

Carmarthenshire Primary Schools Indoor Sportshall Athletics – Results / Canlyniadau Venue / Lleoliad - Carmarthen Leisure Centre on Wednesday 2nd November 2016 10:00-12:45

Boys 1 Lap / Bechgyn 1 Lap (Heats & Finals)

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	1 lap	Heat 1			Boys	1 lap	Heat 2		
1	Steffan Vincent	Dewi Sant	14.4		1	Math Jones	Rhydaman	13.8	Q
2	Alffie Faquhar	Carreg Hirfaen	14.7		2	Cai Prendeville	Llangennech	13.8	Q
3	Jacob Full	Y Ddwylan	14.8		3	Morgan Evans	Griffith Jones	13.9	
4	Iwan Blakeman	Cwrt Henri	16.1		4	Oscar Paguin	Parcyrhun	16.8	
5	Jack Davies	Tremoilet	17.3		5	Rhydian Richards	Teilo Sant	17.0	
Boys	1 lap	Heat 3			Boys	1 lap	Heat 4		
1	Elis Trigg	Aberaeron	14.3		1	Dan Bennett	Model	13.7	Q
2	Morgan Davies	Llangynnwr	14.9		2	Bobby McIntyre	Y Ddwylan	14.3	
3	Celt Williams	Glanyferi	15.3		3	Sion Williams	Dewi Sant	14.4	
4	Dylan Eastlake	Pontyberem	17.1		4	Trystan Tyler	Nantgaredig	14.6	
5	Kalen Buzza	Y Pwll	18.8		5	Osian Cursey	Carreg Hirfaen	14.9	
Boys	1 lap	Heat 5			Boys	1 lap	Heat 6		
1	Gwern Rhys	Teilo Sant	13.4	Q	1	Tim Griffiths	Model	13.7	Q
2	Tyler Reynolds	Talacharn	14.0		2	Macallum Logan	Llangynnwr	13.7	Q
3	Daniel Gregory-Evans	Parcyrhun	14.3		3	Jack Hughes	Y Bedol	14.4	
4	Liam Staples	Llangennech	14.4		4	Adam Dyer	Glanyferi	16.3	
5	Bryn Southgate	Aberaeron	15.0		5	William Sankey	Tremoilet	18.9	
Boys	1 lap	Heat 7			Boys	1 lap	Heat 8		
1	Aaron Timothy	Y Bedol	13.8	Q	1	Luke Miller	Cwrt Henri	14.0	
2	Thomas Hamilton	Llangennech	14.1		2	Jamie Griffiths	Carreg Hirfaen	14.2	
3	Gwion Jones-Evans	Teilo Sant	14.6		3	Ollie Thomas	Model	14.6	
4	Owain Williams	Pontyberem	14.7		4	Charlie Bakewell	Y Ddwylan	15.1	
5	Ethan Warker	Aberaeron	14.9		5	Luke Thomas	Tremoilet	20.5	
Boys	1 lap	Heat 9			Boys	1 lap	Heat 10		
1	Shivo Hinds	Y Bedol	12.9	Q	1	Thomas Edwards	Brynsaron	13.9	
2	Finley Cooper	Llangynnwr	13.2	Q	2	Gethin Morgan	Teilo Sant	14.2	
3	Thomas James	Rhydaman	13.6	Q	3	Twm Davies	Teilo Sant	14.3	
4	Jack Kessell	Glanyferi	15.2		4	Joseph Howells	Parcyrhun	14.6	
5	Justin Toet	Y Pwll	17.3		5	McCody Jones	Pontyberem	14.8	

