

## **2015 ADRODDIAD BLYNYDDOL CARMARTHEN HARRIERS ANNUAL REPORT**

Carmarthen and District Harriers Athletics Club was formed in 1948

2015 has again been a successful year for the Club. At present the Club has 240 members

### **Achievements of the Carmarthen Harriers teams in 2015**

- Third in the 2015 Welsh Senior (U17/20/Senior) League Cup Final
- Third in the 2015 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Third in the 2015 Gerald Codd Trophy (9-15) competition
- Fifth in the 2015 Welsh Junior (9-15) Junior League Cup Final
- Won the 2014/15 novice boys and under 17 mens Gwent Cross Country League team competition. Third in the under 13 boys team competition
- Won the 2015 Welsh under 13 boys and under 17 men road relay championship. Under 15 girls team came second
- Second in the Welsh U13 boys and U17 mens team cross country championship and third in the U15 boys and girls team competitions
- Third in the 2015 Gwent League George Crump MBE Trophy competition
- Fifth in the 2015 Wilkinson Sword Trophy competition (the Welsh club winning the most gold medals in the Welsh senior and junior athletics championships). Carmarthen won the Wilkinson Sword Trophy in 2005, 2006, 2007 and 2008

### **Positions held by Carmarthen Harriers members in 2015**

Hedydd Davies	Chairman West Wales RAC, Hon Sec Dyfed and Carmarthenshire Schools AA, Chairman of Louise Arthur League
Kevin Evans	Welsh cross country team manager
Joan Goldsmith	Welsh and Welsh schools team manager and West Wales team manager
Sharon Leech	Secretary of the Welsh cross country committee and Welsh team manager
Delyth Brown	Welsh Ladies Mountain Running Team Manager
Carol Jones	Welsh schools cross country and Celtic Games team manager

## **Adroddiad y Cadeirydd/Report of the Chairman**

All the Harriers teams had a reasonably successful year and these team results would not have been possible without the support of the whole Club. We are indebted to our elite athletes but also the ordinary club athlete who regularly compete for the Club and gain valuable points in team competitions. Many Harriers members were members of this year's successful Dyfed schools and West Wales teams

In 2015 the Carmarthen and District Harriers Athletics Club organized 18 events in Carmarthen and the Harriers members took part in 85 individual or team competition events during the year. Ralph Siggery is to be congratulated once again on organizing the five Carmarthen Throws competitions held this year

**In the last 25 years Carmarthen Harriers has been involved in hosting in Carmarthen 25 Welsh road race championships (in conjunction with the Carmarthen Mayor's Race), 20 Welsh championships or international athletics events (including 4 Celtic Games) at the Carmarthen Athletics Track and many major cross country events at the Showground (Celtic cross country international, Home Countries Ladies cross country international, Welsh cross country championships in 1999 and six Gwent League cross country matches)**

In June 2015 we hosted 6 athletes from Melbourne Australia, who were on an eight week tour of Europe. The Club is extremely grateful to the parents of Archi Morgan, Ryan Thomas, Tomos Rees and Gareth Thompson, and also Chris and Christine Blower for hosting the athletes and team managers. Their team manager Neville Sillitoe was most appreciative of the hosting arrangements made for his group.

**This year once again Carmarthen and District Harriers Athletics Club has been sponsored by Ffoshelig Coaches Carmarthen. The Club is extremely grateful to Rhodri Evans of Ffoshelig Coaches for his support at all times**

McDonalds sponsored once again this year our Carmarthenshire primary schools athletics and cross country championships and his generous sponsorship enabled us to complete the refurbishment of the main stand at the Carmarthen Athletics Track We are extremely grateful to Ron Mounsey for his support to the Club over many years

We are again this year indebted to all the following local business firms and charitable organizations for their generous sponsorship and their support this year

**West Wales Freemasons Provincial Council, McDonalds, Ffoshelig coaches, Owen Griffiths, Princes Gate Spring Water, Castell Howell Food. Rotary Club of Carmarthen and the Inner Wheel Club of Carmarthen**

Carmarthen Harriers also acknowledges with gratitude the support and assistance it has received this year from Carmarthenshire County Council, UK Athletics, Welsh Athletics and Sport Wales without whose support and that of local businesses we would not have been able to organize and compete at

events on our home Athletics Track in Carmarthen or travel to compete at venues all over Wales and England.

