

## Sheet1

## Carmarthenshire Primary Athletics Championship 25 May 2005- Carmarthen

Event	Pos	Heat	Fname	Surname	School	Perf	
Boys 70M Hurdles	1	H1	Darren	Thomas	Trimsaran	14.9	
	2	H1	Dafydd	Daniel	Dewi Sant	15.4	
	3	H1	Luke	Squires	Nantgaredig	15.5	
	4	H1	Harry	Payne	Griffiths Jones	15.9	
	5	H1	Daniel	Thomas	Llangennech	16.2	
	6	H1	Ashley	Jones	Ammanford	17.9	
	1	H2	Liam	Protheroe	Nantgaredig	14.9	
	2	H2	Rhys	Davies	Griffiths Jones	15.1	
	3	H2	Gareth	Rees	Ammanford	16.5	
	4	H2	Caine	Prout	Llanstephan	16.6	
	5	H2	Robert	Llewelyn	Brynamman	16.7	
	6	H2	Gerard	Westhoff	Ysgol y Model	17.2	
	1	H3	Gethin	Long	Llangennech	15.7	
	2	H3	Marc	Ryan	Brynamman	16.4	
	3	H3	Jake	Rayner	Bynea	16.6	
	4	H3	Tom	Page	Nantgaredig	16.6	
	5	H3	Einig	Morgan	Brynamman	17.3	
	6	H3	Owen	Davies	Llechfedach	18	
	7	H3	Owain	Howells	Ammanford	18.7	
	Girls 70M Hurdles	1	H1	Ffion	James	Griffiths Jones	15.6
		2	H1	Nerys	Lewis	Whitland	16.6
3		H1	Charlotte	Shepherd	Dewi Sant	17.1	
4		H1	Cerys	Lewis	Teilo Sant	17.1	
5		H1	Rachel	Rees	Ammanford	17.6	
6		H1	Jasmin	Bower	Y Dderwen	18.5	
1		H2	Llinos	Emmanuel	Y Dderwen	14.2	
2		H2	Jessica	Hughes	Trimsaran	16.8	
3		H2	Amy	Well	Y Model	16.9	
4		H2	Megan	Lockar	Nantgaredig	17.5	
5		H2	Stacy	Neunian	Richmond Park	18.6	
6		H2	Bethan	Thompson	Nantgaredig	18.9	
7		H2	Shannon	Fitzgerald	Llangennech	19.3	
8		H2	Yolande	Shenton	Tremoilet	22.4	
1		H3	Clara	Francis-Curtis	Johnstown	15.2	
2		H3	Gwenan	Jones	Y Dderwen	15.6	
3		H3	Sarah	Hunt	Brynamman	16.9	
4		H3	Mabli	Eustace	Nantgaredig	17.3	
5		H3	Megan	Powell	Y Model	19.3	
6		H3	Natasha	Morris	Tremoilet	20.3	
7		H3	Jessica	Lewis	Bynea	20.7	
8		H3	Elise	Davies	Y Model	22.3	
Girls Shot Put		1	F	Ellin	James	Hafodwenog	7.13
		2	F	Katy	Simkiss	Laugharne	6.45
	3	F	Kelly	Griffiths	Brynamman	6.45	