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Boys	1 lap	Heat 11			Boys	1 lap	Heat 12		
1	Tomos Phillips	Rhydaman	14.1		1	Lennon Reynolds	Talacharn	14.1	
2	Owen Lewis	Teilo Sant	14.4		2	Timothy Garrett	Teilo Sant	14.5	
3	Jac Vaughan	Griffith Jones	14.5		3	Iwan Dying	Pontyberem	15.0	
4	Rowan Smith	Talacharn	14.7		4	Levy Grumbly	Parcyrhun	15.3	
5	Owain Armishow	Llangennech	15.6		5	Logan Fay	Y Bedol	15.4	
Boys	1 lap	Heat 13			Boys	1 lap	Heat 14		
1	Iwan Prior	Nantgaredig	13.8	Q	1	Rhydian Hywel	Cwrt Henri	15.1	
2	George Allen	Aberaeron	13.8		2	Thomas Harris	Teilo Sant	15.6	
3	Dion Davies	Y Ddwylan	14.2		3	Thomas Davies	Tremoilet	17.3	
4	Fin Maxwell	Brynsaron	14.2		4	Cai Jewell	Y Pwll	17.5	
Boys	1 lap	Heat 15							
1	Alex Lewis	Carreg Hirfaen	13.9						
2	Alex Utting	Glanyferi	14.0						
3	Calyn Morgan	Llangynnwr	14.0						
4	Josh Cabiton	Model	14.3						
Boys	1 lap	FINAL A			Boys	1 lap	FINAL B		
1	Shivo Hinds	Y Bedol	13.2 (12.9)	1	1	Cai Prendeville	Llangennech	13.5 (13.8)	1
2	Gwern Rhys	Teilo Sant	13.5 (13.4)	2	2	Thomas James	Rhydaman	13.6 (13.6)	2
3	Finley Cooper	Llangynnwr	13.5 (13.2)	3	3	Aaron Timothy	Y Bedol	13.8 (13.8)	3
4	Tim Griffiths	Model	13.7 (13.7)	4	4	Math Jones	Rhydaman	13.8 (13.8)	4
5	Dan Bennett	Model	13.9 (13.7)	5	5	Macallum Logan	Llangynnwr	13.9 (13.7)	5

Boys 2 Laps / Bechgyn 2 Lap (Heats & Finals)

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Boys	2 laps	Heat 1			Boys	2 laps	Heat 2		
1	Steffan Davies	Llangynnwr	28.5		1	Steffan Hopkins	Aberaeron	27.5	Q
2	Osian Roberts	Carreg Hirfaen	28.9		2	Tim Griffiths	Model	28.4	
3	Charlie Bakewell	Y Ddwylan	30.4		3	Jac Vaughan	Griffith Jones	30.4	
4	Ollie Rivers	Tremoilet	31.7		4	Steffan Jones	Nantgaredig	31.8	
5	Iwan Blakeman	Cwrt Henri	33.6		5	Joseph Ramskill	Glanferi	34.4	
Boys	2 laps	Heat 3			Boys	2 laps	Heat 4		
1	Shivo Hinds	Y Bedol	27.2	Q	1	Rhys Jenkins	Aberaeron	28.0	Q
2	Toby Williams Forol	Llangennech	29.3		2	Gethin Morgan	Teilo Sant	28.9	
3	Gwion Jones-Evans	Teilo Sant	29.6		3	Malacai Rees	Model	29.2	
4	Owain Williams	Pontyberem	30.2		4	Jack Griffiths		29.4	
5	Iestyn Davies	Parcyrhun	31.8		5	Jay Jones		35.1	
Boys	2 laps	Heat 5			Boys	2 laps	Heat 6		
1	Bobby McIntyre	Y Ddwylan	28.8		1	Jake Williams	Griffith Jones	28.4	
2	Alfie Faquhar	Carreg Hirfaen	29.4		2	Dafydd James	Brynsaron	28.7	
3	Rhys Betchley	Llangynnwr	29.7		3	Jack Lewis	Y Bedol	29.4	
4	Declan Squires	Aberaeron	29.9		4	Brad Jones	Model	29.8	
5	Keiran Lewis	Tremoilet	36.0		5	Osian Jones	Nantgaredig	30.0	
Boys	2 laps	Heat 7			Boys	2 laps	Heat 8		
1	Ellis Penfold	Llangennech	28.7		1	Tiaan Sparrow	Rhydaman	27.4	Q
2	Gruff Evans	Teilo Sant	29.9		2	Harri Rees	Dewi Sant	28.6	
3	Ryan Woodwork	Pontyberem	30.5		3	Oliver Harris	Teilo Sant	28.6	
4	Oscar Paguin	Parcyrhun	30.9		4	Dion Davies	Y Ddwylan	28.8	
5	Osian Wright	Talacharn	31.1		5	Max Davies	Glanferi	31.0	
Boys	2 laps	Heat 9			Boys	2 laps	Heat 10		
1	Ethan Bird	Teilo Sant	27.9	Q	1	Iwan Wilson	Llangennech	28.7	
2	Luke Miller	Cwrt Henri	28.0	Q	2	Joseph Howells	Parcyrhun	29.4	
3	Alex Roberts	Carreg Hirfaen	28.0		3	George Morgan	Talacharn	30.3	
4	Lewis Jones	Tremoilet	28.3		4	Sion Davies	Teilo Sant	30.4	
5	Harri Llywelyn	Llangynnwr	31.9		5	Connor Griffiths	Y Pwll	30.6	
Boys	2 laps	Heat 11			Boys	2 laps	Heat 12		
1	Dan Bennett	Model	27.5	Q	1	Sion Davies	Rhydaman	26.5	Q
2	Aaron Timothy	Y Bedol	27.6	Q	2	Oli Lloyd	Pontyberem	26.8	Q
3	Jacob Fogg	Y Ddwylan	29.7		3	Twm Davies	Teilo Sant	29.4	
4	Caleb Lewis	Brynsaron	29.5		4	Rogan Colts	Griffith Jones	30.4	
5	Rhys Cole	Dewi Sant	31.1						