Sincere thanks to Eiddwen Davies for arranging all the catering at competitions at the Carmarthen Athletics Track and at the United Counties Showground. Helen Williams has assisted her and other Club members and their efforts this year have raised over £3200 for the Club

**The Carmarthen Harriers website has been a great success. Club is indebted to our secretary Nathan Jones for maintaining our website in a professional manner. It surely is the best athletics club website in Wales if not in the UK**

Thanks also to Rhian Glynn for organizing a very successful ten pin bowling evening and the mud assault day. She has done a superb job in arranging the 2015 Dinner

We would like to thank Sarah Harcourt, Manager of the Carmarthen Leisure Centre and her staff, and in particular Matthew Bailey, for their assistance again this year in the preparation before the day, and their support on the day at all our events at the Carmarthen Athletics Track. The County Council grounds staff is to be thanked for their excellent maintenance of the grounds at the Athletics Track.

Our grateful thanks are due also to Andrew King and all the members of the Carmarthen Division of the St John Ambulance Brigade for attending all our events and giving us a first class service.

**Carmarthen and District Harriers Athletics Club would not exist as a Club but for the hard work put into the Club by the Officers, Club Committee, Ladies Committee, Coaches, Team Managers, Administrators and Officials.**

We are indebted to all the parents of our young athletes. We recognise and appreciate the sacrifice and effort put in by the parents so that their children can experience the training and competition opportunities offered by the Club.

The Carmarthen and District Harriers Athletics Club would like to thank all the Head teachers and staff of all the primary and secondary schools for supporting all the events arranged by the Club in the last twenty five years. The success of the Club is a result of the excellent relationship, co-operation and support of the schools in West Wales.

It is always a pleasure to us to see Carmarthen Harriers successful at all levels (individual and team) and a great satisfaction to see the young athletes of all abilities, competing as true sportsmen and sportswomen at venues all over England and Wales.

All our athletes are excellent ambassadors for the Club and the town of Carmarthen and it is an honour for us all to be to be associated with the success of the Carmarthen and District Harriers Athletics Club.

All our coaches and volunteers are to be thanked for their contribution to the success of the Club. Without them there would be no Carmarthen Harriers club

**In order to maintain our position in Welsh Athletics we urgently need new volunteers in 2016 to assist in the following key areas; -**

- Administration, team management, catering, fund raising, coaching and officiating

**We hope that at the AGM in February 2016 there will be many more members willing to take on key positions within the club.**

Hedydd Davies Cadeirydd / Chairman

## **Carmarthen and District Harriers Annual General Meeting at the Ivy Bush Royal Hotel Carmarthen on Monday 16th February 2015 at 7.30pm**

### **Present**

Hedydd Davies, Bob Dowdeswell, Joan Goldsmith, Carol Jones, Simon Mansfield, Helen Williams, Steve Glynn, Rhian Glynn, Edward Morgan, Neil Thomas.

### **Welcome**

Hedydd opened the meeting by noting that it was another well attended AGM and welcomed Neil Thomas to his first meeting.

### **Apologies for absence**

Kevin Evans, Delyth Brown, Ralph Siggery, Ivor Hopkins, Michelle Phillips, Jane Batten, Jake Morgan, Andrew Thompson, Nathan Jones, Dorrien Thomas,

### **Minutes of previous AGM held on 5<sup>th</sup> February 2014**

The minutes were accepted as a true record.

### **Matters arising from the minutes**

**Portacabin:** *This is still the property of the council, the leaking roof has had a partial repair but the ceiling is now sagging and will need attention at some point. A close eye is to be kept on the tidiness of the cabin by Helen, Joan and Edward. There is also a problem with the lock on the equipment room door which will need attention.*

**Buses:** *This continues to be an underused but expensive item.*

**Website:** *Nathan Jones is now in sole charge of this resource which he maintains and runs to a very high standard with up to date information always available.*

**Membership Numbers:** *This remains stable and at a similar number to last year.*

**Volunteers:** *This remains a big problem despite the effort put into resolving the situation by Ivor Hopkins.*

**Refreshments:** *No refreshments are currently on offer from the cabin on training nights.*

**Stand:** *The work on the stand should now be completed by the end of February 2015. This date has moved several times already.*

**Chairmans Report:** Although numbers competing continue to be lower than in the past the club has achieved some very good results over the last year. This is due to the commitment of coaches and volunteers who should be thanked for their hard work.

