarthen	Welsh Schools CE Championships	28 Jun 2008

### 2009 Second Year Under 17 Carmarthen Harriers (43 Recorded Performances)

100	2	13.3	Yate	UK YA Midlands League Match	19 Jul 2009
200	7	27.3	Derby	UK YA Midlands League Match	24 May 2009
300	3	42.7	Yate	UK YA Midlands League Match	19 Jul 2009
300	1	42.88	Neath	West Wales Championships	10 May 2009
<b>300</b>	<b>3</b>	<b>42.89</b>	<b>Carmarthen</b>	<b>Celtic Junior Games</b>	<b>1 Aug 2009</b>
300	5	43.58	Newport	Welsh U17 Championships	7 Jun 2009
300	4h	43.60i	Birmingham	England U17 Indoor Championships	14 Feb 2009
300	4	44.37	Swansea	Welsh Inter Regional Championships	30 Aug 2009
300H	2	49.3	Swansea	UK YA Midlands League Match	31 May 2009
400H	6	74.65	Birmingham	UK YA Midlands League Match	25 Apr 2009
LJ	2	5.31i	Cardiff	Welsh Indoors U17 Championships	24 Jan 2009
<b>LJ</b>	<b>1</b>	<b>5.14</b>	<b>Newport</b>	<b>Welsh U17 Championships</b>	<b>7 Jun 2009</b>
LJ	1	5.12i	Swansea	West Wales Indoor Championships	18 Jan 2009
<b>LJ</b>	<b>9</b>	<b>5.11</b>	<b>Cardiff</b>	<b>UK School Games</b>	<b>6 Sep 2009</b>
<b>LJ</b>	<b>6</b>	<b>5.08i</b>	<b>Cardiff</b>	<b>Celtic Indoor international</b>	<b>22 Feb 2009</b>
LJ	4	5.08	Cardiff	Welsh Schools Championships	4 Jul 2009
LJ	3	5.07i	Cardiff	Welsh Indoors U17 Championships	7 Feb 2009
LJ	1	5.00	Neath	West Wales Regional Championships	10 May 2009
LJ	5	4.97i	Birmingham	England U17 Indoor Championships	7 Feb 2009
TJ	2	9.82	Swansea	UK YA Midlands League Match	31 May 2009
TJ	2	9.78i	Swansea	West Wales Indoors Championships	18 Jan 2009
TJ	2	9.72	Newport	Welsh U17 Championships	7 Jun 2009
TJ	3	9.68i	Cardiff	Welsh Indoors U17 Championships	7 Feb 2009
SP	2	7.26	Newport	Welsh Senior League Match	12 Jul 2009

### 2010 First Year Under 20 Carmarthen Harriers (36 Recorded Performances)

100	1	13.1	Carmarthen	Dyfed Schools Championships	19 Jun 2010
100	6	13.99	Cardiff	Welsh inter Regional Championships	29 Aug 2010
200	4	29.0	Newport	Welsh Senior League Match	29 May 2010
400	3B	64.2	Mansfield	YK YA Midlands Junior Match	25 Jul 2010
400	3	65.7	Carmarthen	Dyfed Schools Championships	19 Jun 2010
800	3	3.02.94	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
LJ	2	5.30	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
<b>LJ</b>	<b>1</b>	<b>5.24w</b>	<b>Carmarthen</b>	<b>Welsh U20 Championships</b>	<b>10 Jul 2010</b>
<b>LJ</b>	<b>4</b>	<b>5.23w</b>	<b>Athlone IRL</b>	<b>Celtic Junior Games</b>	<b>7 Aug 2010</b>

<b>LJ</b>	<b>1</b>	<b>5.15</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>3 Jul 2010</b>
LJ	7	5.07	Cardiff	Welsh U17 Championships	12 Jun 2010
LJ	6	5.05i	Cardiff	Welsh Indoors U17 Championships	23 Jan 2010
LJ	1	4.69	Carmarthen	Dyfed Schools Championships	19 Jun 2010
TJ	2	10.11w	Carmarthen	Welsh U17 Championships	10 Jul 2010
TJ	1	10.02w	Brecon	Welsh Schools Championships	3 Jul 2010
TJ	3	9.44	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
TJ	1	9.20	Brecon	Welsh Junior League Cup Final	22 Aug 2010