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Boys	2 laps	Heat 13			Boys	2 laps	Heat 14		
1	Jamie Griffiths	Carreg Hirfaen	28.4		1	Harri Morgan	Glanyferi	28.1	
2	William Thomas	Llangynnwr	28.9		2	Macsen Quick	Nantgaredig	28.7	
3	Rhydian Hywel	Cwrt Henri	30.2		3	Ben Gibbons	Teilo Sant	28.8	
4	Liam Morley-Trivett	Tremoilet	32.4		4	Rhys Williams	Aberaeron	29.3	
Boys	2 laps	FINAL A			Boys	2 laps	FINAL B		
1	Sion Davies	Rhydaman	25.8 (26.5)	1	1	Rhys Jenkins	Aberaeron	27.3 (28.0)	1
2	Shivo Hinds	Y Bedol	26.1 (27.2)	2	2	Ethan Bird	Teilo Sant	27.8 (27.9)	2
3	Tiaan Sparrow	Rhydaman	26.6 (27.4)	3	3	Dan Bennett	Model	27.9 (27.5)	3
4	Steffan Hopkins	Aberaeron	26.6 (27.5)	4	4	Aaron Timothy	Y Bedol	28.1 (27.6)	4
5	Oli Lloyd	Pontyberem	26.8 (26.8)	5	5	Luke Miller	Cwrt Henri	28.3 (28.0)	5

Boys 4 x 1 Lap Relay / Ras Gyfnewid Bechgyn 4 x 1 Lap (Time Trials)

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Boys		Relays	Heat 1		Boys		Relays	Heat 2	
1		Llangynnwr	57.4	5	1		Pontyberem	57.4	5
2		Dewi Sant	58.0	10	2		Model	57.5	8
3		Glanyferi	58.8		3		Talacharn	57.8	9
4		Tremoilet	66.4		4		Y Ddwylan	59.7	
Boys		Relays	Heat 3		Boys		Relays	Heat 4	
1		Aberaeron	55.4	2	1		Carreg Hirfaen	58.6	
2		Brynsaron	55.8	4	2			58.7	
3		Nantgaredig	58.1		3		Y Bedol	63.7	
4		Cwrt Henri	58.1		4		Llangennech	76.8	
Boys		Relays							
1		Rhydaman	55.1	1					
2		Teilo Sant A	55.7	3					
3		Parcyrhun	57.4	7					
4		Teilo Sant B	64.0						

