

**CYMDEITHAS
ATHLETAU YSGOLION**

DYFED

**SCHOOLS ATHLETIC
ASSOCIATION**

**MABOLGAMPAU
BLYNYDDOL**

**ANNUAL
CHAMPIONSHIPS**

**Saturday June 7 2014
Dydd Sadwrn Mehefin 7 2014**

PRICE/ PRIS - £ 1-00

Mae'n rhoi pleser mawr i fi i groesawu athletwyr, athrawon, rhieni a hyfforddwyr i'r pencampwriaethau eleni. Y mae traddodiad ardderchog yn Nyfed mewn athletau trac a maes ac rwy'n gobeithio y bydd y cyfarfod heddiw yn cynnal y traddodiad hwnnw. Rydym ar flaen y mabolgampau yng Nghymru ac, am hynny, gallwn ddiolch am ddoniau'r disgyblion yn ein hysgolion, ymrwymiad a gallu'r athrawon yn adrannau Chwaraeon y dair sir, a'r cefnogaeth a gânt gan hyfforddwyr y clybiau athletau. Ar ddyddiau o'r fath, a phan mae ein tîm yn mynd ymlaen i'r Pencampwriaethau Cenedlaethol yng Nghaerdydd eleni ar Ddydd Sadwrn Gorffennaf 5fed, mae'n hathletwyr yn elwa'n fawr oddi wrth y gefnogaeth a gânt oddi wrth y bobl bwysicaf yn eu bywydau - eu rhieni. Rydym yn ddyledus iawn iddynt.

Hoffem ddiolch hefyd i Sarah Harcourt, Rheolwr Canolfan Hamdden Dosbarth Caerfyrddin a'i staff am eu cymorth a'u cydweithrediad wrth gynnal ein pencampwriaethau. Rydym yn ddiolchgar hefyd i swyddogion yr WA ac i'r athrawon o'r dair sir sydd yn rhoi eu hamser i wasanaethu yn y cyfarfod heddiw. Yn olaf, ond yn sicr nid y lleiaf pwysig, diolchwn i Andrew King ac aelodau Brigâd Ambiwlans Sant Ioan sydd mor barod i roi gwasanaeth Cymorth Cyntaf yn ein cyfarfodydd. Hoffwn ddymuno diwrnod dymunol, pleserus a llwyddiannus i bawb sydd yma heddiw.

Noddir y mabolgampau heddiw gan y Seiri Rhyddion Gorllewin Cymru

Meredith Richards Cadeirydd, Cymdeithas Athletau Ysgolion Dyfed

It gives me great pleasure to welcome athletes, teachers, parents and coaches to this year's championships. Dyfed has a fine tradition in track and field athletics and I hope that today's meeting will maintain that tradition. We are at the forefront of the sport in Wales and, for that, we can thank the talents of the pupils in our schools, the commitment and skill of the teaching staff in the P.E. departments throughout the three counties, and the support many receive from the coaches in the athletics clubs. On such days, and when our team goes forward to the National Championships to be held this year at Cardiff on Saturday July 5th, our athletes benefit greatly from the support they receive from the most important people in their lives - their parents. To them we owe a huge debt of gratitude.

Our thanks go, too, to Sarah Harcourt, Manager of Carmarthen and District Leisure Centre, and her staff for their help and cooperation in the staging of our championships. We are grateful, too, to the officials from WA and teachers from throughout the three counties who give of their time to officiate at today's meeting. Finally, and certainly not least, our thanks go to Andrew King and members of St. John Ambulance Brigade who so willingly provide First Aid cover for our meetings.

This year the Championships are sponsored by the Freemasons of the Masonic Province of West Wales

May I wish everyone here today a pleasant, enjoyable and successful day.

Meredith Richards Chairman, Dyfed Schools' Athletic Association.