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	4 F	Natasha	Rees	Llangennech	6.35
	5 F	Emily	Thomas	Dewi Sant	6.2
	6 F	Sara	Edwards	Y Dderwen	5.95
	7 F	Mari	Kirk	Whitland	5.9
	8 F	Emily	Ward-Lewis	Llangunnor	5.5
	9 F	Hayley	Parker	Bynea	5.23
	10 F	Sarah	Jones	Richmond Park	4.9
	11 F	Nia	Jenkins	Nantgaredig	4.3
	12 F	Cloe	Morgan	Rhydaman	4.2
	13 F	Isabel	Morgan	Tremoilet	3.65
	14 F	Lucy	Clerke	Y Model	3.45
	15 F	Jade	Matthews	Drefach	3.3
	16 F	Zoe	Sainty	Llechfedach	3.24
	17 F	Angharad	Jenkins	Llanedi	3.2
	18 F	Catrin	Brown	Johnstown	3.18
Girls High Jump	1 F	Katie	Lewis	Llangennech	1.15
	2 F	Emily	Thomas	Y Dderwen	1.15
	3 F	Carys	Williams	Dewi Sant	1.15
	4 F	Katie	McNeil	Hendy	1.15
	5 F	Lauren	Tynan	Rhys Pritchard	1.1
	6 F	Abie	Hartnoll	Trimsaran	1.05
	7 F	Ffion	Griffiths	Griffiths Jones	1
	8 F	Jessica	Lewis	Brynamman	0.95
	9 F	Yolande	Shenton	Tremoilet	0.95
	10 F	Sophie	Hicks	Model	0.95
	11 F	Joanne	Jones	Llangynnwr	0.95
Boys Long Jump	1 F	Lewis	Davies	Y Dderwen	4.11
	2 F	Leon	Smith	Richmond Park	3.67
	3 F	Nathaniel	Wilson	Teilo Sant	3.63
	4 F	Brandon	Davies	Griffiths Jones	3.61
	5 F	Simon	John	Johnstown	3.4
	6 F	Aled	Thomas	Dewi Sant	3.27
	7 F	Adam	Hurley	Trimsaran	3.26
	8 F	Jaki	Ashley-Jones	Llangunnor	3.26
	9 F	Joshua	Williams	Llangennech	3.25
	10 F	Scott	Jones	Rhys Pritchard	3.21
	11 F	Lloyd	Griffiths	Llanstephan	3.17
	12 F	Sion	James	Rhydaman	3.03
	13 F	Aaron	Powell	Bynea	2.83
	14 F	Kieran	Miles	Ammanford	2.81
	15 F	Aled	Davies	Nantgaredig	2.79
	16 F	Ryan	Pearce	Laugharne	2.7
	17 F	Thomas	Windsor	Hendy	2.59
	18 F	Cai	Edwards	Tremoilet	2.48
	19 F	Rhodri	Lewis	Drefach	2.31
Boys 100m	1 H1	Daniel	Howells	Bancyfelin	14.9
	2 H1	Sean	Bergiers	Y Dderwen	14.9
	3 H1	Rhys	Gilbert	Nantgaredig	15.1
	4 H1	Jacob	Evans	Richmond Park	16.2
	5 H1	Jonathan	George	Dewi Sant	16.3

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6 H1	Thomas	Campbell	Teilo Sant	16.4	
7 H1	Joshua	Phillips	Ammanford	16.7	
8 H1	Louis	Calagany	Y Model	17.5	
1 H2	James	Owen	Nantgaredig	16.2	
2 H2	Conrad	Anderson	Llangynnwr	16.4	
3 H2	Christopher	Jones	Dewi Sant	16.5	
4 H2	Matthew	Evans	Llanstephan	16.5	
5 H2	Rhys	Spice	Teilo Sant	17.1	
6 H2	James	Pople	Laugharne	17.2	
7 H2	Kieron	o'Shea	Bancyfelin	17.3	
1 H3	Ceri	Thomas	Ammanford	15.7	
2 H3	Iolo	Griffiths-Jones	Teilo Sant	16.5	
3 H3	Noah	Lukowski	Bynea	16.7	
4 H3	Sam	Wilson	Llanstephan	16.9	
5 H3	Daniel	Jones	Llechfedach	17.5	
6 H3	Daniel	Narroway	Laugharne	18.2	
7 H3	Iwan	Jones	Llanedi	18.2	
8 H3	Jordan	Hall	Richmond Park	19.9	
1 H4	Sam	Bevan	Nantgaredig	16.7	
2 H4	Liam	McCormack	Trimsaran	17	
3 H4	Cameron	Abbot	Llechfedach	17.1	
4 H4	Ethan	George	Llangennech	17.1	
5 H4	Ellis	Jenkins	Rhydaman	17.6	
6 H4	Dale	Westcott	Rhydaman	18	
7 H4	Justin	Cole	Rhydygors	18.1	
8 H4	Joshua	Jones	Brynamman	18.2	
1 H5	Wayne	Brockoven	Griffiths Jones	16.4	
2 H5	Nathaniel	Evans	Llechfedach	16.4	
3 H5	Michael	Rees	Gymraeg	16.5	
4 H5	Jaime	McIntyre	Y Ddwylan	17.1	
5 H5	Cerith	Morgan	Brynamman	17.2	
6 H5	Ciran	Williams	Drefach	17.4	
7 H5	Rhys	Edwards	Llangennech	18	
1 H6	Nicholas	Rees	Y Dderwen	15.8	
2 H6	Daniel	Lintern	Llanymddyfri	16.2	
3 H6	Sam	Leigh-Catrrall	Johnstown	16.3	
4 H6	Josh	Jones	Brynamman	17	
5 H6	Aled	Snelling	Griffiths Jones	17	
6 H6	Rhodri	Llewellyn	Rhydaman	17.2	
7 H6	Bradley	Jones	Rhys Pritchard	17.2	
Boys Shot Putt	1 F	Thomas	Jones	Brynamman	7.18
	2 F	Steffan	Davies	Y Dderwen	7.1
	3 F	Daniel	Davies	Rhys Pritchard	6.95
	4 F	Sam	Lewis	Griffiths Jones	6.87
	5 F	Nathan	Wheeler	Trimsaran	6.56
	6 F	Rhodri	Davies	Model	6.5
	7 F	Kaelum	Mason	Llangennech	6.05