Boys Field Events / Digwyddiadau Cae Bechgyn

	Name / Enw	School / Ysgol	Perf		Name / Enw	School / Ysgol	Perf	
-Boys	Long Jump	FINAL		Boys	Triple Jump	FINAL		
1	Sion Davies	Rhydaman	11.80m	1	Alex Utting	Glanyferi	5.52m	
2	Bryn Southgate	Aberaeron	10.40m	2	Elis Trigg	Aberaeron	5.10m	
3	Finley Cooper	Llangynnwr	10.40m	3	Iwan Bryan	Nantgaredig	5.10m	
4	Reuben Havard	Teilo Sant	9.00m	4	Tiaan Sparrow	Rhydaman	5.00m	
5	Macsen Quick	Nantgaredig	8.60m	5	Toby Williams Ford	Llangennech	4.90m	
6	Harri Morgan	Glanyferi	8.40m	6	Iestyn Tomos	Brynsaron	4.82m	
7	Tyler Renolds	Talacharn	8.40m	7	Daniel Gregory-Evans	Parcyrhun	4.72m	
8	Rogan Cox	Griffith Jones	8.00m	8	Jordan Morgan	Talacharn	4.46m	
9	Ben Gibbons	Teilo Sant	7.60m	9	Gruff Evans	Teilo Sant	4.46m	
10	Caleb Lewis	Brynsaron	7.00m	10	Steffan Vincent	Dewi Sant	4.44m	
11	Justin Toet	Y Pwll	6.60m	11	Morgan Evans	Griffith Jones	4.42m	
12	Cai Bexon	Carreg Hirfaen	6.60m	12	Lewis Williams	Model	4.20m	
13	Owain Armishaw	Llangennech	6.20m	13	Ethan Bird	Teilo Sant	4.20m	
14	Dylan Eastlake	Pontyberem	6.00m	14	William Thomas	Llangynnwr	4.14m	
15	Aaron Bartley	Model	6.00m	15	Connor Griffiths	Y Pwll	4.06m	
16	Levi Cromby	Parcyrhun	5.40m					
17	Harry Rees	Dewi Sant	5.40m					
Boys	Vertical Jump	FINAL		Boys	Shot Putt	FINAL		
1	Thomas James	Rhydaman	44cm	1	Tomos Phillips	Rhydaman	6.05m	
2	Morgan James	Aberaeron	39cm	2	Jenson Lloyd	Aberaeron	5.75m	
3	William Bostock	Llangennech	38cm	3	Jacob Togg	Y Ddwylan	5.52m	
4	Rhys Cole	Dewi Sant	37cm	4	Jay Jones	Parcyrhun	5.50m	
5	Evan Davies	Parcyrhun	36cm	5	Hayden Lloyd	Llangennech	5.24m	
6	Dion Davies	Y Ddwylan	35cm	6	Fin Gough	Model	5.20m	
7	Jake Williams	Griffith Jones	33cm	7	Max Phillips	Nantgaredig	5.12m	
8	Mccallum Logan	Llanynnwr	28cm	8	Jason Clarke	Griffith Jones	5.05m	
9	Mcody Jones	Pontyberem	28cm	9	Luke Miller	Cwrt Henri	5.00m	
10	Macsen Quick	Nantgaredig	28cm	10	Tomos Edwards	Brynsaron	5.00m	
11	Maxwell Daniels	Model	26cm	11	Rowan Smith	Laugharne	4.95m	
12	Celt Williams	Glanyferi	25cm	12	Kieron Andrews	Glanyferi	4.42m	
13	Dafydd Packham	Brynsaron	25cm	13	Nel Espuva	Cwrt Henri	4.23m	
14	Lennon Reynolds	Talacharn	25cm	14	Glasnant Jenkins	Cwrt Henri	4.15m	
15	Timothy Garrett	Teilo Sant	25cm	15	Scott Howells	Teilo Sant	4.10m	
16	Glasnant Jenkins	Cwrt Henri	20cm	16	Glyn Bevan	Tremoilet	4.05m	
17	Kalen Buzza	Y Pwll	12cm	17	Timmy	Teilo Sant	3.82m	
18				18	Kyle Gewell	Y Pwll	3.54m	
				19	Joseph Reardon	Cwrt Henri	3.50m	
				20	Rhys Betchley	Llangynnwr	2.50m	

