

Carmarthen Open Throws Competition 4 at Carmarthen Athletics Track,**Johnstown - Thursday July 27th 2017 - 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	464	Cordelia Walker	Carmarthen Harriers	26.92m
	2	479	Chloe Jones	Swansea Harriers	26.84m
	3	468	Mia Williams	Pontyclun AC	15.91m
	4	467	Witney Tucker	Deeside AC	15.16m
U15G	1	333	Lili Church	Carmarthen Harriers	27.06m
U20W	1	480	Danielle Jones	Swansea Harriers	25.19m
SW	1	473	Karen Llewelin	Pembrokeshire Harriers	16.38m
	2	474	Tracy Thomas	Pembrokeshire Harriers	15.51m
U13B	1	481	Jamie Zygadlo	Pembrokeshire Harriers	27.51m
	2	469	Thomas Gorvett	Swansea Harriers	21.10m
	3	327	Daniel Cooper	Swansea Harriers	20.37m
	4	482	Michael Jenkins	Pembrokeshire Harriers	20.09m
U17M	1	456	Joshua Thomas	Carmarthen Harriers	49.92m
	2	335	Stephen Jenkins	Swansea Harriers	29.31m
U20M	1	465	Nathan James	Swansea Harriers	59.21m

SHOT

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	479	Chloe Jones	Swansea Harriers	7.86m
	2	467	Whitney Tucker	Deeside AC	7.69m
	3	468	Mia Williams	Pontyclun AC	7.52m
U15G	1	483	Holly Cooper	Swansea Harriers	8.03m
	2	455	Isabelle Ellsmore	Swansea Harriers	5.78m
U17W	1	475	Gwen Lewis	Newport Harriers	10.87m
	2	476	Molly Greenman	Cardiff Archers	10.62m
	3	334	Danielle Jones	Carmarthen Harriers	10.20m
U20W	1	480	Danielle Jones	Swansea Harriers	6.05m
SW	1	470	Lucy Griffiths	Cardiff AAC	11.42m
	2	338	Nina Prells	Swansea Harriers	9.72m
	3	473	Karen Llewellyn	Pembrokeshire Harriers	7.67m
	4	474	Tracy Thomas	Pembrokeshire Harriers	6.72m
	5	336	Renate Prells	Swansea Harriers	6.11m
U13B	1	482	Michael Jenkins	Pembrokeshire Harriers	8.92m
	2	477	Sonny Greenman	Cardiff Archers	7.59m
	3	481	Jamie Zygadlo	Pembrokeshire Harriers	7.08m
	4	327	Daniel Cooper	Swansea Harriers	6.45m
U15B	1	331	Oscar Dunn	Swansea Harriers	9.50m
U17M	1	457	Dylan Bevan	Newport Harriers	11.88m
	2	335	Stephen Jenkins	Swansea Harriers	8.75m

SM	1	330	Peter Roberts	Swansea Harriers	9.63m
	2	472	Lloyd Davies	Pembrokeshire Harriers	8.52m

HAMMER

Age Group	Pos	Number	Name	Club	Best Throw
U17W	1	478	Lara Spacey	Swansea Harriers	41.40m
SW	1	336	Renate Prells	Swansea Harriers	26.56m

DISCUS

Age Group	Pos	Number	Name	Club	Best Throw
U13G	1	467	Whitney Tucker	Deeside AC	19.99m
	2	479	Chloe Jones	Swansea Harriers	18.97m
	3	464	Cordelia Walker	Carmarthen Harriers	17.12m
U15G	1	483	Holly Cooper	Swansea Harriers	29.92m
	2	466	Kaya Lloyd-Martin	Wrexham AC	24.91m
	3	465	Isabelle Ellsmore	Swansea Harriers	15.71m
U17W	1	334	Danielle Jones	Carmarthen Harriers	33.26m
	2	476	Molly Greenman	Cardiff Archers	25.33m
	3	475	Gwennan Lewis	Newport Harriers	21.20m
U20W	1	480	Danielle Jones	Swansea Harriers	16.94m
SW	1	338	Nina Prells	Swansea Harriers	34.84m
	2	474	Tracy Thomas	Pembrokeshire Harriers	21.27m
	3	473	Karen Llewelin	Pembrokeshire Harriers	20.08m
U13B	1	482	Michael Jenkins	Pembrokeshire Harriers	24.22m
	2	481	Jamie Zygadlo	Pembrokeshire Harriers	19.39m
	3	327	Daniel Cooper	Swansea Harriers	18.86m
	4	477	Sonny Greenman	Cardiff Archers	17.70m
U15B	1	471	Harry Davies	Neath Harriers	41.75m
	2	331	Oscar Dunn	Swansea Harriers	24.09m
U17M	1	335	Stephen Jenkins	Swansea Harriers	21.08m
SM	1	330	Peter Roberts	Swansea Harriers	32.88m
	2	472	Lloyd Davies	Pembrokeshire Harriers	23.09m