

Carmarthen Open Throws Competition 1 at Carmarthen Track - Thursday**May 26th 2016 - Results** 34 competitors**Carmarthen Open Throws held last Thursday of every month in the summer 6pm****Javelin**

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	328	Chloe Jones	Swansea Harriers	18.21m
U15G	1	321	Holly Pemberton	Wrexham AC	28.27m
	2	333	Lili Church	Carmarthen Harriers	24.39m
	3	335	Olwen Batten	Carmarthen Harriers	22.48m
	4	337	Elin Van Block	Swansea Harriers	21.47m
U17W	1	338	Rhian Evans	Swansea Harriers	32.20m
	2	327	Amy Evans	Carmarthen Harriers	29.00m
	3	326	Sarah Omeregic	Cardiff AAC	20.89m
SW	1	320	Sophie Pick	Carmarthen Harriers	24.73m
U13B	1	334	Morgan Batten	Carmarthen Harriers	29.77m
	2	323	Tomos Roberts	Carmarthen Harriers	21.68m
U17M	1	332	Dylan Parry	Bridgend AAC	48.66m
U20M	1	322	Richard Dangerfield	Cardiff AAC	56.55m
	2	301	Sam Bleach	Carmarthen Harriers	46.64m
SM	1	324	Aaron Morgan	Carmarthen Harriers	55.20m
	2	325	Aaron Thomas	Cardiff AAC	38.31m

Shot Put

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	328	Chloe Jones	Swansea Harriers	5.65m
U15G	1	348	Casey Grimwade	Cardiff AAC	8.62m
	2	344	Holly Cooper	Swansea Harriers	6.79m
	3	339	Amy Tomkins	Swansea Harriers	6.65m
U17W	1	326	Sarah Omoregie	Cardiff AAC	14.20m
	2	338	Rhian Evans	Swansea Harriers	10.66m
	3	347	Danielle Jones	Carmarthen Harriers	10.50m
SW	1	320	Sophie Pick	Carmarthen Harriers	8.84m
U11B	1	329	Nathan Jones	Swansea Harriers	4.00m
U13B	1	340	Aron Williams	Swansea Harriers	10.33m

Discus

Age Group	Pos	Number	Name	Club	Best Throw
U15G	1	348	Cassey Grimwade	Cardiff AAC	27.91m
	2	344	Holly Cooper	Swansea Harriers	25.76m
	3	339	Amy Tomkins	Swansea Harriers	21.55m
	4	321	Holly Pemberton	Wrexham AC	21.33m
U17W	1	338	Rhian Evans	Swansea Harriers	33.36m
	2	347	Danielle Jones	Carmarthen Harriers	32.10m
U23	1	343	Awen Rosser	Swansea Harriers	41.21m
	2	331	Eleni Zembashi	Cardiff AAC	40.53m
	3	342	Nina Prells	Swansea Harriers	33.42m
SW	1	341	Renate Prells	Swansea Harriers	18.90m
U13B	1	340	Aron Williams	Swansea Harriers	25.69m
U15B	1	349	Jamie Phillips	Neath Harriers	34.21m
U17M	1	346	James Tomlinson	Pembrokeshire Harriers	50.85m
	2	336	Brynmor Clements	Swansea Harriers	41.48m
	3	354	Joe Worrall	Carmarthen Harriers	40.42m
	4	345	Connor Evans	Swansea Harriers	27.64m
Paralympic SM F42	1	330	Aled Davies	Cardiff AAC	52.56m