

**Carmarthen Open Throws Competition 3 at Carmarthen Track - Thursday****June 23rd 2016 - Results** 32 competitors

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

**Javelin**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	444	Chloe Jones	Swansea Harriers	22.90m
U15G	1	442	Bethany Moule	Neath Harriers	39.61m
	2	460	Jamie Holland	Swansea Harriers	29.64m
U17W	1	458	Amy Evans	Carmarthen Harriers	26.85m
SW	1	450	Jo Davis	Swansea Harriers	29.46m
	2	448	Karen Lewis	Pembrokeshire Harriers	19.99m
Mas Women	1	440	Karen Llewellyn	Pembrokeshire Harriers	18.23m
U11B	1	446	Nathan Jones	Swansea Harriers	11.94m
U13B	1	456	Morgan Batten	Carmarthen Harriers	31.56m
	2	443	Harley Lewis	Pembrokeshire Harriers	30.09m
	3	453	Noah Osborne	Swansea Harriers	25.20m
	4	461	Aron Williams	Swansea Harriers	20.60m
	5	454	Joseph Edwards	Swansea Harriers	10.10m
U15B	1	449	Archie Thomas	Carmarthen Harriers	22.70m
U17M	1	459	Josh Thomas	Carmarthen Harriers	44.36m
U20M	1	439	Richard Dangerfield	Cardiff AAC	54.14m
	2	441	Nathan James	Swansea Harriers	53.30m
	3	445	Sam Bleach	Carmarthen Harriers	46.13m
SM	4	451	Keiran Ingram	Swansea Harriers	37.93m

**Shot Put**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	444	Chloe Jones	Swansea Harriers	4.65m
U15G	1	447	Molly Greenman	Cardiff Archers	9.71m
	2	460	Jamie Holland	Swansea Harriers	9.25m
	3	462	Amy Tomkins	Swansea Harriers	7.52m
U17W	1	471	Danielle Jones	Carmarthen Harriers	10.75m
Mas Women	1	440	Karen Llewellyn	Pembrokeshire Harriers	9.14m
U11B	1	446	Nathan Jones	Swansea Harriers	3.76m
U13B	1	461	Aron Williams	Swansea Harriers	10.41m
	2	453	Noah Osborne	Swansea Harriers	7.08m
	3	472	Ieuan Phillips	Amman Valley Harriers	5.11m
U15B	1	470	Jamie Phillips	Neath Harriers	9.18m

**Discus**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	444	Chloe Jones	Swansea Harriers	18.77m
U15G	1	447	Molly Greenman	Cardiff Archers	25.79m
	2	470	Jamie Holland	Swansea Harriers	23.53m
	3	469	Holly Cooper	Swansea Harriers	23.36m
	4	462	Amy Tomkins	Swansea Harriers	20.50m
U17W	1	471	Danielle Jones	Carmarthen Harriers	33.11m
SW	1	468	Awen Rosser	Swansea Harriers	41.12m
	2	452	Eleni Rembashi	Cardiff AAC	38.01m
	3	464	Nina Prells	Swansea Harriers	35.12m
	4	440	Karen Llewellyn	Pembrokeshire Harriers	22.33m
	5	463	Renate Prells	Swansea Harriers	18.79m
U13B	1	461	Aron Williams	Swansea Harriers	27.16m
	2	456	Morgan Batten	Carmarthen Harriers	19.13m
	3	443	Harley Lewis	Pembrokeshire Harriers	15.90m
	4	453	Noah Osbourne	Swansea Harriers	15.50m
	5	472	Ieuan Phillips	Amman Valley Harriers	13.09m
	6	454	Joseph Edwards	Swansea Harriers	11.77m
U15B	1	470	Jamie Phillips	Neath Harriers	37.95m
	2	455	Harry Davies	Neath Harriers	33.42m
U17M	1	465	James Tomlinson	Pembrokeshire Harriers	53.87m
	2	467	Brynmor Clements	Swansea Harriers	37.38m
	3	466	Joe Worrall	Carmarthen Harriers	36.92m