2014 CHAMPIONSHIP OFFICIALS

MEETING DIRECTOR	Hedydd Davies
FIELD REFEREE	Sue Alvey, Terry Alcock, Huw Morgan and Chris Williams
TRACK REFEREE	Dai Gatehouse
CHIEF TIMEKEEPER	Brian Alvey
STARTER	John Elward, David James
MARKSMEN	Lawrence Senchal, Meredith Richards and Berian Davies
CLERKS OF COURSE	Leisure Centre Staff
TREASURER	Jessica Huddleston
GATE	Carmarthen Harriers
RESULTS	Nathan Jones
TRACK JUDGES	CERDIGION
TIMEKEEPERS	LLANELLI
HIGH JUMP	
LONG JUMP	PEMBROKESHIRE
TRIPLE JUMP	
POLE VAULT	
DISCUS	
HAMMER	BRIANNE
JAVELIN	
SHOT	
ANNOUNCER	Hedydd Davies

**TIMETABLE OF EVENTS
TRACK
SATURDAY 7 JUNE 2014**

TIME	EVENT	AGE GROUP	
10.30	Sprint Hurdles	all age groups	Heats
11.20	Sprint Hurdles	all age groups	FINAL
11.50	100 metres	all age groups	Heats
12.40	1,500m. Steeplechase	Middle Boys	FINAL
13.50	2,000m. Steeplechase	Senior Boys	FINAL
13.10	200 metres	all age groups	Heats
13.50	800 metres	Y7 Girls	FINAL
		Y7 Boys	FINAL
		Y8 Girls	FINAL
		Y8 Boys	FINAL
		Y9 Girls	FINAL
		Y9 Boys	FINAL
14.30	800 metres	Middle Girls	FINAL
		Middle Boys	FINAL
		Senior Girls	FINAL
		Senior Boys	FINAL
15.00	400 metres	Middle Boys	Heats
		Senior Girls	Heats
		Senior Boys	Heats
15.25	300 metres	Year 8 Girls	Heats
		Year 9 Girls	Heats
		Year 8 Boys	Heats
		Year 9 Boys	Heats
15.45	300 metres	Middle Girls	Heats
15.55	100 metres	all age groups	FINAL
16.10	1,500 metres	Y7 Girls	FINAL
		Y7 Boys	FINAL
		Y8 Girls	FINAL
		Y9 Girls	FINAL
16.45	200 metres	all age groups	FINAL
17.05	1,500 metres	Y8 Boys	FINAL
		Y9 Boys	FINAL
		Middle Girls	FINAL
		Middle Boys	FINAL
		Senior Girls	FINAL
		Senior Boys	FINAL
17.35	300 metres	Y8 Girls	FINAL
		Y9 Girls	FINAL
		Y8 Boys	FINAL
		Y8 Boys	FINAL
	300 metres	Middle Girls	FINAL
17.55	400 metres	Middle Boys	FINAL
		Senior Girls	FINAL
		Senior Boys	FINAL

Friday 6 June 2014

18.00	400m Hurdles	SB and MB
18.10	400m Hurdles	SG
18.20	300 m Hurdles	MG
18.30	1000 m Walk	MB MG JB and JG
18.40	3000 m	SB and MB
19.00	3000 m	SG and MG

Saturday 7 June 2014

FIELD EVENTS - THROWS

10.00	SHOT Y8 GIRLS	DISCUS	JAVELIN S BOYS	HAMMER
10.15				
10.30			M BOYS	
10.45	M GIRLS			
11.00			M/S GIRLS	
11.15				
11.30	Y7 BOYS			<u>ON FRIDAY</u>
11.45				<u>6 JUNE 2014</u>
12.00		Y8/Y9 BOYS		
12.15	M BOYS			<u>All Age Groups</u>
12.30				<u>At 6PM</u>
12.45				
13.00	Y7 GIRLS	M/S GIRLS		
13.15				
13.30				<u>POLE VAULT</u>
13.45	Y9 GIRLS	M/S BOYS		<u>All Age Groups</u>
14.00				<u>At 6 PM</u>
14.15				
14.30	S BOYS		Y8/Y9 GIRLS	
14.45				
15.00			Y8/Y9 BOYS	
15.15	S GIRLS			
15.30				
15.45			Y7 BOYS	
16.00	Y9 BOYS			
16.15				
16.30				
16.45	Y8 BOYS	Y8/Y9 GIRLS		