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8 F	Stefano	Dallavalle	Ammanford	5.93
9 F	Jamie	Gealy	Bynea	5.8
10 F	Rhydian	Morgan	Dewi Sant	5.72
11 F	Ashley	Jacob	Richmond Park	5.6
12 F	Andrew	Hugans	Llangunnor	5.35
13 F	Tom	Clement	Llanstephan	5.2
14 F	Steffan	Richards	Bancyfelin	4.9
15 F	Nathan	Lloyd	Rhydaman	4.9
16 F	Rhys	Thomas	Teilo Sant	4.87
17 F	Iwan	Jenkins	Llanedi	4.55
18 F	Adam	Newell	Tremoilet	4.4
19 F	Daniel	Lewis	Drefach	4.25
20 F	Andrew	Thomas	Whitland	4
21 F	Lee	Derbyshire	Laugharne	3.8
22 F	James	Stallard	Llanyfedach	3.69

Girls 100m

1 H1	Kayleigh	McMahon	Brynamman	15.1
2 H1	Catrin	Davies	Y Dderwen	15.8
3 H1	Rachel	Davies	Teilo Sant	16.3
4 H1	Amy	Fern	Nantgaredig	16.9
5 H1	Ffion	Griffiths	Llangennech	18.1
6 H1	Rhiannon	Howells	Whitland	18.3
7 H1	Catrin	Rees	Llangynnor	18.7
8 H1	Siobhan	McAteer	Richmond Park	19.7
1 H2	Jodie	Turner	Trimsaran	16.1
2 H2	Bethan	Thomas	Llangynnor	16.9
3 H2	Stephanie	Spowart	Brynamman	17.3
4 H2	Emma	John	Llangennech	17.5
5 H2	Carys	Guest	Whitland	18.2
6 H2	Chelsea	Hill	Richmond Park	18.7
7 H2	Carys	Ward	Nantgaredig	18.8
8 H2	Sarah	Phillips	Teilo Sant	19.6
1 H3	Megan	Morris	Johnstown	15.8
2 H3	Jodie	Jones	Cross Hands	16.6
3 H3	Kimberley	Bowen	Whitland	17.7
4 H3	Sioned	Evans	Bancyfelin	18.1
5 H3	Jessica	Lewis	Bynea	19.2
6 H3	Laura	Morgan	Bancyfelin	19.4
7 H3	Rachel	Lloyd	Llechfedach	20.3
1 H4	Naomi	Rees	Ammanford	16.9
2 H4	Hannah	Campbell	Johnstown	17.1
3 H4	Charlie	Hoff	Ammanford	17.1
4 H4	Sarah	Davies	Llechfedach	17.2
5 H4	Caitlin	Daniel	Llanedi	18.2
6 H4	Holly	Owen	Tremoilet	18.5
7 H4	Enfys	Jones	Drefach	18.9
1 H5	Pheobe	Sampey	Tremoilet	15.8
2 H5	Sophie	Lewis	Dewi Sant	15.9
3 H5	Nerys	Evans	Griffiths Jones	17.2