The enrolment process still needs to be reviewed and improved to try to ensure that members clearly understand that the club needs active competitors if it is to continue to thrive. Although the numbers of members in the club is stable the numbers competing are not as high as they should be. This results in an overall lowering of standards as there are not enough coaches to allow for the raising of standards with enthusiastic athletes and also catering for those who are using the club only as a keep fit option.

The membership form needs to be updated to include email and mobile phone details and an induction meeting must be arranged so that all club members and parents/carers are aware of both the opportunities they have and the responsibilities that this involves. Many E-mail addresses that have been provided are unreadable and therefore useless.

The good structure that the club enjoys with the cross country teams is not reflected across all areas of sporting activity for the club. This is an issue that needs addressing.

**Treasurer Report:** Thanks go to David Roberts for his work in preparing the audited report. Hedydd presented and explained the report to the meeting and are unchanged from that presented at the last general meeting.

The account balance at present is £49,332. The biggest commitment is the £11,500 towards the costs of the stand repairs although a number of contributions have been received towards this which has resulted in a good financial deal for the club overall.

A review of the bursary awards criteria is to be undertaken. This new initiative introduced two years ago has been appreciated by athletes but if it is to evolve in an equitable way that ensures fairness to all athletes it needs to be have clearly defined criteria. Carol Jones will prepare a report for the next general committee meeting to discuss. The results will be shared with athletes.

### **Election of Officers**

President: Kevin Evans

Chairman: Hedydd Davies

Vice Chair: Joan Goldsmith

Secretary: Nathan Jones

Treasurer: David Roberts

Registration Officer: Hedydd Davies / Nathan Jones

Website Officer: Nathan Jones

Bob Dowdeswell the retiring secretary was thanked by all for his excellent work as secretary in the last four years

### **Team Managers**

Welsh Senior League: Hedydd Davies/Joan Goldsmith

Louise Arthur League Boys: Nathan Jones and Edward Morgan (U15)

Louise Arthur League Girls: Gill Edwards/ Cressy Morgan

Cross Country: Hedydd Davies/Delyth Brown/Steve Glynn/Carol Jones/Nathan Jones / Jake Morgan / Neil Thomas

### **Team Captains**

Louise Arthur Boys: Ben Thomas

Louise Arthur Girls: Danielle Jones

Cross country Dwayne Griffiths

Welsh Senior league Sophie Pick and Ashraf Liles

### **Subscription Fees**

In light of the current financial situation it was decided to make no change to the membership fees.

### **AOB**

Notice of motion to allow 8 year old members were defeated as it was felt this would increase numbers to an unsupportable level.

Helen, Hedydd and Edward are to examine options for advertising the club at events and at the Johnstown track. DBS checks are essential for all volunteers, officials and coaches. Please ensure you have undertaken this.

A tent/ gazebo is required for use at events.

### **Date of next Meeting**

Monday 23<sup>rd</sup> March 2015 at 7.30pm at the Ivy Bush Royal Hotel Carmarthen

### Committee Meeting:

A brief ordinary meeting followed the AGM in which it was decided to establish a coaching sub committee responsible for collecting and collating the data relating to qualifications and responsibilities of the coaches currently active and to coordinate the organizing of training events. It will also be responsible for identifying areas where the club has no coaches available and attempt to address this.

This committee will be able to encourage new coaches and support existing coaches in keeping up to date with qualifications and in gaining new qualifications. All costs for training will always be covered by the club.

