

## Kyran Roberts

### Coaches

**Delyth Brown -2014,2017**

**Steve Perks 2010-2013**

**George Gandy 2014-2016**

**Arwyn Davies 2016-**

### Personal Bests

**200 28.5 (2008) ; 300 39.46i (2010); 400 52.6 (2011)**

**600 1.27.41i (2010); 800 1.51.47 (2017); 1500 3.45.18 (2017); 5000 14.46.07 (2016)**

Kyran lived in Llangain, a small village, two miles west of the county town of Carmarthen. He went to QE Maridunum/QE High Secondary School in Carmarthen, after school he went on a sports scholarship to Loughborough University where he graduated with a first class honours degree

Kyran like so many other young Carmarthen Harriers athletes at primary school competed in the annual Carmarthen Mayor's Road races and the Carmarthenshire and Dyfed primary school events

He joined Carmarthen and District Harriers Athletics Club at the age of nine and as an under 11 athlete competed for the Harriers in the Gwent Cross Country League. In this League there are five matches in the season and to do well one has to compete in all five matches

Coached by Carmarthen Harriers coach Delyth Brown Kyran finished 6<sup>th</sup> overall in 2007 in the novice boy section of the Gwent Cross Country League. In 2009 Kyran was the overall Gwent Cross Country League under 13 boys champion. He won the last race that season at the United Counties Showground Carmarthen on 14 March 2009

Kyran had a brilliant career as a junior athlete with Carmarthen Harriers. One of the highlights for him was winning in 2010 the Welsh under 15 1500m championship on his home track in Carmarthen

In 2017 he broke the Carmarthen Harriers senior 1500m record which had stood for 50 years

A summary of his main successes is as follows:-

- **Winner of 2 UK indoor championships**
- **Winner of 9 Welsh championships**
- **Competed for Welsh schools in 4 SIAB schools international matches (2 cross country and 2 track)**
- **Competed for Welsh Schools in 2 UK School Games and 1 London mini marathon**
- **Competed for Wales in 2 Celtic Junior Internationals**
- **Competed for Wales in many senior international matches**

A dedicated athlete, Kyran was a faithful member of Carmarthen Harriers and competed regularly for the Club, Dyfed Schools and West Wales

It is sad that Kyran as well as many other athletes have not been able to compete in 2020

## Milestones in Kyran Roberts's Athletics career so far ( 192 Recorded Performances) – Main Results

### 2006 Under 11 Carmarthen Harriers (6 Recorded Performances)

200		31.44i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
800		2.41.2i	Cardiff	Welsh Indoor CE Championships	25 Nov 2006
800		2.46.9	Brecon	Louise Arthur League Match	7 May 2006
XC	5	7.02	Bridgend	Gwent CC League Novice Boy	4 Mar 2006
XC	5	7.04	Cardiff	Gwent CC League Novice Boy	14 Oct 2006
XC	6	6.16	Blaise Castle	Gwent CC League Novice Boy	2 Dec 2006

### 2007 First Year Under 13 Carmarthen Harriers (16 Recorded Performances)

800		2.36.09	Swansea	Welsh U13 Championships	17 Jun 2007
800		2.37.5	Solihull	UK YA League Match	20 May 2007
800		2.38.8	Swansea	West Wales Championships	13 May 2007
1500		5.17.6	Birmingham	UK YA League Match	6 May 2007
60H	3	11.98i	Cardiff	Welsh Indoor U13 Championships	28 Jan 2007
75H		15.22	Swansea	Welsh U13 Championships	17 Jun 2007
75H		15.3	Carmarthen	Louise Arthur League Match	10 Jun 2007
LJ		4.07	Swansea	Louise Arthur League Match	10 Jun 2007
LJ		4.01	Carmarthen	Louise Arthur League Match	10 Jun 2007
XC	17	10.48	Cardiff	Welsh Inter Regional Championships	9 Dec 2007