Girls 1 Lap / Merched 1 Lap (Heats & Finals)

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	1 lap	Heat 1			Girls	1 lap	Heat 2		
1	Rhiannon Williams	Y Bedol	14.7		1	Sophia-Reid Thomas	Llangynnwr	14.0	Q
2	Sara Cond	Aberaeron	14.8		2	Mila Roberts	Griffith Jones	14.1	Q
3	Mia Crowley	Parcyrhun	15.4		3	Rhiannon Mylin	Glanyferi	15.2	
4	Anyra Brailey	Rhydaman	17.6		4	Kaylee Clarke	Model	15.7	
5	Maisie Payne	Glanyferi	17.6		5	Megan Jones	Brynsaron	16.1	
Girls	1 lap	Heat 3			Girls	1 lap	Heat 4		
1	Celyn Morgan	Pontyberem	14.1	Q	1	Bessie Hill	Y Ddwylan	14.8	
2	Sophie Monroe	Aberaeron	14.7		2	Mani Owen	Brynsaron	15.1	
3	Maisie Lewis	Dewi Sant	14.7		3	Lily-Mae Jones	Model	16.1	
4	Sarah Owen	Parcyrhun	14.8		4	Eva Thomas-Iles	Tremoilet	16.1	
5	Millie Jones	Cwrt Henri	16.5		5	Courtney Hughes	Tremoilet	18.3	
Girls	1 lap	Heat 5			Girls	1 lap	Heat 6		
1	Ffion Williams	Y Pwll	14.7		1	Jessica Jones	Carreg Hirfaen	14.0	Q
2	Mari Raw-Rees	Aberaeron	15.2		2	Shanai Joseff	Y Bedol	14.3	Q
3	Anwen Jones	Rhydaman	15.3		3	Elan Thomas	Pontyberem	14.4	
4	Alice Morgan	Talacharn	15.5		4	Lanna Harding Jones	Nantgaredig	14.6	
5	Gracie Ginnings	Cwrt Henri	17.6		5	Nia Davies	Parcyrhun	15.7	
Girls	1 lap	Heat 7			Girls	1 lap	Heat 8		
1	Keira Carmody	Model	14.3	Q	1	Kahlen Jones	Llangennech	13.9	Q
2	Siobhan Mastert	Llangynnwr	14.7		2	Sara Thomas	Teilo Sant	14.3	
3	Cerys Phillips	Rhydaman	14.8		3	Arabella Thomas	Parcyrhun	14.7	
4	Hanna Evans	Y Ddwylan	15.0		4	Niami Carron	Carreg Hirfaen	14.9	
5	Leona Walters	Y Pwll	16.3		5	Chloe Evans	Nantgaredig	15.7	
Girls	1 lap	Heat 9			Girls	1 lap	Heat 10		
1	Mati Morgan	Teilo Sant	14.1	Q	1	Ceindeg Evans	Y Ddwylan	14.4	
2	Elen John	Llangennech	14.6		2	Ceirios Price	Teilo Sant	14.8	
3	Mali Evans	Llangynnwr	14.7		3	Keisha Jones	Griffith Jones	14.9	
4	Lea Vobe	Y Ddwylan	15.0		4	Bethany Rees	Glanyferi	15.4	
5	Phoebe Buckley	Glanyferi	15.3		5	Freya Thomas	Llangynnwr	15.8	
Girls	1 lap	Heat 11			Girls	1 lap	Heat 12		
1	Hannah Rhys	Y Bedol	14.1	Q	1	Jessica Hussibee	Talacharn	15.4	
2	Gwennan Willmet	Llangennech	14.1	Q	2	Harriet Bateman	Teilo Sant	15.8	
3	Bethany Severs	Aberaeron	14.9		3	Phoebe Cadwalder	Teilo Sant	16.7	
4	Ella Fuller	Teilo Sant	15.7		4	Heledd Richardson	Teilo Sant	17.9	
5	Isabella Edward	Teilo Sant	16.8		5	Jasmine Francis		21.4	