## CARMARTHEN HARRIERS RECORDS

(As at 1.10.2015)

(Indoor and wind assisted performances deleted)

### UNDER 13 GIRLS

100m	Manon Richards	12.7	1978
200m	Manon Richards	26.68	1978
<b>800m</b>	<b>Daisy Thompson</b>	<b>2.25.07</b>	<b>2015</b>
1500m	Catrin Davies	4.58.8	1992
1000mW	Lowri Heckler	6.55.85	2007
70m Hurdles	Ffion Rees	11.6	2005
High Jump	Julia Charlton	1.68	1978
Long Jump	Emma Jones	4.85	1989
Pole Vault	Carys Jones	2.40	2011
Shot	Bethan Lewis	10.33	2011
Discus	Jade Pearce	28.71	2004
Javelin	Mary Wilson	31.63	2004
Pentathlon	Ffion Rees	2156	2005
4 x100m Relay		54.8	1989

### UNDER 15 GIRLS

100m	Manon Richards	12.4	1978
100m	Erin Walters	12.4	2010
200m	Hannah Jones	25.5	2005
300m	Hannah Jones	40.54	2005
800m	Mari Prys Jones	2.14.56	1987
1500m	Heledd Gruffudd	4.45.5	1993
75m Hurdles	Heather Jones	10.86	2001
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.47	1980

Pole Vault	Carys Jones	3.20	2013
Hammer	Elliw James	31.46	2009
Shot	Delyth Evans	12.75	1980
Discus	Awen Rosser	34.78	2010
Javelin	Danielle Hamer	38.15	2005
Pentathlon	Julia Charlton	3438	1980
4 x 100m Relay		51.17	1988

### UNDER 17 WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
300m	Hannah Jones	39.60	2006
400m	Kate Williams	57.08	1993
800m	Katie Parkes	2.13.77	2006
1500m	Gillian Irvine	4.38.7	1978
3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991
80m Hurdles	Heather Jones	11.27	2003
300m Hurdles	Caryl Granville	42.65	2006
400m Hurdles	Caryl Granville	61.55	2006
1500m SC	Angharad Davies	5.24.32	2007
2000m SC	Aneura Phillips	7.38.69	2007
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Carys Jones	3.40	2014
Shot	Delyth Evans	12.04	1980
Discus	Awen Rosser	40.67	2011
Javelin	Carys Mansfield	45.09	2011
Hammer	Claire Williams	37.32	2004
Heptathlon	Julia Charlton	4803	1982
4 x 100m Relay		51.89	1989

### UNDER 20 WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
400m	Caryl Granville	55.89	2008
800m	Katie Parkes	2.11.91	2007
1500m	Gillian Irvine	4.38.7	1978
3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Alyson Evans	58.37	1985
2000m SC	Aneura Phillips	7.38.69	2007



High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Jacqui Lloyd	3.00	2002
Shot	Delyth Evans	12.28	1983
Discus	Awen Rosser	40.70	2012
Javelin	Carys Mansfield	45.09	2011
Hammer	Claire Williams	37.32	2004
Pentathlon	Caryl Granville	3736	2007
Heptathlon	Caryl Granville	4807	2007

### SENIOR WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
400m	Anwen Rees	54.50	2005
800m	Katie Parkes	2.11.91	2007
1500m	Caryl Jones	4.29.21	2009
3000m	Caryl Jones	9.42.01	2009
5000m	Caryl Jones	17.01.55	2010
10000m	Caryl Jones	34.46.07	2009
½ Marathon	Caryl Jones	1-16.52	2009
Marathon	Caroline Jones	2.58.45	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Anwen Rees	58.15	2007
2000m SC	Caryl Jones	6.57.69	2010
3000m SC	Caryl Jones	10.33.74	2009
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Jacqui Lloyd	3.00	2002
Shot	Delyth Evans	12.28	1983
Discus	Claire Williams	43.15	2011
Javelin	Sara Siggery	46.20	2010
Hammer	Claire Williams	38.61	2006
Heptathlon	Caryl Granville	4807	2007
4 x 100m Relay		52.5	1987
4 x 400m Relay			

### UNDER 13 BOYS

100m	Simon Davies	12.60	1995
200m	Matthew Roderick	25.0	1985
800m	Nikita Neary	2.11.9	2010
1500m	Nikita Neary	4.37.44	2010
1000mW	Jordan Richards	6.01.37	2010