### **2011 Second Year Under 20 Carmarthen Harriers (28 Recorded Performances)**

100	3	12.96	Brecon	Welsh Schools Championships	2 Jul 2011
100	1	13.1	Carmarthen	Dyfed schools Championships	18 Jun 2011
100	4	13.41	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
200	2B	26.4w	Sutton Coldfield	YK YA Midlands League Match	29 May 2011
200	1	27.4	Carmarthen	West Wales Championships	15 May 2011
200	4	27.48w	Connah's Quay	Welsh Inter Regional Championships	28 Aug 2011
200	1	27.8	Carmarthen	Dyfed Schools Championships	18 Jun 2011
LJ	4	5.29i	Cardiff	UWIC Grand Prix	11 Dec 2011
<b>LJ</b>	<b>1</b>	<b>5.23i</b>	<b>Cardiff</b>	<b>Welsh U20 Indoors Championships</b>	<b>22 Jan 2011</b>
<b>Lj</b>	<b>1</b>	<b>5.19</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>2 Jul 2011</b>
<b>LJ</b>	<b>1</b>	<b>5.14</b>	<b>Wrexham</b>	<b>Welsh U20 Championships</b>	<b>2 Jul 2011</b>
<b>LJ</b>	<b>1</b>	<b>5.12i</b>	<b>Swansea</b>	<b>West Wales Championships</b>	<b>16 Jan 2011</b>
<b>LJ</b>	<b>6</b>	<b>5.12</b>	<b>Swansea</b>	<b>Welsh Sch v Wales 20 v Harvard &amp; Yale</b>	<b>22 Jun 2011</b>
<b>LJ</b>	<b>1</b>	<b>5.12</b>	<b>Connah's Quay</b>	<b>Welsh Inter Regional Championships</b>	<b>28 Aug 2011</b>
LJ	1	4.99	Carmarthen	West Wales Championships	15 May 2011
TJ	1	9.80	Aberdare	Welsh Senior League	6 Aug 2011

### **2012 Under 20 Cardiff University/ Carmarthen Harriers (28 Recorded Performances)**

100	3	13.11w	Yate	UK YA Midlands League Match	24 Jun 2012
100	2	13.46	Cardiff	UK National Clubs for Young People	9 Jun 2012
200	4B	26.26w	Derby	UK YA National Cup Final	9 Sep 2012
200	1	26.98	Cardiff	UK National Clubs for Young People	9 Jun 2012
LJ	1	5.37	Neath	West Wales Championships	13 May 2012
<b>LJ</b>	<b>1</b>	<b>5.34i</b>	<b>Cardiff</b>	<b>Welsh Indoors U20 Championships</b>	<b>5 Feb 2012</b>
<b>LJ</b>	<b>3</b>	<b>5.30w</b>	<b>Cardiff</b>	<b>Welsh Athletics International</b>	<b>18 Jul 2012</b>
LJ	2	5.18	Cardiff	Welsh U20 Championships	3 Jun 2012
LJ	1	5.15	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
LJ	11	5.04i	Sheffield	BUCS Indoor Championships	25 Feb 2012
LJ	10	5.00	Olympic Park	BUCS Championships	6 May 2012
LJ	1	4.87i	Swansea	West Wales Championships	15 Jan 2012
SP	1	8.17	Carmarthen	Carmarthen Throws Competition	28 Jun 2012

### **2013 Senior Cardiff University/Carmarthen Harriers (9 Recorded Performances)**

200	3	26.90	Cardiff	Welsh Senior League	20 Apr 2013
LJ	2	5.20	Swansea	West Wales Championships	25 May 2013

LJ	6	5.00w	Cardiff	Welsh Senior Championships	30 Jun 2013
LJ	10	4.97i	Cardiff	Welsh Indoors Seniors Championships	27 Jan 2013
LJ	2	4.94i	Swansea	West Wales Championships	20 Jan 2013
HM	4356	2.24.54	Cardiff	Cardiff Half Marathon	6 Oct 2013