### 2008 Second Year Under 13 Carmarthen Harriers ( 26 Recorded Performances)

200		28.5	Newport	UK YA Midlands League Match	18 May 2008
200		28.7	Carmarthen	Welsh Junior League Match	26 May 2008
<b>800</b>	<b>1</b>	<b>2.20.70</b>	<b>Carmarthen</b>	<b>Welsh U13 Championship</b>	<b>29 Jun 2008</b>
800	1	2.23.2	Carmarthen	Dyfed Schools Relays	22 Apr 2008
800	1	2.23.9	Carmarthen	Louise Arthur League Match	26 Apr 2008
800		2.28.62i	Cardiff	Welsh Indoors U13 Championships	12 Jan 2008
800		2.31.8	Carmarthen	Welsh Junior League Match	26 May 2008
1500	1	4.35.5	Carmarthen	Dyfed Schools Championships	7 Jun 2008
<b>1500</b>	<b>1</b>	<b>4.45.68</b>	<b>Swansea</b>	<b>Welsh U13 Championships</b>	<b>15 Jun 2008</b>
1500	1	5.00.88	Brecon	Welsh Junior League Cup Final	24 Aug 2008
1500	1	5.01.5	Carmarthen	West Wales Championships	11 May 2008
<b>1500</b>	<b>1</b>	<b>5.07.74i</b>	<b>Cardiff</b>	<b>Welsh Indoors U13 Championships</b>	<b>12 Jan 2008</b>
<b>XC</b>	<b>1</b>	<b>8.43</b>	<b>Wrexham</b>	<b>Welsh Inter Regional Championships</b>	<b>13 Dec 2008</b>
XC	2	10.35	Bridgend	Gwent Cross Country League Match	12 Oct 2008
XC	8	11.03	Swansea	Welsh Cross Country Championships	24 Feb 2008
XC	2	11.57	Blaise Castle	Gwent Cross Country League Match	6 Dec 2008
XC	2	10.35	Bridgend	Gwent CC League U13 Boy	12 Oct 2008
XC	3	10.06	Bath	Gwent CC League U13 Boy	9 Nov 2008
XC	2	11.57	Blaise Castle	Gwent CC League U13 Boy	6 Dec 2008

XC	1	9.20	Carmarthen	Gwent CC League U13 Boy	14 Mar 2009
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**2009 First Year Under 15 Carmarthen Harriers (16 Recorded Performances)**

400	3	63.1	Yate	UK YA Midlands League Match	19 Jul 2009
800	4	2.16.19i	Cardiff	Welsh Indoor U15 Championships	11 Jan 2009
1500	5	4.36.43i	Cardiff	Welsh U15 Championships	22 Mar 2009
XC	1	9.20	Carmarthen	Gwent Cross Country League Match	14 Mar 2009
<b>XC</b>	<b>1</b>	<b>10.04</b>	<b>Builth Wells</b>	<b>Welsh Cross Country Championships</b>	<b>1 Feb 2009</b>
XC	1	10.39	Brecon	Gwent Cross Country League Match	14 Feb 2009
XC	3	12.03	Oakwood	Dyfed Schools championships	10 Feb 2009
XC	18	13.03	Nottingham	UK Inter Counties Championships	7 March 2009
XC	4	13.57	Brecon	Welsh Schools Championships	28 Feb 2009
XC	9	14.58	Brecon	Welsh Inter Schools Championships	14 Nov 2009
XC	9	14.51	Builth Wells	Welsh Inter Regional Championships	13 Dec 2009
<b>XC</b>	<b>23</b>	<b>17.13</b>	<b>Bangor</b>	<b>SIAB Schools International</b>	<b>28 Mar 2009</b>

**2010 Second Year Under 15 Carmarthen Harriers (25 Recorded Performances)**

300	2	39.46i	Cardiff	UWIC Open Meeting	11 Dec 2010
400	2	55.6	Swansea	Louise Arthur League Match	6 Jun 2010
600	2	1.27.41i	Swansea	UWIC Open Meeting	11 Dec 2010
800	2	2.00.97	Tipton	BMC PB Classic	14 Aug 2010
<b>800</b>	<b>1</b>	<b>2.02.57</b>	<b>Cardiff</b>	<b>Welsh U15 Championships</b>	<b>12 Jun 2010</b>
800	2	2.07.9	Carmarthen	UK YA Midlands League Match	16 May 2010
1500	1	4.18.04	Brecon	Welsh Schools Championships	3 Jul 2010
<b>1500</b>	<b>1</b>	<b>4.18.47</b>	<b>Carmarthen</b>	<b>Welsh U15 Championships</b>	<b>10 Jul 2010</b>
1500	8	4.25.59	Bedford	England U15 Championships	21 Aug 2010
1500	1	4.41.7	Carmarthen	Dyfed Schools Championships	19 Jun 2010
XC	3	9.23	Liverpool	UK Cross Country Challenge	27 Nov 2010
<b>3M</b>	<b>26</b>	<b>16.50</b>	<b>London</b>	<b>London Mini Marathon</b>	<b>25 Apr 2010</b>
<b>XC</b>	<b>16</b>	<b>13.54</b>	<b>Truro</b>	<b>SIAB Schools International</b>	<b>27 Mar 2010</b>
XC	1	13.56	Brecon	Welsh Inter Schools Championships	20 Nov 2010
XC	8	15.00	Brecon	Welsh Schools Championships	27 Feb 2010
XC	2	16.56	Bridgend	Gwent Cross Country League Match	10 Oct 2010