75m Hurdles	Rhys Webb	12.4	2004
Long Jump	Matthew Roderick	5.29	1985
High Jump	Aled Rees	1.57	2011
Shot	Mathew Evans	14.47	2001
Discus	Mathew Evans	35.35	2001
Javelin	Rheon James	41.37	2005
Quadrathlon	Nikita Neary	1813	2010
Pentathlon	Justin Jones	2059	1989
4 x 100m Relay		53.08	1988

### UNDER 15 BOYS

100m	Steve Perks	11.2	1972
200m	Tomas Coleman	23.39	2006
300m	Antoine Woodman	37.9	2006
400m	Bruce Tasker	52.51	2002
800m	Nikita Neary	1.58.65	2012
1500m	Dewi Griffiths	4.14.09	2005
3000m	Dewi Griffiths	9.16.2	2005
80m Hurdles	Daniel Evans	11.50	2003
	Rhys Webb	11.50	2006
300m Hurdles	Graham Thomas	42.6	1992
High Jump	Simon Howells	1.83	1989
	Chris Harries	1.83	1996
Long Jump	Kueni Igbagiri	6.30	2005
Triple Jump	Owen Jones	12.50	2002
	Daniel Davis	12.50	2013
Pole Vault	Robert Hughes	3.55	1977
Shot	Mathew Evans	17.36	2003
Discus	Mathew Evans	47.71	2003
Javelin	Garth Loughran	55.61	2003
Hammer	Mathew Evans	52.14	2003
Pentathlon	Aled Price	2698	2010
4 x 100m Relay		45.85	1987

### Under 17 Men

100m	Shaun Pearce	10.73	2013
200m	Shaun Pearce	21.62	2013
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.92	2012
1500m	Kyran Roberts	3.53.38	2012
3000m	David Jones	8.40.0	2000
5000m	Andres Jones	15.42.8	1993
100m Hurdles	Daniel Blain	13.4	2011
400m Hurdles	Graham Thomas	55.29	1993

1500m S/C	Lee Ladd	4.25.01	2004
High Jump	Kim Harland	1.96	1998
Long Jump	Kueni Igbagiri	6.85	2007
Triple Jump	Owen Jones	14.39	2004
Pole Vault	Islwyn Rees	4.49	1974
Shot	Mathew Evans	16.48	2004
Discus	Mathew Evans	47.83	2005
Javelin	Jon Llewelyn	63.60	2009
Hammer	David Procter	50.48	2000
Octathlon	Aled Price	4887	2011
Decathlon	Aled Price	5954	2011
4 x 100m Relay		43.3	1977
4 x 400m Relay		3.43.0	1988

### UNDER 20 MEN

100m	Jamie Henthorn	10.45	1996
200m	Jamie Henthorn	21.46	1996
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.12	2014
1500	Kyran Roberts	3.46.54	2014
3000m	Dewi Griffiths	8.26.87	2008
5000m	Dewi Griffiths	14.28.42	2010
10000m	Dewi Griffiths	30.19.37	2010
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
2000m S/C	David Jones	6.07.65	2001
3000m S/C	Paul Clarke	9.39.74	1999
High Jump	Kim Harland	2.01	2000
Long Jump	Aled Price	6.97	2014
Triple Jump	Charles Madeira Cole	14.80	1996
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	16.26	2007
Discus	Mathew Evans	45.58	2007
Javelin	Garth Loughran	63.05	2008
Hammer	David Procter	51.44	2003
Decathlon	Aled Price	6457	2014
4 x 100m Relay		43.4	1970

### SENIOR MEN

100m	Jamie Henthorn	10.45	1996
200m	Jamie Henthorn	21.12	1997
400m	Roger Barrett	47.5	1984
800m	Roger Barrett	1.49.18	1984

1500m	Fred Bell	3.46.3	1969
3000m	Dewi Griffiths	8.26.87	2008
5000m	Dewi Griffiths	14.28.42	2010
10000m	Dewi Griffiths	30.30.2	2010
Marathon	Hedydd Davies	2.30.25	1981
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
3000m S/C	Steve Gibbons	9.23.4	1971
High Jump	Kim Harland	2.01	2001
Long Jump	Aled Price	7.12	2015
Triple Jump	Charles Madeira Cole	15.89	1997
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	14.40	2007
Discus	Denis Day	42.60	1974
Javelin	Stuart Loughran	66.33	2007
Hammer	David Procter	42.23	2003
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	14.40	2007
Discus	Denis Day	42.60	1974
Javelin	Stuart Loughran	66.33	2007
Hammer	David Procter	42.23	2003
4 x 100m Relay		43.4	1987/8
4x400m Relay		3.25.8	1987

