

**Carmarthen Open Throws Competition 4 at Carmarthen Athletics Track,
Johnstown - Thursday April 26th 2018 - Results**

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

JAVELIN

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	441	Cordelia Walker	Carmarthen Harriers	29.01m
	2	391	Lleucu Lloyd	Pembrokeshire Harriers	23.25m
	3	447	Lucy Harris	Swansea Harriers	22.82m
	4	449	Rebekah Pratt	Swansea Harriers	19.78m
	5	443	Mia Williams	Swansea Harriers	17.89m
U15G	1	445	Chloe Jones	Swansea Harriers	31.46m
U17W	1	17	Lili Church	Carmarthen Harriers	23.45m
	2	393	Beca Roberts	Carmarthen Harriers	21.38m
U20W	1	392	Amy Evans	Carmarthen Harriers	29.36m
U13B	1	452	Harri Howells	Carmarthen Harriers	25.18m
	2	453	Thomas Gorvett	Swansea Harriers	24.89m
	3	440	Conor O'Shaughnessy	Swansea Harriers	16.26m
	4	446	Nathan Jones	Swansea Harriers	14.37m
	5	398	Morgan Jenkins	Pembrokeshire Harriers	11.53m
U15B	1	390	Harley Lewis	Pembrokeshire Harriers	36.01m
	2	395	Ryan King	Carmarthen Harriers	31.01m

U17M	1	450	Joshua Wilton	Swansea Harriers	41.09m
	2	77	Ethan Rigby	Swansea Harriers	38.87m
	3	389	Harley Thomas	Swansea Harriers	29.92m
U20M	1	444	Caleb Nicholas	Pembrokeshire Harriers	34.62m
SM	1	439	Nathan James	Swansea Harriers	56.95m

SHOT

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	443	Mia Williams	Pontyclun AC	7.51m
	2	343	Elen Williams	Carmarthen Harriers	7.20m
	3	391	Lleucu Lloyd	Pembrokeshire Harriers	7.11m
	4	442	Isla Melrose	Swansea Harriers	6.62m
U15G	1	399	Nia Williams	Carmarthen Harriers	10.02m
	2	445	Chloe Jones	Swansea Harriers	8.56m
U17W	1	339	Ellie Beddau	Cardiff Archers	11.19m
	2	393	Beca Roberts	Carmarthen Harriers	7.42m
SW	1	451	Lucy Griffiths	Cardiff AAC	12.27m
U13B	1	81	Kacper Krawcewicz	Carmarthen Harriers	8.12m
	2	398	Morgan Jenkins	Pembrokeshire Harriers	5.30m
U15B	1	448	Dafydd Powlett	Pembrokeshire Harriers	11.31m
	2	49	Michael Jenkins	Pembrokeshire Harriers	8.16m
U17M	1	389	Harley Thomas	Swansea Harriers	10.57m
	2	450	Joshua Wilton	Swansea Harriers	9.78m
	3	397	Jamie Phillips	Neath Harriers	9.54m
U20M	1	444	Caleb Nicholas	Pembrokeshire Harriers	10.48m

DISCUS

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	447	Lucy Harries	Swansea Harriers	18.80m
U15G	1	399	Nia Williams	Carmarthen Harriers	26.74m
	2	445	Chloe Jones	Swansea Harriers	21.22m
U17W	1	344	Holly Cooper	Swansea Harriers	29.51m
U20W	1	345	Danielle Jones	Carmarthen Harriers	32.98m
U13B	1	440	Conor O'Shaughnessy	Swansea Harriers	16.62m
	2	446	Nathan Jones	Swansea Harriers	11.14m
U15B	1	49	Michael Jenkins	Pembrokeshire Harriers	19.29m
	2	346	Joshua Morse	Carmarthen Harriers	17.84m
U17M	1	394	Harry Davies	Neath Harriers	43.45m
	2	397	Jamie Phillips	Neath Harriers	36.30m
	3	450	Joshua Wilton	Swansea Harriers	26.21m
U20M	1	396	James Tomlinson	Pembrokeshire Harriers	57.81m