FIELD EVENTS – JUMPS

	LONG JUMP	TRIPLE JUMP	HIGH JUMP
10.00	Y7 BOYS	M & S GIRLS	M BOYS
10.45	Y9 BOYS	S BOYS	Y9 GIRLS
11.30	Y9 GIRLS	M BOYS	M&S GIRLS
12.00			
12.15	S GIRLS	Y9 BOYS	
12.30			S BOYS
	LONG JUMP	LONG JUMP	HIGH JUMP
13.30	M GIRLS	Y7 GIRLS	Y8 GIRLS
14.30	M BOYS	Y8 GIRLS	Y7 BOYS
15.30	Y8 BOYS		Y9 BOYS
16.30	S BOYS		Y8 BOYS
17.15			Y7 GIRLS

DYFED SECONDARY SCHOOLS CHAMPIONSHIP RECORDS

YEAR 7 GIRLS

100 metres	12.8 secs	Anna McGovern	1994
200 metres	27.9 secs	Ffion Walters	2009
800 metres	2m. 23.0 secs	Marie Jones	1986
1500 metres	5m. 08.2 secs	Carys Davies	2002
70m. Hurdles	11.6 secs	Danielle Selley	1996
75m. Hurdles	13.0 secs	Emma Jones	1989
4x100m. Relay	53.5 secs	Brianne	1979
High Jump	1.58 metres	Julia Charlton	1978
Long Jump	4.65 metres	Buddug Harries	1991
Shot	9.54 metres	Bethan Lewis	2011
Javelin	17.98	Harri Truman	2009
1000m walk	6.27.6	Harri Truman	2009

YEAR 8 GIRLS

100 metres	12.4 secs	Erin Walters	2010
200 metres	26.3 secs	Hannah Jones	2004
800 metres	2m. 20.4 secs	Lauren Bell	2008
1500 metres	4m. 55.3 secs	Carys Davies	2003
1000 walk	6.00.4	Amelia Davey	2013
75m. Hurdles	11.8 secs	Heather Jones	2000
4x100m. Relay	54.9 secs	Brianne	1988
High Jump	1.44 metres	Amy Rowland	2004
Long Jump	5.23 metres	Karina Williams	1991
Pole Vault	1.90 metres	Enfys Jones	2008
Shot	10.28 metres	Awen Rosser	2009
Javelin	30.80 metres	Alison Siggery	1997
Discus	27.08 metres	Ruth Mason	1987

YEAR 9 GIRLS

100 metres	12.3 secs	Danielle Selley	1998
200 metres	26.0 secs	Laura Davies	2010
800 metres	2m. 18.1secs	Lucy Thomas	1999
1500 metres	4m. 51.2 secs	Jade Williams	2007
75m. Hurdles	11.1 secs	Heather Jones	2001
4x100m. Relay	53.1 secs	Brianne	1988
High Jump	1.75 metres	Julia Charlton	1980
Long Jump	5.27 metres	Clare Williams	1979
Pole Vault	2.80 metres	Carys Jones	2013
Shot	11.98 metres	Awen Rosser	2010
Javelin	33.27 metres	Carys Mansfield	2009
Discus	34.02 metres	Awen Rosser	2010
Hammer	31.46 metres	Elliw James	2009

MIDDLE (Year 10/11) GIRLS

100 metres	12.0 secs	Diane Thorne	1976
200 metres	25.7 secs	Michelle John	1994
300 metres	40.9 secs	Sian Bradshaw	1992
400 metres	58.6 secs	Carol Nicholas	1978
800 metres	2m. 18.6 secs	Angharad Davies	2007
1500 metres	4m. 49.8 secs	Nicola Morgan	1986
3000 metres	10m. 26.0 secs	Sarah Brew	1996
1000 metres walk	4.47.5 secs	Ellie Dainton	2013
80m. Hurdles	11.4 secs	Heather Jones	2003
300m. Hurdles	44.6 secs	Caryl Granville	2005
400m. Hurdles	67.4 secs	Michelle Cook	1981
4x100m. Relay	51.5 secs	Brianne	1976
High Jump	1.70 metres	Teresa Andrews	1992
Long Jump	5.49 metres	Marie Humphries	1990
Triple Jump	11.19 metres	Caryl Granville	2006
Shot	11.63 metres	Tina Loftus	1986
Javelin	40.04 metres	Carys Mansfield	2011
Discus	37.32 metres	Awen Rosser	2011
Pole Vault	2.50 metres	Enfys Jones	2010
Hammer	35.83 metres	Claire Williams	2003
Triple Jump	10.93 metres	Caryl Granville	2005