### 2015 Welsh Top 10 Table

#### Under 13 Girls

200	5	Siwan Jones-Evans	28.14	Brecon	12 July
800	2	Daisy Thompson	2.25.07	Cardiff	27 June
800	4	Siwan Jones-Evans	2.26.5	Haverfordwest	25 July
1500	4	Phoebe Davis	5.12.24	Neath	7 June
1500	5	Daisy Thompson	5.12.46	Neath	7 June
HJ	3	Lili Church	1.45	Haverfordwest	25 July
JT	9	Lili Church	20.77	Newport	23 August

#### Under 15 Girls

100	7	Alicia Samuel	12.74	Neath	24 May
300	4	Celyn Williams	42.58	Cardiff	4 July
LJ	4	Alicia Samuel	4.98	Neath	24 May
SP	2	Danielle Jones	10.79	Swansea	18 January
SP	8	Olwen Batten	9.38	Carmarthen	25 June
DT	2	Danielle Jones	30.93	Cardiff	13 June

### Under 17 Women

3000	9	Ellie Kiff	11.11.90	Neath	24 May
80H	7	Lauryn Davey	12.97	Bedford	8 August
HJ	5	Lauryn Davey	1.55	Swansea	31 August
HJ	7	Amelia Davey	1.50	Swansea	31 August
PV	1	Carys Jones	3.41	Cardiff	18 January
LJ	5	Lauryn Davey	5.29	Cardiff	4 July
TJ	1	Lauryn Davey	11.42	Grangemouth	18 July
SP	8	Lauryn Davey	10.23	Bedford	8 August
JT	9	Amelia Davey	28.44	Brecon	8 July

### Under 20 Women

100	6	Rachel Donnison	12.4	Cheltenham	28 June
200	6	Rachel Donnison	25.5	Cheltenham	28 June
400	3	Rachel Donnison	57.31	Cardiff	29 July
1500Sc	1	Amber Howell	5.56.14	Cardiff	4 July
SP	6	Amy Humble	9.28	Cardiff	4 July
DT	6	Amy Humble	25.18	Swansea	9 August
JT	7	Amy Humble	30.85	Cardiff	4 July
JT	9	Jessica Williams	29.20	Neath	24 May

### Senior Women

100H	5	Sophie Pick	17.15	Bedford	23 May
HJ	4	Sophie Pick	1.64	Sheffield	10 January
LJ	6	Sophie Pick	4.91	Brecon	31 May
SP	10	Sophie Pick	9.20	Bedford	23 May
Hept	2	Sophie Pick	3715	Bedford	24 May

### Under 13 Boys

800	3	Iwan Glynn	2.18.00	Haverfordwest	25 July
1500	6	Iwan Glynn	4.44.70	Newport	22 July

### Under 15 Boys

300	2	Zak Daly	38.16	Bedford	30 August
1500	8	Ben Thomas	4.32.02	Newport	22 July
3000	4	Ben Thomas	10.00.69	Colwyn Bay	29 August
80H	6	Haydn Davies	12.15	Swansea	2 August
SP	3	Joe Worrall	13.53	Swansea	2 August

SP	7	Connor Evans	11.50	Haverfordwest	25 July
DT	2	Joe Worrall	46.36	Brecon	12 July
DT	3	Connor Evans	43.68	Newport	16 August
HT	3	Nicholas Jones	32.76	Brecon	12 July
HT	6	Connor Evans	28.93	Swansea	2 August
JT	1	Joshua Thomas	45.13	Newport	15 August
JT	2	Carwyn Morris	44.46	Haverfordwest	25 July

### Under 17 Men

8	1500S	Thomas Jones	4.58.77	Neath	24 May
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### Under 20 Men

