

Carmarthen Open Throws Competition 3 at Carmarthen Athletics Track,**Johnstown - Thursday June 28th 2018 - Results**

Carmarthen Open Throws held last Thursday of every month in the summer 6pm

JAVELIN

Pos	Number	Age Group	Name	Club	Best Throw
1	8	U13B	Thomas Gorvett	Swansea Harriers	33.18
2	86	U13G	Cordelia Walker	Carmarthen Harriers	31.90
3	93	U13G	Rebekah Pratt	Swansea Harriers	22.00
4	499	U13G	Lucy Harris	Swansea Harriers	19.87
5	46	U13B	Nathan Jones	Swansea Harriers	14.74
1	462	U15B	Morgan Batten	Carmarthen Harriers	42.68
2	461	U20W	Caitlin Davies	Brecon AC	12.79
1	100	U17W	Bethany Moule	Neath Harriers	45.13
2	412	U15G	Chloe Jones	Swansea Harriers	25.58
3	460	U15G	Jessica Raymond	Pembrokeshire Harriers	21.96
1	92	U17M	Ethan Rigby	Swansea Harriers	40.29
2	459	U17M	Rhys Homffray	Carmarthen Harriers	26.52
1	92	SW	Karen Llewellyn (W50)	Pembrokeshire Harriers	14.63 (500g)
1	94	SM	Matteo Holmes	Cardiff AAC	49.48
2	484	SM	Aaron Thomas	Cardiff AAC	40.97

HAMMER

Pos	Number	Age Group	Name	Club	Best Throw
1	90	U17W	Cassey Grimwade	Cardiff AAC	44.78
2	16	U17W	Lara Spacey	Swansea Harriers	36.33
3	99	U15G	Natalie Owen	Menai Track & Field	36.12
4	458	U17W	Emma Hames	Neath Harriers	29.85
5	94	SW	Renate Prells	Swansea Harriers	29.30
6	92	SW	Karen Llewellyn (W50)	Pembrokeshire Harriers)	28.55
1	461	U20W	Caitlin Davies	Brecon AC	23.54
2	463	U15B	Michael Jenkins	Pembrokeshire Harriers	21.24

CLUB THROW

Pos	Number	Age Group	Name	Club	Best Throw
1	97	SM	Owen Williams	DSW Para Academy	21.83