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	4 H5	Emily	Scott	Bynea	17.5
	5 H5	Megan	Martin	Y Rhydaman	17.6
	6 H5	Matina	Howells	Bancyfelin	18.3
	7 H5	Sara	Phillips	Llechyfedach	19
	1 H6	Liam	Beynon	Brynamman	15.5
	2 H6	Carys	Davies	Y Rhydaman	16.5
	3 H6	Sascha	Watherston	Drefach	16.8
	4 H6	Rebecca	Dearing	Rhys Pritchard	17.9
	5 H6	Sophie	Thomas	Laugharne	18.4
	6 H6	Lucy	Clarice	Model	18.9
Girls Long Jump	1 F	Katy	Lenyk	Rhys Pritchard	3.34
	2 F	Sara	Davies	Y Dderwen	3.29
	3 F	Lowri	David	Griffiths Jones	3.11
	4 F	Sophie	Dixon	Llangennech	3.04
	5 F	Rosie	Harley	Brynamman	2.91
	6 F	Rebecca	Smith	Nantgaredig	2.88
	7 F	Eleina	Davies	Ammanford	2.77
	8 F	Sara	Goodship-Brown	Dewi Sant	2.77
	9 F	Kathryn	Jones	Whitland	2.57
	10 F	Emily	Hill	Llangunnor	2.56
	11 F	Sarah	Hill	Llanedi	2.47
	12 F	Shauna	Giblin	Trimsaran	2.46
	13 F	Sian	Fisher	Rhydaman	2.39
	14 F	Emma	Turtle	Johnstown	2.36
Boys High Jump	1 F	Ben	Kentish	Ddwylan	1.31
	2 F	Harry	Lewis	Griffiths Jones	1.25
	3 F	Josh	Hanbury	Dewi Sant	1.2
	4 F	Ryan	Evans	Richmond Park	1.15
	5 F	Tom	Harcourt	Llangennech	1.15
	6 F	Elliot	Lewis	Llangynnwr	1.1
	7 F	Simon	McCall	Nantgaredig	1.1
	8 F	Oliver	Dunleavy	Bynea	1
	9 F	Ceri	Davies	Rhys Pritchard	1.05
	10 F	Arthur	Bezerra	Brynamman	1.05
	11 F	Luke	Thomas	Trimsaran	1.05
	12 F	James	Capper	Ammanford	1.05
	13 F	Lewis	Gannon	Tremoilet	0.95
Boys 800m	1 H1	Joseph	Hutchins	Dewi Sant	2.43.5
	2 H1	Gethin	Davies	Nantgaredig	2.50.3
	3 H1	Lloyd	Heckler	Llanstephan	2.50.3
	4 H1	Matthew	Northcott	Model	2.59.3
	5 H1	Adam	Hurley	Trimsaran	3.01.2
	6 H1	Kieron	Lewis	Laugharne	3.02.1
	7 H1	Michael	John	Griffiths Jones	3.02.5
	8 H1	Matthew	Evans	Y Dderwen	3.08.0
	1 H2	Owain	Evans	Griffiths Jones	2.46.9
	2 H2	Edward	Noblett	Griffiths Jones	2.48.2
	3 H2	Steffan	Howells	Ammanford	2.53.6
	4 H2	Rhys	Granville	Llangennech	2.55.3