400	10	Ashraf Liles	51.60	Cardiff	16 May
800	8	Ashraf Liles	1.57.20	Swansea	9 August
2000Sc	2	Ashraf Liles	8.32.86	Colwyn Bay	29 August
400H	6	Dwayne Griffiths	61.63	Cardiff	4 July
HJ	4	William Edwards	1.90	Swansea	9 August
DT	6	Sam Bleach	33.80	Cardiff	4 July
JT	5	Sam Bleach	43.93	Cardiff	4 July
JT	6	Nikita Neary	43.30	Cardiff	16 May

### Senior Men

100	7	Glen Elsdon	11.00	Cardiff	6 June
200	9	Glen Elsdon	22.16	Cardiff	28 June
110H	2	Glen Elsdon	14.28	Cardiff	28 June
110H	4	Aled Price	15.25	Bedford	24 May
HJ	6	Aled Price	1.85	Bedford	23 May
LJ	2	Aled Price	7.12	Derby	11 July
SP	7	Aled Price	12.12	Sheffield	21 February
DT	8	Aled Price	35.75	Carmarthen	30 July
JT	2	Aaron Morgan	61.99	Loughborough	13 September
JT	3	Aled Price	61.34	Carmarthen	25 June
Dec	2	Aled Price	5992	Bedford	24 May

### **Welsh schools combined athletics championships at NIAC Cardiff on Sunday 2 November 2014**

Three Carmarthen Harriers members competed in the championships this year

Lauryn Davey finished second in the under 18 event with a score of 2855 points. Her performances were 9.43 shot; 9.84 60 hurdles; 4.88 long jump; 1.47 high jump and 2.46.03 800

Aled Phillips was fourth in the under 18 boys event but was first in the Welsh schools championship with a score of 2739 points. His performances were 9.30 60 hurdles; 9.17 shot; 24.89 200; 5.98 long jump and 2.13.61 800

Tim Williams was seventh in the under 18 event with a score of 2382 points

### **Welsh inter schools cross country championships at Brecon on Saturday 15 November 2014**

#### **Senior Boys under 19 (Y11 to 14)**

6 Ashraf Liles 19.17; 7 Ryan Jenkins 19.30; 13 Nikita Neary 19.59; 23 Sion Lewis 20.47  
26 Dwayne Griffiths 21.00; 30 Cerith Evans 21.20

#### **U15 Boys (Y9 and 10)**

8 Ben Thomas 15.16; 13 Iestyn Williams 15.59; 18 Wil Thompson 16.15; 41 Trystan Leech 17.40

#### **Under 13 Boys (Y7 and 8)**

4 Iwan Glynn 10.19; 6 Archi Morgan 10.20; 12 Tomos Rees 10.40; 13 Gareth Thompson 10.46  
17 Bedwyr Thomas 10.56

#### **Senior Girls under 20 (Y11 to 14)**

15 Amber Howell 19.07

#### **U15 Girls (Y 9 and 10)**

5 Sioned Glynn 13.32; 10 Ellie Kiff 14.01; 30 Elin Jones 15.31

#### **Under 13 Girls (Y7 and 8)**

21 Maddie Morgan 11.54; 31 Taylor McArthur 12.26; 42 Bethan McFadyen 12.48

In the primary schools races held before the secondary schools events Carmarthen Harriers athletes did very well indeed winning three of the four races

Year 5 Girls 1 Elin Jones 5.35

Year 5 Boys 1 Frank Morgan 4.43; 2 Joseph Hollis 5.19; 12 Rhufon Phillips 5.29

Year 6 Girls 1 Daisy Thompson 4.59; 2 Phoebe Davis 5.09

Year 6 Boys 7 Guto Thomas; 12 Bleddyn Jones 5.25

### **Welsh Athletics Dinner at the Radisson Blue Hotel Cardiff on Saturday 15 November 2014**

Before the Dinner the annual Welsh athletics Club Awards were presented to the winners. Carmarthen Harriers won the partnership award for its work with Carmarthenshire and Dyfed schools. The award was presented to Dai Roberts the Carmarthen and District Harriers athletics club treasurer on behalf of the Club and Dyfed schools

### **Masters international cross country match at Wolloton Park Nottingham on Saturday 22 November 2014**

Two Carmarthen Harriers members competed for Wales in the M70 age category  
Gordon Orme won a bronze medal in finishing in third place (25.17) and Peter Moody was twelfth (27.43)