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls	1 lap	FINAL A			Girls	1 lap	FINAL B		
1	Kahlen Jones	Llangennech	13.6 (13.9)	1	1	Hannah Rhys	Y Bedol	13.8 (14.1)	1
2	Sophia-Reid Thomas	Llangynnwr	13.9 (14.0)	2	2	Mila Roberts	Griffith Jones	13.9 (14.1)	2
3	Jessica Jones	Carreg Hirfaen	14.1 (14.0)	3	3	Keira Carmody	Model	14.1 (14.3)	3
4	Celyn Morgan	Pontyberem	14.3 (14.1)	4	4	Gwennan Willmet	Llangennech	14.2 (14.1)	4
5	Mati Morgan	Teilo Sant	14.4 (14.1)	5	5	Shenai Joseph	Y Bedol	14.4 (14.3)	5

Girls 2 Laps / Merched 2 Lap (Heats & Finals)

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Girls	2 laps	Heat 1			Girls	1 lap	Heat 2		
1	Milly John	Llangynnwr	30.0		1	Jessica Jones	Carreg Hirfaen	28.8	Q
2	Keisha Jones	Griffith Jones	30.1		2	Amelia Cliff	Dewi Sant	29.1	Q
3	Tanwen Shaw	Aberaeron	30.7		3	Sarah Owen	Parcyrhun	31.1	
4	Kaile Clarke	Model	30.9		4	Cathy Priestland	Glanyferi	32.4	
5	Emma Fields	Rhydaman	31.2		5	Nerys Jones	Teilo Sant	34.9	
Girls	2 laps	Heat 3			Girls	2 laps	Heat 4		
1	Freya Evans	Griffith Jones	28.7	Q	1	Nima Ellis	Pontyberem	29.8	
2	Seren Davies	Aberaeron	29.3	Q	2	Anwen Raybolt	Teilo Sant	30.0	
3	Bessie Hill	Y Ddwyllan	29.4		3	Lowri Jones	Aberaeron	30.6	
4	Sophie Severeys	Brynsaron	29.5		4	Bethany Hinchcliffe	Llangennech	30.6	
5	Cady Morris	Model	32.3		5	Leona Walters	Y Pwll	34.0	
Girls	2 laps	Heat 5			Girls	2 laps	Heat 6		
1	Rhisian Thomas	Y Bedol	28.8	Q	1	Mati Morgan	Teilo Sant	29.4	Q
2	Gwenllian Jones	Carreg Hirfaen	28.9	Q	2	Lilly Hughes	Rhydaman	29.7	
3	Lucy Jones	Teilo Sant	31.7		3	Mia Tawley	Parcyrhun	32.7	
4	Nia Davies	Parcyrhun	31.7		4	Megan Pritchard	Llangennech	32.8	
5	Madlen Moore	Glanyferi	32.6		5	Hannah Castle	Glanyferi	37.9	
Girls	2 laps	Heat 7			Girls	2 laps	Heat 8		
1	Bethan Adams	Llangennech	30.1		1	Arabella Thomas	Parcyrhun	29.6	
2	Ffion Williams	Y Pwll	30.8		2	Celyn Watkins	Rhydaman	29.6	
3	Leah Jones	Tremoilet	31.0		3	Martha Jones	Nantgaredig	29.7	
4	Lucy Phillips	Talacharn	33.6		4	Ceris Price	Teilo Sant	29.8	
5	Keira James	Pontyberem	33.6		5	Freya Thomas	Llangynnwr	31.2	
Girls	2 laps	Heat 9			Girls	2 laps	Heat 10		
1	Keira Carmody	Model	28.2	Q	1	Maisie Williams	Griffith Jones	28.9	Q
2	Ceindeg Evans	Y Ddwyllan	28.6	Q	2	Cadi Morgans-Free	Teilo Sant	31.0	
3	Sara Evans	Nantgaredig	30.1		3	Catrina Scott	Teilo Sant	34.2	
4	Isobel Barrat	Aberaeron	30.7						
5	Elan Small	Teilo Sant	32.1						
Girls	2 laps	Heat 11							
1	Niomi Carron	Carreg Hirfaen	30.0						
2	Rhiannon Williams	Y Bedol	30.7						
3	Lilymae Burton	Brynsaron	32.3						