SENIOR (Year 12/13) GIRLS

100 metres	12.3 secs	Gail Evans	1997
200 metres	25.7 secs	Gail Evans	1997
400 metres	58.8 secs	Angela Pennington	1977

800 metres	2m. 16.6 secs	Katie Parkes	2007
1500 metres	4m. 56.2 secs	Nicola Morgan	1988
3000 metres	10m. 37.6 secs	Gemma Leahy	2006
100m. Hurdles	14.2 secs	Claire Jones	2004
400m. Hurdles	62.9 secs	Anwen Rees	2003
4x100m. Relay	52.0 secs	Brianne	1979
High Jump	1.58 metres	Vicky Lloyd	2005
Long Jump	5.61 metres	Vicky Lloyd	2005
Triple Jump	11.34 metres	Vicky Lloyd	2005
Pole Vault	2.70 metres	Jacqui Lloyd	2001&2002
Shot	11.49 metres	Lucy Griffiths	2011
Javelin	41.01 metres	Danielle Hamer	2008
Discus	34.49 metres	Lucy Griffiths	2011
Hammer	34.09 metres	Claire Williams	2005

YEAR 7 BOYS

100 metres	12.6 secs	Derwyn Owen	1987
200 metres	26.9 secs	Simon Hooper	2004
	26.9 secs	Matthew Richards	2006
800 metres	2m. 19.7 secs	Jason Murphy	1986
1500 metres	4m 53.5 secs	Kyran Roberts	2008
75m. Hurdles	12.3 secs	Nico Algieri	1994
4x100m. Relay	54.9 secs	Brianne	1978
High Jump	1.54 metres	James Griffiths	1991
Long Jump	4.88 metres	Gareth Gittings	1993
Triple Jump	10.16 metres	Alistair Mason	1990
Pole Vault	2.40 metres	Patrick O'Sullivan	1978
Shot	12.28 metres	Mathew Evans	2001
Discus	18.35	Shaun Rees	2009
Javelin	39.16 metres	Robert Smith	1999

YEAR 8 BOYS

100 metres	11.6 secs	Derwyn Owen	1988
200 metres	24.2 secs	Derwyn Owen	1988
300 metres	41.2 secs	James Griffiths	1992
		Aaron Bishop	2000
400 metres	56.4 secs	Nikita Neary	2011
800 metres	2m. 09.2 secs	Nikita Neary	2011
1500 metres	4m. 43.3 secs	Matthew Freeman	1992
80m. Hurdles	12.4 secs	Berian Davies	1986
4x100m. Relay	50.8 secs	Brianne	2009
High Jump	1.80 metres	Jamie Dalton	1993
Long Jump	5.57 metres	Simon Lewis	1987
Triple Jump	11.70 metres	Rhodri Thomas	1990
Pole Vault	2.55 metres	Craig Millard	1991
Shot	13.56 metres	Mathew Evans	2002
Javelin	41.98 metres	Matthew Roblin	1991
Discus	37.12 metres	Christopher Hughes	1992
Hammer	33.46 metres	Mark Rees	1987

YEAR 9 BOYS

100 metres	10.9 secs	Jamie Henthorn	1993
200 metres	24.1 secs	Richard Bunnyon	1988
300 metres	38.1 secs	Graham Thomas	1992
400 metres	54.2 secs	Liam Jones	2008
800 metres	2m. 05.1 secs	Mark Britton	1978
1500 metres	4m. 16.5 secs	Dewi Griffiths	2005
1000 metres walk	5m 18.8 secs	Ashley Farmer	2011
80 m. Hurdles	11.6 secs	Graham Thomas	1992
4x100m. Relay	48.7 secs	Llanelli	1987
		Brianne	1988
High Jump	1.76 metres	Josh Madden	2005
Long Jump	6..24 metres	Josh Davies	2011
Triple Jump	12.50 metres	Owen Jones	2002
Pole Vault	3.28 metres	Robert Hughes	1977
Shot	15.26 metres	Mathew Evans	2003
Javelin	52.00 metres	Rhys Williams	1996
Discus	40.38 metres	Mathew Evans	2003
Hammer	42.48 metres	Mark Boswell	1990

