

Hannah Jones and Emily Mitchell

Hannah Jones

Personal Bests

**60 8.01i (2009); 100 12.6 (2005); 12.62(2005); 200 25.2 (2006); 25.43 (2006); 300 39.60 (2006)
400 60.1 (2006) 800 2.41.3 (2002); 1500 5.04.20i (2006); JT 31.84 (2006)**

Hannah Jones went to Ysgol Gymraeg Dewi Sant Primary School in Llanelli and then on to Ysgol y Strade Secondary School also in Llanelli

She was in primary school an outstanding cross country runner winning the Dyfed primary schools cross country championship and then going on to win the Dyfed against West Glamorgan primary schools cross country race which was held at Sandy Water Park Llanelli immediately before the SIAB Schools Cross Country International match

She joined Carmarthen and District Harriers Athletics Club and became a member of the excellent squad of sprinters

Hannah soon developed into an outstanding sprinter and won Welsh championships, and competed for Welsh Schools and Wales

One of her highlights was competing with friend and fellow Carmarthen member Emily Mitchell in the 2005 Celtic Games which was held at her home track in Carmarthen. At Carmarthen she was a member of the Welsh gold medal sprint relay team

At the 2006 Welsh Schools Championships at Brecon on 1 July 2006 Hannah won the middle girls 200m and 300m events. She was awarded the JDB Williams Trophy for the best female track performance of the day

Below is a summary of her main achievements:-

- **Winner of 9 Welsh Schools or Welsh Championship Gold Medals**
- **Competed for Wales in 2 Celtic Games**
- **Competed for Welsh Schools in 2 SIAB Schools Internationals**
- **2nd in UK U17 300m championship in 2006**
- **Still holder of 4 Carmarthen Harriers Records**
U15 200m 25.5 (recorded time twice in 2005); U15 300m 40.54 (2005)
U17 200m 25.2 (2006) and U17 300m 39.60 (2006)

Hannah Jones after 15 years still holds four Carmarthen Harriers Club records

U15 200	25.5	Brecon	Welsh NASUWT Cup Final	13 Jul 2005
U15 200	25.5	Brecon	Welsh Junior League Cup Final	21 Aug 2005
U15 300	40.54	Tullamore IRE	SIAB Schools International	16 July 2005
U17 200	25.2	Telford	UK YA League Match	4 Jun 2006
U17 300	39.60	Birmingham	AAA Under 17 Championships	6 Aug 2006

She was an excellent team member with Carmarthen Harriers, Dyfed Schools and West Wales teams

Milestones in Hannah Jones's Athletics Career – 67 Recorded Performances – Main Results

2002 First Year Under 13 Carmarthen Harriers (2 Recorded Performances)

800	2	2.41.3	Carmarthen	West Wales Championships	11 May 2002
800	5	2.48.7	Carmarthen	Louise Arthur League Match	10 Aug 2002

2003 Second Year Under 13 Carmarthen Harriers (3 Recorded Performances)

200	3	28.05		Welsh U13 Championships	
300	1	44.2	Cardiff	Urdd Festival	3 Jul 2003
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2004 First Year Under 15 Carmarthen Harriers (4 Recorded Performances)

100	3	13.31	Colwyn Bay	Welsh U15 Championships	19 Jun 2004
100	1		Newport	UK National Boys and Girls Ch	25 Jun 2004
200	2	27.17i	Cardiff	Welsh Indoor U15 Champs	25 Jan 2004
200	3	26.66	Colwyn Bay	Welsh U15 Championships	20 Jun 2020