	Name / Enw	School / Ysgol	Perf.			Name / Enw	School / Ysgol	Perf.	
Girls	2 laps	FINAL A			Girls	2 laps	FINAL B		
1	Keira Carmody	Model	27.9 (28.2)	1	1	Maisie Williams	Griffith Jones	28.4 (28.9)	1
2	Freya Evans	Griffith Jones	28.0 (28.7)	2	2	Seren Davies	Aberaeron	28.8 (29.3)	2
3	Jessica Jones	Carreg Hirfaen	28.0 (28.8)	3	3	Gwenllian Jones	Carreg Hirfaen	28.8 (28.9)	3
4	Rhisian Thomas	Y Bedol	28.4 (28.8)	4	4	Mati Morgan	Teilo Sant	29.2 (29.4)	4
5	Ceindeg Evans	Y Ddwylan	28.4 (28.6)	5	5	Amelia Cliff	Dewi Sant	29.2 (29.1)	5

Girls 4 x 1 Lap Relay / Ras Gyfnewid Merched 4 x 1 Lap (Heats & Final)

	Name / Enw	School / Ysgol	Perf			Name / Enw	School / Ysgol	Perf	
Girls		Relays	Heat 1		Girls		Relays	Heat 2	
1		Griffith Jones	56.9	1	1		Llangynnwr	58.6	6
2		Y Ddwylan	58.4	4	2		Aberaeron	59.4	8
3		Model	64.7		3		Nantgaredig	61.9	
4		Tremoilet	67.7		4		Y Pwll	67.7	
Girls		Relays	Heat 3		Girls		Relays	Heat 4	
1		Llangennech	58.2	2	1		Carreg Hirfaen	58.5	5
2		Rhydaman	61.8		2		Pontyberem	59.1	7
3		Glanyferi	65.5		3		Parcyrhun	61.3	10
4		Talacharn	71.8		4		Brynsaron	63.2	
Girls		Relays	Heat 5						
1		Y Bedol	58.2	2					
2		Teilo Sant A	60.7	9					
3		Teilo Sant B	69.8						