MIDDLE (Year 10/11) BOYS

100 metres	10.8 secs	Shaun Pearce	2013
200 metres	22.2 secs	Stephen Rees	1988
400 metres	50.5 secs	Bruce Tasker	2004
400 metres	50.5 secs	Paul Bennett	2009
800 metres	1m. 58.0 secs	Mark Britton	1978

1500 metres	4m. 09.1 secs	Peter Ward	1976
3000 metres	8m. 53.6 secs	Christian Lovatt	2013
1500m. S/Chase	4m. 33.3 secs	Peter Ward	1976
100m. Hurdles	13.6 secs	Daniel Blain	2011
400m. Hurdles	56.5 secs	Leighton Lewis	1998
4x100m. Relay	45.5 secs	Brianne	1989
High Jump	1.91 metres	Kim Harland	1998
Long Jump	6.60 metres	Simon Lewis	1990
Triple Jump	13.52 metres	Owen Jones	2003
Pole Vault	4.00 metres	Emyr Jones	2009
Shot	15.68 metres	Peter Rees	1977
Javelin	56.71 metres	Scott Phillips	2010
Discus	46.70 metres	Simon Cook	1989
Hammer	50.16 metres	Chad Monk	2006

SENIOR BOYS (Year 12/13)

100 metres	10.6 secs	Jamie Henthorn	1994
200 metres	22.1 secs	Stephen Perks	1975
400 metres	49.7 secs	Huw Bannister	1997
800 metres	1m. 57.9 secs	Neil Lewis	1994
1500 metres	3m. 59.3 secs	Adam Bitchell	2008
3000 metres	8m. 41.2 secs	Dewi Griffiths	2009
2000m. S/Chase	6m. 09.3 secs	Lee Ladd	2005
110m. Hurdles	14.2 secs	James Archampong	1993
400m. Hurdles	56.7 secs	Luke Evans	1988
		Wayne Proctor	1991
High Jump	2.00 metres	Alun Davies	1998
Long Jump	6.95 metres	Greg Bourne	1990
Triple Jump	14.23 metres	David Wood	1980
Pole Vault	4.30 metres	Islwyn Rees	1974
Shot	15.21 metres	Tomos Edwards	2009
Javelin	55.71 metres	Rhys Taylor	2000
Discus	44.36 metres	Mathew Evans	2006
Hammer	53.00 metres	John Owen	1983

RULES OF THE MEETING

The competitions are run under UKA rules, but note should be made of the following points:

1. Qualifying in track races for finals will be by virtue of finishing in the first two in the heats plus the two fastest losers for races over 110 metres. In races up to and including 110 metres qualification for the final will be by virtue of finishing in the first two in the heats plus the four fastest losers.

2. In field events all athletes in the Y7, Y8 and Y9 age groups are allowed three trials. In the Middle and Senior age groups the leading four athletes after the first three rounds will be offered the opportunity to make three further trials.

Selection for National Track and Field Championships:

1. The Selection Committee shall meet after the District Championships to select the best possible team to represent the District in the Welsh National Championships.

2. At the meeting of the Selection Committee the members of the Committee will consider the results of the Championships and any other relevant information presented to the Committee on behalf of athletes unable to compete in the Championships.

3. Any selections not made at the Selection Committee Meeting will be referred to the Officers of the Association for a final decision.

N.B.

1. In Athletics it does not follow that the District Champion will be automatically selected to represent the District in the National.

2. In cross country the District is now allowed to enter Twelve athletes. In the Dyfed Schools Cross Country Championships the FIRST SIX to finish will be invited to represent Dyfed in the National.