**2011 First Year Under 17 Carmarthen Harriers (18 Recorded Performances)**

400	4	52.6	Swansea	UK YA Midlands League Match	19 Jun 2011
400	2	53.4	Carmarthen	West Wales Championships	15 May 2011
800	1	1.57.7	Swansea	UK YA Midlands League Match	19 Jun 2011
<b>1500</b>	<b>4</b>	<b>3.59.17</b>	<b>Cardiff</b>	<b>SIAB Schools International</b>	<b>16 Jul 2011</b>
<b>1500</b>	<b>1</b>	<b>4.04.23</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>2 Jul 2011</b>
<b>1500</b>	<b>1</b>	<b>4.06.37</b>	<b>Wrexham</b>	<b>Welsh U17 Championships</b>	<b>22 Jun 2011</b>
<b>1500</b>	<b>3</b>	<b>4.11.85</b>	<b>Antrim NI</b>	<b>Celtic Junior Games</b>	<b>13 Aug 2011</b>
<b>1500</b>	<b>6</b>	<b>4.11.91</b>	<b>Sheffield</b>	<b>UK School Games</b>	<b>4 Sep 2011</b>
1500	1	4.16.5	Carmarthen	Dyfed Schools Championships	18 Jun 2011
<b>1500</b>	<b>1</b>	<b>4.16.91i</b>	<b>Cardiff</b>	<b>U16 Schools International</b>	<b>30 Jan 2011</b>

<b>XC</b>	<b>9</b>	<b>20.02</b>	<b>Dublin IRE</b>	<b>Celtic Cross Country International</b>	<b>8 Feb 2011</b>
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**2012 Second Year Under 17 Carmarthen Harriers (22 Recorded Performances)**

400	2	52.7	Neath	West Wales Championships	13 May 2012
400	1	52.98i	Cardiff	UWIC Grand Prix	8 Jan 2012
800	3	1.52.82	Stretford	BMC Gold Standard Races	7 Aug 2012
800	2	1.53.34	Birmingham Uni	BMC PB Classic	19 May 2012
800	3	1.53.82	Exeter	BMC Regional Races	31 Jul 2012
800	1	1.58.5	Neath	West Wales Championships	13 May 2012
1500	5	3.53.38	Bedford	England U17 Championships	19 Aug 2012
1500	5	3.55.15	Cardiff	Welsh Senior Championships	4 Jun 2012
<b>1500</b>	<b>3</b>	<b>3.57.01</b>	<b>Ashford</b>	<b>SIAB Schools International</b>	<b>21 Jul 2012</b>
1500	2h	3.57.36	Bedford	England U17 Championships	18 Aug 2012
<b>1500</b>	<b>3</b>	<b>3.58.56</b>	<b>Olympic Park</b>	<b>UK School Games</b>	<b>9 May 2012</b>
1500	8	4.03.68i	Cardiff	Welsh Senior Indoor Championships	21 Jan 2012
<b>1500</b>	<b>1</b>	<b>4.04.08i</b>	<b>Birmingham</b>	<b>UK Indoor U17 Championships</b>	<b>25 Feb 2012</b>
1500	1	4.08.2	Carmarthen	Dyfed Schools Championships	16 Jun 2012
<b>1500</b>	<b>1</b>	<b>4.19.83</b>	<b>Brecon</b>	<b>Welsh Schools Championships</b>	<b>7 Jul 2012</b>