2005 Second Year Under 15 Carmarthen Harriers (18 Recorded Performances)

100	1	12.6	Brecon	Welsh Junior League Cup Final	21 Aug 2005
100		12.62	Birmingham	AAA U15 Championships	13 Aug 2005
100	1	12.64	Cardiff	Welsh U15 Championships	18 Jun 2005
12.7	1	12.7	Aberdare	Welsh Junior League	30 Apr 2005
200	1	25.5	Brecon	Welsh Schools NAS UWT Cup	13 Jul 2005
200	1	25.5	Brecon	Welsh Junior League Cup Final	21 Aug 2005
200	h	25.59	Birmingham	AAA U15 Championships	13 Aug 2005
200	1	25.7	Carmarthen	Welsh Junior League Match	9 July 2005
200	1	25.8	Brierley Hill	UK YA Midlands League Match	5 Jun 2005
200	2	25.95	Carmarthen	Celtic Junior Games	8 Aug 2005
200	8	26.00	Birmingham	AAA U15 Championships	14 Aug 2005
200	1	26.1	Brecon	Welsh Schools Championships	2 Jul 2005
300	1	41.18	Cardiff	Welsh U15 Championships	18 Jun 2005

2006 First Year Under 17 Carmarthen Harriers (27 Recorded Performances)

100	1	12.59	Cardiff	Welsh U17 Championships	9 Jul 2006
100	1	12.9	Carmarthen	Welsh Junior League Match	27 May 2006
200	1	25.43	Brecon	Welsh Schools Championships	1 Jul 2006
200	3	25.66	Waterford IRE	Celtic Junior Games	12 Aug 2006
200	1	25.7	Birmingham	UK YA Midlands League Match	23 Jul 2006
200	1	26.0	Carmarthen	Dyfed Schools championships	10 Jun 2006
200	1	26.3	Carmarthen	Welsh Junior League Match	27 May 2006

200	1	26.93	Cardiff	Welsh U17 Championships	9 Jul 2006
300	2	39.60	Birmingham	AAA Under 17 Championships	6 Aug 2006
300	1s	39.7	Birmingham	AAA Under 17 Championships	5 Aug 2006
300	3	39.71	Grangemouth SCO	SIAB Schools International	15 Jul 2006
300	1	39.93	Brecon	Welsh Schools Championships	1 Jul 2006
300	2h	41.1	Birmingham	AAA U17 Championships	5 Aug 2006
300	1	41.2	Carmarthen	Dyfed Schools Championships	10 Jun 2006
300	1	41.34	Cardiff	Welsh U17 Championships	9 Jul 2006
300	1	41.85i	Cardiff	Welsh Indoors U17 Champs	28 Jan 2006
300	h	42.35i	Birmingham	AAA Indoors U17 Champs	4 Mar 2006
400	1	60.1	Carmarthen	West Wales Championships	13 May 2006
1500	4	5.04.20i	Cardiff	Welsh Indoor U17 Champs	28 Jan 2006
JT	1	31.84	Telford	UK YA Midlands League Match	4 Jun 2006

2007 Second Year Under 17 Carmarthen Harriers (2 Recorded Performances)

200	1	25.50	Cardiff	Welsh Open Meeting	6 Jun 2007
300	2	41.19i	Cardiff	Welsh Indoors U17 Champs	27 Jan 2007

2009 Second Year Under 20 Swansea Harriers (16 Recorded Performances)

60	3	8.01	Cardiff	Welsh Indoors U20 Champs	7 Feb 2008
100	1	12.70	Neath	West Wales Championships	10 May 2008
100	6	12.70	Cardiff	UK YA Midlands League Match	6 Jun 2008
100	3	12.73	Birmingham	UK YA Midlands League Match	26 Apr 2008
100	1	12.75	Swansea	Welsh Senior League	28 Jul 2008
100	6	12.75w	Grangemouth	UK Women's League Match	2 Aug 2008
100	2	12.95	Cardiff	Welsh Schools Championships	4 Jul 2008
200	1	25.69	Swansea	Welsh Senior League	28 Jul 2008
200	2	25.79	Newport	Welsh U20 Championships	7 Jun 2008
200	2	25.85	Cardiff	Welsh Schools Championships	4 Jul 2008
200	3	26.01	Swansea	Welsh Inter Regional Champs	30 Aug 2008