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	5 H2	Gareth	George	Llangennech	2.57.3
	6 H2	Jacob	Evans	Richmond Park	2.59.8
	7 H2	Aled	Morgan	Johnstown	3.00.6
Girls 800m	1 H1	Alice	Phillips	Johnstown	2.52.2
	2 H1	Amy	Roberts	Johnstown	3.00.3
	3 H1	Carys	Mansfield	Glan y Ffern	3.01.5
	4 H1	Lucy	Jones	Y Rhydaman	3.08.3
	5 H1	Megan	Jones	Nantgaredig	3.10.3
	6 H1	Hannah	Reynolds	Griffiths Jones	3.12.3
	7 H1	Catrin	Evans	Griffiths Jones	3.14.8
	8 H1	Carys	Davies	Rhys Pritchard	3.16.0
	1 H2	Rhiannon	Plant	Y Dderwen	2.46.6
	2 H2	Megan	Prescott	Trimsaran	2.52.8
	3 H2	Hayley	Muller	Griffiths Jones	2.53.1
	4 H2	Mali	Rees	Dewi Sant	3.01.3
	5 H2	Alyce	John	Whitland	3.09.0
	6 H2	Laura	Williams	Ammanford	3.11.0
	7 H2	Catherine	Robinson	Richmond Park	3.13.5
	8 H2	Ffion	Jones	Whitland	3.14.9
Boys 70m Hurdles	1 F	Darren	Thomas	Trimsaran	14.6
	2 F	Gethin	Long	Llangennech	14.7
	3 F	Rhys	Davies	Griffiths Jones	14.7
	4 F	Liam	Protheroe	Nantgaredig	14.9
	5 F	Dafydd	Daniel	Dewi Sant	15.2
	6 F	Harry	Payne	Griffiths Jones	16.1
	7 F	Daniel	Thomas	Llangennech	16.7
	8 F	Luke	Squires	Nantgaredig	16.9
Girls 70m Hurdles	1 F	Llinos	Emmanuel	Y Dderwen	13.5
	2 F	Clara	Francis-Curtis	Johnstown	14.8
	3 F	Ffion	James	Griffiths Jones	15.2
	4 F	Gwenan	Jones	Y Dderwen	15.4
	5 F	Sarah	Hunt	Brynamman	16.1
	6 F	Jessica	Hughes	Trimsaran	16.5
	7 F	Nerys	Lewis	Whitland	16.6
	8 F	Amy	Nell	Model	16.6
Boys 100m	1 F	Daniel	Howells	Bancyfelin	14.9
	2 F	Sean	Bergiers	Y Dderwen	15.1
	3 F	Rhys	Gilbert	Nantgaredig	15.1
	4 F	Ceri	Thomas	Ammanford	15.7
	5 F	Nicholas	Rees	Y Dderwen	16
	6 F	Daniel	Lintern	Rhys Pritchard	16.2
	7 F	James	Owen	Nantgaredig	16.8
	8 F	Jacob	Evans	Richmond Park	17
Girls 100m	1 F	Kayleigh	McMahon	Brynamman	15.3
	2 F	Lia	Beynon	Brynamman	15.5
	3 F	Pheobe	Sampey	Tremoilet	15.7
	4 F	Megan	Morris	Johnstown	15.7

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	5 F	Catrin	Davies	Y Dderwen	15.9
	6 F	Jodie	Turner	Trimsaran	16
	7 F	Carys	Davies	Y Rhydaman	16.2
	8 F	Sophie	Lewis	Dewi Sant	16.5
Boys 100m Relay	1 F	Y Dderwen			60.5
	2 F	Nantgaredig			61.9
	3 F	Dewi Sant			62.2
	4 F	Griffiths Jones			62.5
	5 F	Llansteffan			63.2
	6 F	Llangennech			65.1
Girls 100m Relay	1 F	Y Dderwen			60.8
	2 F	Johnstown			63.6
	3 F	Brynaman			64
	4 F	Llangennech			64.6
	5 F	Dewi Sant			66.2
	6 F	Trimsaran			66.8
Points					
Large School	1 F	Y Dderwen			61
	2 F	Griffith Jones			39
	3 F	Brynaman			31
	4 F	Dewi Sant			28
	5 F	Llanfennech			24
	6 F	Johnstown			20
	7 F	Trimsaran			17
	8 F	Nantgaredig			16
	9 F	Rhys Pritchard			14
	10 F	Richmond Park			8
	11 F	Y Ddwylan			7
	12 F	Laugharne			5
	13 F	Ammanford			4
	13 F	Teilo Sant			4
	15 F	Hendy			3
	16	Model			2
	16	Llangunnor			2
Small School	1 F	Hafodwennog			7
	1 F	Bacyfelin			7
	3 F	Llanstefan			4
	3	Tremoilet			4
	5	Glanfeeri			1