

**Carmarthen Open Throws Meeting Fixture 2 at Carmarthen Athletics Track,  
Johnstown - Thursday May 30th 2019- Results**

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

## JAVELIN

Pos	Number	Age Group	Name	Club	Best Throw
1	104	U13B	Eurion John	Pontyclun AC	30.59
2	113	U13B	Liam Upton-Boorman	Carmarthen Harriers	24.72
3	499	U13B	Leon Gregson	Cardiff Athletics	23.85
4	374	U13B	Jacob Powell	Newport Harriers	20.78
1	497	U15G	Bethan Holley	Cardiff Archers	28.36
2	108	U15G	Lleucu Lloyd	Pembrokeshire Harriers	26.63
3	498	U17W	Lily Gregson	Cardiff Athletics	25.59
4	112	U15G	Jessica Raymond	Pembrokeshire Harriers	22.48
5	106	U15G	Mia Williams	Pontyclun AC	22.26
6	109	U15G	Ffion Ouseley	Pembrokeshire Harriers	15.36
7	359	U15G	Katie Lake	Swansea Harriers	12.39
1	373	U20W	Bethany Moule	Neath Harriers	44.05
2	357	SW	Rachel Jones	Swansea Harriers	31.80
3	103	U15B	Thomas Gorvett	Swansea Harriers	30.33
1	101	U17M	Morgan Batten	Carmarthen Harriers	44.87
2	102	U17M	Joshua Wilton	Swansea Harriers	43.01
3	107	U17M	Harley Lewis	Swansea Harriers	39.66
1	374	SM	Nathan James	Swansea Harriers	60.19
2	355	SM	Aaron Morgan	Carmarthen Harriers	59.49
3	110	U20M	Ethan Rigby	Swansea Harriers	42.89

**DISCUS**

<b>Pos</b>	<b>Number</b>	<b>Age Group</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
1	356	M75 (1kg)	Ian Bowles	Swansea Harriers	31.48
2	117	U17W	Holly Cooper	Swansea Harriers	31.09
3	115	U17W	Nia Williams	Carmarthen Harriers	28.61
4	498	U17W	Lily Gregson	Cardiff Athletics	28.60
5	104	U13B	Eurion John	Pontyclun AC	25.39
6	358	U13B	Louis Jones	Swansea Harriers	20.99
7	111	U13B	Nathaniel Osborne	Swansea Harriers	20.51
8	359	U15G	Katie Lake	Swansea Harriers	19.47
9	114	U15G	Elen Williams	Carmarthen Harriers	18.94
10	112	U15G	Jessica Raymond	Pembrokeshire Harriers	18.87
11	105	U15G	Emilia Evans	Swansea Harriers	17.64
12	499	U13B	Leon Gregson	Cardiff Athletics	16.19
13	374	U13B	Jacob Powell	Newport Harriers	14.79
1	103	U15B	Thomas Gorvett	Swansea Harriers	20.02
1	500	F44 (1.5kg)	Harrison Walsh	DSW Para Academy	49.96
2	116	U17M	Harry Davies	Neath Harriers	47.25
3	102	U17M	Joshua Wilton	Swansea Harriers	37.79
4	119	U17M	Oscar Dun	Swansea Harriers	32.11
1	377	F37 (2kg)	Robbie Carrick-Smith	Yeovil Olympiads	36.24
2	118	SM	Peter Roberts	Swansea Harriers	33.67
3	31	SM	Dafydd Herdman	Cardiff Athletics	28.95

**HAMMER**

<b>Pos</b>	<b>Number</b>	<b>Age Group</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
1	375	U23W	Carys Smith	Swansea Harriers	42.10
2	376	U20W	Lara Spacey	Swansea Harriers	41.25