

Claire Williams

Personal Bests

SP 4K 9.00

DT 1K 43.15 (2011)

HT 5K 38.61 (2006)

Lead Coach Jim Edwards

Claire Williams was one of the guest speakers at the 2018 Carmarthen and District Harriers Athletics Club Annual Dinner at the Ivy Bush Royal Hotel Carmarthen

Claire won a bronze medal in the discus event in the 2012 Paralympic Games in London. She had competed for Great Britain in two previous Paralympics. In 2008 in Beijing China she was 5th in the discus event (T12/13) and 5th in the discus event in the Paralympics in Athens in 2004

In 2004 Claire was the youngest Welsh athlete to compete at a Paralympic Games

'She has been the UK record holder in the discus as well as the British champion and has also been junior world record holder'

Major International Championships

2012	Paralympic Games London DT Bronze	IPC European Championships DT Bronze
2011	IPC Athletic Championships DT 5 th	
2009	German Disability Championships DT 10 th	
2008	Paralympics Beijing DT 5 th (F12/13)	Paralympic World Cup DT 10 th
2004	Paralympic Games Athens DT 5 th	

Domestic Championships

2011	Welsh Senior Championships DT silver	England Senior Championships DT 6 th	BUCS DT Bronze
2010	BUCS DT 6 th		
2009	Welsh Senior Championships DT Gold	BUCS DT 7 th	
2008	BUSA Championships DT 8 th		
2005	Welsh Schools Senior Girls DT Gold, HT Gold		
2003	SIAB Schools International HT 7 th		

Claire's initial sport was Jujitsu but switched to athletics at the age of 12. She joined her local club Carmarthen Harriers when she was a pupil at Ysgol Bro Myrddin Carmarthen

Claire has successfully competed against non-disabled athletes

She is still the Dyfed schools' middle girls hammer record holder with a throw of 35.83m which she did in the 2003 Dyfed schools' championships in Carmarthen. In 2004 competing for Dyfed Schools she won the Welsh Schools Senior girls discus and hammer events. In 2009 Claire won the Welsh Senior Discus Championship which is an outstanding achievement

Claire is an excellent example of a person who gives back to the Club and the sport that helped her gain success at the highest level. In the last two years she has spent a lot of her spare time coaching the throws events to the young athletes at the Carmarthen and District Harriers Athletics Club in Carmarthen

A great ambassador for Carmarthen Harriers and for disability sport

Milestones in Claire Williams's Athletics Career (78 Recorded Performances)

2003 Under 17 Carmarthen Harriers (2 Recorded Performances)

HT	1	35.83	Carmarthen	Dyfed Schools Championships	
HT	7	34.87		SIAB Schools International Match	

2004 Under 17 Carmarthen Harriers (5 Recorded Performances)

DT		36.36			
DT	1	33.12	Carmarthen	West Wales v Munster Match	15 Aug 2004
DT	3	31.09	Brecon	Welsh Junior League Cup Final	23 Aug 2004
HT		37.32			
HT	2	32.17	Carmarthen	West Wales v Munster Match	15 Aug 2004

2005 Under 20 Carmarthen Harriers (3 Recorded Performances)

DT	1	33.61	Brecon	Welsh Schools Championships	2 Jul 2005
HT	1	36.89	Brecon	Welsh Schools Championships	2 Jul 2005
HT	4	35.61	Cardiff	SIAB Schools International Match	12 Jul 2005

2006 Under 20 Carmarthen Harriers (9 Recorded Performances)

DT	3B	36.32	Abingdon	Inter Territorial Match	3 Sep 2006
DT	2	34.43	Brecon	Welsh Junior League Cup Final	12 Aug 2006
DT	1	31.30	Carmarthen	Welsh Junior League Match	21 May 2006
DT	2	31.13	Brecon	Welsh Schools Championships	1 Jul 2006
DT	1	31.10	Carmarthen	Dyfed Schools Championships	10 Jun 2006
HT	3	38.61	Brecon	Welsh Schools Championships	1 Jul 2006
HT	1	37.33	Brecon	Welsh Junior League Cup Final	12 Aug 2006