Girls Field Events / Digwyddiadau Cae Merched

	Name / Enw	School / Ysgol	Perf		Name / Enw	School / Ysgol	Perf	
Girls	Long Jump	FINAL		Girls	Triple Jump	FINAL		
1	Carys Butler	Llangennech	10.20m	1	Leia Vobe	Y Ddwylan	5.52m	
2	Mila Roberts	Griffith Jones	9.20m	2	Lorna Harding Jones	Nantgaredig	4.86m	
3	Sarah Gunn	Griffith Jones	9.00m	3	Freya Evans	Griffith Jones	4.60m	
4	Gwenllian Jones	Carreg Hirfaen	8.60m	4	Siobhan Mostert	Llangynnwr	4.54m	
5	Sara Cond	Aberaeron	8.20m	5	Elen Jones	Carreg Hirfaen	4.48m	
6	Sophia-Reid Thomas	Llangynnwr	8.00m	6	Sara Thomas	Teilo Sant	4.48m	
7	Elise Rattenbury	Pontyberem	7.80m	7	Amelia Cliff	Dewi Sant	4.46m	
8	Bessie Hill	Y Ddwylan	7.60m	8	Gwennan Willmet	Llangennech	4.34m	
9	Martha Jones	Nantgaredig	7.40m	9	Tanwen Sion	Aberaeron	4.20m	
10	Maissie Lewis	Dewi Sant	7.20m	10	Alis Morgan	Talacharn	4.20m	
11	Jessica Jones	Carreg Hirfaen	7.20m	11	Anwen Jones	Rhydaman	3.96m	
12	Ebony Rees	Glanyferi	6.80m	12	Lucy Jones	Model	3.86m	
13	Jessica Hussellbee	Talacharn	6.20m	13	Ffion Williams	Y Pwll	3.86m	
14	Tanwen-Aur	Parcyrhun	6.20m	14	Catrina Scott	Teilo Sant	3.76m	
15	Anwen Rauboilet	Teilo Sant	6.00m	15	Hannah Kessell	Glanyferi	3.56m	
16	Broke Evans	Model	5.00m	16	Gracie Gidding	Cwrt Henri	3.34m	
17	Lilly May	Brynsaron	5.00m	17	Hafren Fallons	Parcyrhun	3.32m	
18	Abbie Daniels	Y Pwll	4.80m					
19	Ellan Small	Teilo Sant	4.80m					
Girls	Vertical Jump	FINAL		Girls	Shot Putt	FINAL		
1	Nima Ellis	Pontyberem	44cm	1	Lowri Jones	Aberaeron	5.45m	
2	Maddie Blake	Parcyrhun	37cm	2	Bethan Pugh	Y Pwll	4.82m	
2	Amy Elvy	Aberaeron	36cm	3	Cerys Phillips	Rhydaman	4.80m	
4	Lois Evans	Brynsaron	32cm	4	Hanna Evans	Y Ddwylan	4.51m	
5	Maissie Williams	Griffith Jones	32cm	5	Lois Evans	Brynsaron	4.46m	
6	Harriett Bateman	Teilo Sant	31cm	6	Fflur Richards	Llangynnwr	4.45m	
7	Lucy Jones	Teilo Sant	31cm	7	Bethan James	Glanyferi	4.30m	
8	Sara Evans	Nantgaredig	30cm	8	Heledd Richardson	Teilo Sant	4.24m	
9	Ceindeg Evans	Y Ddwylan	29cm	9	Chloe Evans	Nantgaredig	4.15m	
10	Ffion Thomas	Model	27cm	10	Kahlen Jones	Llangennech	4.03m	
11	Mali Evans	Llangynnwr	28cm	11	Lauren Still	Model	3.95m	
12	Bethan Adams	Llangennech	27cm	12	Rayven Mealing	Cwrt Henri	3.90m	
13	Emma Ferns	Rhydaman	26cm	13	Nerys Jones	Teilo Sant	3.60m	
14	Raywen Mealing	Cwrt Henri	25cm	14	Mary Jones	Cwrt Henri	3.55m	
15	Maisy Payne	Glanyferi	25cm	15	Jasmine Phillip	Tremoilet	3.50m	
16	Sara Williams	Cwrt Henri	20cm	16	Lucy Phillips	Laugharne	3.35m	
17	Emma Daniels	Y Pwll	20cm	17	Nia Davies	Parcyrhun	2.80m	
18	Mary Jones	Cwrt Henri	18cm	18	Gracie Gidding	Cwrt Henri	2.68m	
19	Jasmine Faxwell	Laugharne	18cm	19	Milly Jones	Cwrt Henri	2.10m	
				20	Sara Williams	Cwrt Henri	2.03m	

Full Results & Updated Primary & Secondary School News in Dyfed are updated on the Harriers website & Social Media pages

www.carmarthenharriers.co.uk
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Athletics Club / Llanelli AC

Mae yna ffeil o'r canlyniadau a newyddion athletau ysgolion ar wefan a tudalennau cymdeithasol y clwb

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