**2013 First Year Under 20 Carmarthen Harriers (15 Recorded Performances)**

800	1	1.52.38	Stretford	BMC Gold Standard Races	6 Aug 2013
800	2	1.52.89	Cardiff	Welsh Senior Championships	29 Jun 2013
<b>800</b>	<b>2</b>	<b>1.53.29i</b>	<b>Cardiff</b>	<b>Welsh Indoor International</b>	<b>10 Mar 2013</b>
1500	1	3.50.63	Solihull	BMC Grand Prix	18 May 2013
1500	4	3.53.81i	Vienna AUT	Indoor Classic Vienna	29 Jan 2013
1500	3	3.58.13i	Birmingham	UK Indoor U20 Championships	23 Feb 2013
1500	7	3.59.08i	Bedford	England Indoors U20 Championships	16 Jan 2013
1500	4	4.10.9	Swansea	Welsh U20 Championships	22 Jun 2013

**2014 Second Year Under 20 Carmarthen Harriers/ Loughborough University (16 Recorded Performances)**

800	3h	1.52.12	Cardiff	Welsh Senior Championships	31 May 2014
800	2	1.55.35i	Cardiff	Welsh Indoor Senior Championships	25 Jan 2014
<b>1500</b>	<b>9</b>	<b>3.50.25</b>	<b>Loughborough</b>	<b>Loughborough International Match</b>	<b>18 May 2014</b>
<b>1500</b>	<b>1</b>	<b>3.52.00i</b>	<b>Vienna AUT</b>	<b>Vienna Indoor Classic</b>	<b>28 Jan 2014</b>
1500	7	3.52.66	Bedford	England U20 Championships	22 Jun 2014
<b>1500</b>	<b>1</b>	<b>3.53.72i</b>	<b>Sheffield</b>	<b>England Indoors U20 Championships</b>	<b>1 Mar 2014</b>
<b>1500</b>	<b>1</b>	<b>4.05.06i</b>	<b>Cardiff</b>	<b>Welsh Indoors International</b>	<b>9 Mar 2014</b>
XC	19	34.34	Northampton	Birmingham Cross Country League	6 Dec 2014

**2015 First Year Under 23 Carmarthen Harriers/Loughborough University (2 Recorded Performances)**

XC	39B	28.42	Brighton	BUCS Cross Country Championships	31 Jan 2015
XC	18	31.38	Cheltenham	Birmingham Cross Country League	7 Feb 2015

**2016 Second Year Under 23 Carmarthen Harriers/ Loughborough University (7 Recorded Performances)**

1500	11	3.53.67	Watford	BMC Grand Prix	28 May 2016
1500	9h	3.55.52	Bedford	England U23 Championships	18 Jun 2016
5000	5h	14.46.07	Bedford	BUCS Championships	30 Apr 2016
5000	11	15.00.44	Bedford	BUCS Championships	2 May 2016
<b>5K</b>	<b>32</b>	<b>14.34</b>	<b>Armagh</b>	<b>Armagh International Road Races</b>	<b>18 Feb 2016</b>
XC	15	28.40	Coventry	Birmingham Cross Country League	16 Jan 2016

**2017 Third Year Under 23 Carmarthen Harriers/Loughborough University (11 Recorded Performances)**

800	3	1.51.47	Stretford	NMC Gold Standard Races	25 Jul 2017
1500	3	3.45.18	Loughborough	BMC Grand Prix	8 Jul 2017
<b>1500</b>	<b>8</b>	<b>3.48.33</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>21 May 2017</b>
1500	4	3.49.96	Cardiff	Welsh Senior Championships	10 Jun 2017
<b>5K</b>	<b>19</b>	<b>14.24</b>	<b>Armagh</b>	<b>Armagh International Road Races</b>	<b>18 Feb 2017</b>

**2018 Senior Carmarthen Harriers/Loughborough University (5 Recorded Performances)**

800	4	1.54.11	Loughborough	Loughborough University Trials	28 Apr 2018
<b>1500</b>	<b>10</b>	<b>.3.48.02</b>	<b>Loughborough</b>	<b>Loughborough International</b>	<b>20 May 2018</b>
1500	7s	3.50.84	Bedford	BUCS Championships	6 May 2018
XC	16	31.96	Cardiff	Cardiff Cross Challenge	13 Oct 2018

**2019 Senior Cardiff AAC (9 Recorded Performances)**

800	2	1.55.76i	Cardiff	Welsh Indoor Senior Championships	26 Jan 2019
800	2h	2.00.35	Cardiff	Welsh Senior Championships	13 Jul 2019