

**Carmarthen Open Throws Competition 1 at Carmarthen Track - Thursday  
April 28th 2016 - Results**

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

**Javelin**

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	298	Ella Jackson	Cardiff Archers	21.27m
U15G	1	297	Bethany Moule	Neath Harriers	40.35m
	2	219	Jamie Holland	Swansea Harriers	29.91m
	3	97	Olwen Batten	Carmarthen Harriers	22.28m
	4	91	Lili Church	Carmarthen Harriers	21.48m
	5	260	Elin Van Block	Swansea Harriers	20.80m
	6	299	Molly Greenman	Cardiff Archers	20.46m
U20W	1	249	Emily Cockerill	Swansea Harriers	37.50m
SW	1	251	Sophie Pick	Carmarthen Harriers	23.50m
U13B	1	93	Morgan Batten	Carmarthen Harriers	25.30m
	2	261	Dylan Pearce-Taylor	Carmarthen Harriers	20.82m
	3	92	Aron Williams	Swansea Harriers	16.67m
U15B	1	252	Iwan Slade	Swansea Harriers	24.90m
U17M	1	253	Dylan Parry	Bridgend AC	36.01m
	2	259	Josh Thomas	Carmarthen Harriers	20.17m
U20M	1	254	Richard Dangerfield	Cardiff AAC	53.11m
	2	256	Nathan James	Swansea Harriers	47.88m
	3	250	Sam Bleach	Carmarthen Harriers	36.54m
SM	1	295	Scott Phillips	Swansea Harriers	57.24m

## Shot Putt

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	298	Ella Jackson	Cardiff Archers	7.11m
U15G	1	299	Molly Greenman	Cardiff Archers	9.95m
	2	219	Jamie Holland	Swansea Harriers	8.38m
	3	90	Amy Tomkins	Swansea Harriers	6.55m
U17W	1	5	Danielle Jones	Carmarthen Harriers	10.78m
U13B	1	92	Aron Williams	Swansea Harriers	9.92m

## Discus

<b>Age Group</b>	<b>Pos</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Best Throw</b>
U13G	1	298	Ella Jackson	Cardiff Archers	19.48m
U15G	1	107	Holly Cooper	Swansea Harriers	23.05m
	2	299	Molly Greeman	Cardiff Archers	21.08m
	3	90	Amy Tomkins	Swansea Harriers	19.86m
	4	219	Jamie Holland	Swansea Harriers	17.98m
U17W	1	5	Danielle Jones	Carmarthen Harriers	30.00m
U23	1	3	Awen Rosser	Swansea Harriers	40.14m
U13B	1	92	Aron Williams	Swansea Harriers	26.42m
U15B	1	160	Jamie Phillips	Neath Harriers	32.68m
	2	255	Harry Davies	Neath Harriers	29.83m
U17M	1	98	James Tomlinson	Pembrokeshire Harriers	44.97m
	2	4	Brynmor Clements	Swansea Harriers	39.47m