Emily Mitchell

Personal Bests

**60 7.89i (2006); 12.2 (2006); 12.46 (2006); 25.28i (2006); 300 42.4 (2006)
LJ 4.59 (2006); TJ 9.16 (2006)**

Emily lived in Laugharne; a small town made famous by the poet Dylan Thomas. Laugharne is fifteen miles from the County town of Carmarthen

She was a good runner at primary school and at Dyffryn Taf Secondary School at Whitland

Emily joined Carmarthen and District Harriers Athletics Club at an early age and became a member of Carmarthen Harriers sprints group of up and coming young sprinters

Under Dorrien's excellent coaching she soon developed into a fine athlete and in the under 13 age group she won eight (7 gold and 1 silver Welsh championships medals), which was an unbelievable achievement

In all Emily won 14 Welsh schools or Welsh individual Gold medals and competed for Wales in 3 Celtic Games

Summary of Emily Mitchell's main achievements;-

- **Winner of 14 Welsh Schools or Welsh Championship Gold Medals**
- **Competed for Wales in 3 Celtic Games**
- **Competed for Welsh Schools in 1 SIAB Schools International match**

Emily and Hannah Jones competed against each other on several occasions. However, in the 2005 Celtic Games on their home track in Carmarthen they competed for Wales in different events

Emily throughout her athletics career was a very faithful member of Carmarthen Harriers and an excellent team member of Dyfed Schools and West Wales teams

Both Emily and Hannah are very appreciative of the support they have had from family, friends and Carmarthen Harriers coaches and team managers

Milestones in Emily Mitchell's Athletics Career -60 Recorded Performances – Main Results

2002 First Year Under 13 Carmarthen Harriers (4 Recorded Performances)

60	1	8.63	Cardiff	Welsh Indoors U13 Champs	19 Jan 2002
100	1	13.87	Newport	Welsh U13 Championships	8 Jun 2002
200	2	29.90	Newport	Welsh U15 Championships	9 Jun 2002
200	1	29.60	Cardiff	Welsh Indoors U13 Champs	20 Jan 2002

2003 Second Year Under 13 Carmarthen Harriers (3 Recorded Performances)

60	1	8.63i	Cardiff	Welsh Indoors U13 Champs
100	1	13.26		Welsh U13 Championships
200	1	29.57i	Cardiff	Welsh Indoors U13 Champs
200	1	28.44		Welsh U13 Championships

2004 First Year Under 15 Carmarthen Harriers (5 Recorded Performances)

60	2	8.36i	Cardiff	Welsh Indoor U15 Champs	24 Jan 2004
100	7	13.54	Grangemouth SCO	Celtic Junior Games	7 Aug 2004
200	3	27.54i	Cardiff	Welsh Indoors U15 Champs	25 Jan 2004
100	1	13.1	Brecon	Welsh Junior League Cup Final	23 Aug 2004
200	3	27.6	Brecon	Welsh Junior League Cup Final	23 Aug 2004