2007 Under 23 Carmarthen Harriers/ Loughborough University (6 Recorded Performances)

DT	1	35.03	Loughborough	Loughborough Open Meeting	30 May 2007
DT	2	34.29	Loughborough	Loughborough University Match	6 Jun 2007
DT	3	33.62	Birmingham	Throws Festival	1 Jul 2007

2008 Under 23 Carmarthen Harriers/ Loughborough University (8 Recorded Performances)

DT	7	36.78	Loughborough	Loughborough International Match	18 May 2008
DT	8	35.25	Bedford	BUSA Championships	3 May 2008
DT	2	35.15	Loughborough	Charnwood Open Meeting	21 May 2008
DT	5	35.01	Beijing CHN	Paralympic Games	16 Sep 2008
DT	2	34.93	Loughborough	Charnwood Open Meeting	12 Aug 2008

2009 Under 23 Carmarthen Harriers/ Loughborough University (15 Recorded Performances)

SP	5	9.00	Loughborough	Loughborough University Match	27 May 2009
SP	6	8.81	Chemouc CZE	Czech Open	22 Aug 2009
DT	1	36.02	Cardiff	Welsh Senior Championships	13 Jun 2009
DT	7	35.38	Bedford	BUCS Championships	3 May 2009
DT	1	34.57	Chemouc CZE	Czech Open	22 Aug 2009
DT	1	34.50	Bath	Team Bath Open	25 Apr 2009
DT	7	34.44	Loughborough	Loughborough International	17 May 2009
DT	1	34.33	Wrexham	Welsh Senior League	8 Aug 2009
DT	3	33.09	Crystal Palace	London Disability Athletics Challenge	26 Jul 2009
DT	10	31.60	Sindelingen GER	Germany Disability Championships	10 Jul 2009

2010 Senior Carmarthen Harriers/ Loughborough University (11 Recorded Performances)

DT	7	40.69	Loughborough	Loughborough International	23 May 2010
DT	5	39.45	Hendon	McCain Throws Fest	8 Aug 2010
DT	6	38.09	Bedford	BUCS Championships	3 May 2010

2011 Senior Carmarthen Harriers/Loughborough University (13 Recorded Performances)

DT	7	43.15	Loughborough	Loughborough International	22 May 2011
DT	2	40.76	Cardiff	Welsh Senior Championships	18 Jun 2011
DT	6	40.06	Bedford	England Senior Championships	18 Jul 2011
DT	1	38.78	Aberdare	Welsh Senior League	6 Aug 2011
DT	3	37.98	Bedford	BUCS Championships	2 May 2011
DT	9	37.60	Birmingham	British Championships	30 Jul 2011
DT	1	37.39	Carmarthen	Carmarthen Throws Competition	5 Aug 2011
DT	5	37.19	Christchurch NZL	IPC Athletic Championships	22 Jan 2011
DT	2	36.94	Auckland NZL	Hot Meet 1	15 Jan 2011

2012 Senior Carmarthen Harriers/ Swansea University

100	5h1	13.12	Olympic Park	BUCS Championships	4 May 2012
DT	9	40.49`	Loughborough	Loughborough International	20 May 2012
DT	3	39.63	Olympic Park	2012 Paralympic Games	1 Sep 2012
DT	1	39.48	Olympic Park	London Disability Athletics Challenge	8 May 2012
DT	8	37.50	Loughborough	Winter Throws Trials	4 Mar 2012
DT	3	37.10	Stadskanaal NED	IPC European Championships	28 Jun 2012

2013 Senior Carmarthen Harriers (3 Recorded Performances)

DT	1	35.27	Carmarthen	Eric Paton Memorial Trophy	30 May 2013
DT	1	34.30	Bedford	Home International Competition	1 Jun 2013