2005 Second Year Under 15 Carmarthen Harriers (19 Recorded Performances)

60		7.90i	Birmingham	AAA U15 Indoor Championship	27 Feb 2005
60	4	8.00i	Glasgow	Scotland U15 Championships	5 Feb 2005
60	4	8.03i	Birmingham	AAA U15 Indoor Championships	26 Feb 2005
60	1	8.04i	Birmingham	Birmingham Games	29 Jan 2005
60	1	8.11i	Cardiff	Welsh Indoor U15 Champs	8 Jan 2005
100	1	12.5	Aberdare	Welsh Junior League Match	30 Apr 2005
100	1	12.57	Brecon	Welsh Schools Championships	2 Jul 2005
100	1	12.8	Carmarthen	Welsh Junior League Match	9 Jul 2005
100	h	12.95	Birmingham	AAA U15 Championships	13 Aug 2005
100	1	13.1	Carmarthen	Louise Arthur League Match	22 May 2005
100	4	13.16	Carmarthen	Celtic Junior Games	6 Aug 2005
200	1	25.7	Aberdare	Welsh Junior League Match	30 Apr 2005
200	s	25.90i	Birmingham	AAA Indoor U15 Championships	27 Feb 2005
200	4	26.02i	Birmingham	AAA Indoor U15 Championships	27 Feb 2005
200	h	26.05	Birmingham	AAA U15 Championships	14 Aug 2005
200	1	26.15i	Birmingham	Birmingham Games	29 Jan 2005
200	2	26.19i	Glasgow	Scottish Indoor U15 Champs	5 Feb 2005
200	1	26.43i	Cardiff	Welsh Indoor U15 Champs	9 Jan 2005
200	1	27.0	Carmarthen	Louise Arthur League Match	22 May 2005
300	4	40.54	Tullamore IRE	SIAB Schools International	16 Jul 2005

2006 First Year Under 17 Carmarthen Harriers (28 Recorded Performances)

60	h	7.89i	Birmingham	AAA Indoor U17 Champs	5 Mar 2006
60	1	7.95i	Birmingham	Birmingham Indoor Games	25 Feb 2006
100	1	12.2	Yate	UK YA Midlands League Match	21 May 2006
100	3	12.33w	Waterford IRE	Celtic Junior Games	12 Aug 2006
100	6	12.46	Cardiff	Welsh U17 Championships	18 Jun 2006
100	1	12.57	Cardiff	Welsh Inter Regional Champs	27 Aug 2006

100	1	12.59	Cardiff	Welsh Schools Championships	9 Jul 2006
100	5	12.62	Grangemouth SCO	SIAB Schools International	15 Jul 2006
100	1	12.7	Telford	UK YA Midlands League Match	4 Jun 2006
100	1	12.8	Neath	UK YA Midlands League Match	30 Apr 2006
200	h	25.28i	Birmingham	AAA Indoors U17 Champs	4 Mar 2006
200	1	25.5	Telford	UK YA Midlands League Match	4 Jun 2006
200	7	25.53w	Grangemouth SCO	SIAB Schools International	15 Jul 2006
200	3	25.69i	Birmingham	Birmingham Indoor Games	25 Feb 2006
200	1	25.79i	Cardiff	Welsh Indoor U17 Champs	28 Jan 2006
200	5	25.9	Cardiff	Welsh U17 Championships	28 Jan 2006
200	2	26.1	Carmarthen	Dyfed Schools Championships	10 Jun 2006
200	1	26.28	Cardiff	Welsh Inter Regional Champs	27 Aug 2006
200	1	26.90	Cardiff	Welsh Schools Championships	9 Jul 2006

2007 Second Year Under 17 Carmarthen Harriers (9 Recorded Performances)

60	3h	8.04i	Cardiff	UWIC Grand Prix	20 Jan 2007
60	2	8.07i	Cardiff	Welsh Indoor U17 Champs	27 Jan 2007
100	5h	12.75	Bedford	CAU Inter County Champs	28 May 2007
100		13.1	Carmarthen	Dyfed School Championships	9 Jun 2007
200	2h	25.96i	Cardiff	Welsh Indoor Senior Champs	13 Jan 2007
200		27.31i	Cardiff	Welsh Indoors U20 Champs	28 Jan 2007
300	3	43.7	Birmingham	UK YA Midland League Match	6 May 2007

2008 First Year Under 20 Carmarthen Harriers (4 Recorded Performances)

200	2h	26.57i	Birmingham	Birmingham Games	3 Feb 2008
200	3h	26.77i	Cardiff	Welsh Indoors U20 Champs	13 Jan 2008
200	3	26.89i	Cardiff	Welsh Indoors U20 Champs	13 Jan 2008
200	2	27.0	Carmarthen	Welsh Junior League Match	26 May 2008