### **Schools international combined events international in Glasgow on Saturday 13 December 2014**

Lauryn Davey and Aled Phillips competed for Welsh schools in the under 18 age group

Lauryn was 13<sup>th</sup> with a score of 2958 points. Her performances were SP (9.72), 60H (9.39), LJ (5.32) HJ (1.35) and 800 2.45.70)

Aled finished 16<sup>th</sup> in his event with a score of 2201 points and his performances were 60H (9.34), SP (9.66), 200 (24.93), LJ 5.35 but was disqualified in the 800 race

### **Welsh inter regional cross country championship at the Showground Builth Wells on Saturday 13 December 2014**

In the primary schools races held before the main championships four Carmarthen Harriers athletes competed

In the year 5 girls event new member Ella Davis finished 5<sup>th</sup> (5.44), while Ethan Richardson was eighth in the year 6 race (4.42). Frank Morgan won the year 5 boys race by 31 seconds (4.10) and Rhufon Phillips took bronze (4.57) in the same race

Carmarthen Harriers members performed well for the West Wales team

West Wales won two of the age group events (under 13 girls and under 20 women) and second in five races (under 13 boys, under 15 boys, under 15 girls, M40 men and M50 men) but the West team had weak teams in the older age groups

#### **Under 13 girls**

14 Siwan Jones-Evans (9.19), 18 Maddie Morgan (9.25), 24 Taylor McArthur (9.29)  
43 Bethan McFadyen (10.11)

#### **Under 13 boys**

3 Iwan Glynn (8.08), 9 Gareth Thompson (8.22), 12 Archi Morgan (8.33), 16 Tomos Rees (8.39)  
23 Bedwyr Thomas (8.51),

#### **Under 15 girls**

5 Ellie Kiff (13.42), 14 Mared Owen (14.38), 36 Non Morgan (16.32),



### **Under 15 boys**

8 Ben Thomas (15.26), 9 Thomas Jones (15.29), 19 Iestyn Williams (16.08), 34 Trystan Leech (17.49)  
35 William Thompson (17.56)

### **Under 17 women**

11 Amber Howell (21.23)

### **Under 17 men**

3 Ryan Jenkins (19.19), 4 Ashraf Liles (19.35), 20 Sion Lewis (21.04), 21 Dwayne Griffiths (21.32),

### **Under 20 men**

4 Kyran Roberts (23.05)

In the Welsh masters championships Gordon Orme won the M70 age group category (27.16) with Peter Moody second (29.13) in the same race

### **2014 Nos Galan Races on 31 December 2014**

1 (8-9) Frank Morgan 2.02  
5 (10-11) 5 Liam Edwards 1.59  
10-11 Maddie Morgan 2.05  
12/13 Trystan Leech 4.10  
Elite 133 Mark Kallenburg

### **Welsh indoor 3000m championships at NIAC on Sunday 11 January 2015**

Ben Thomas won the U15 3000m with a time of 10.17.03

### **UK combined events championship in Sheffield on Sunday 10/ 11 January 2015**

Sophie Pick 2763 points was 1st in the Welsh senior ladies championship and 14<sup>th</sup> in the UK event  
60H 10.30; HJ 1.56; LJ 4.60; SP 8.10; 800 2.41.50

Aled Price 4760 points was 2<sup>nd</sup> in the Welsh senior mens and 14<sup>th</sup> in the UK championship  
60 7.31; 60H 8.77; HJ 1.76; PV 4.01; LJ 6.80; SP 11.39; 1000 3.02.56

### **Cardiff Cross Challenge at Cardiff on Sunday 18 January 2015**

Ashraf Liles and Ryan Jenkins competed for the Welsh schools team in the under 20 match. Ashraf came 16<sup>th</sup> and Ryan 17<sup>th</sup>

Frank Morgan finished second in the U11 boys race

## **West Wales indoor championships at Swansea on Sunday 18 January 2015**

The following Carmarthen Harriers won their events

Rhys Smith U13 60  
Danielle Jones U15 shot  
Aled Rees U20 HJ  
Sophie Pick SW HJ  
Lauryn Davey U17 Triple Jump

## **2015 Dyfed secondary schools cross country championships in Oakwood on Tuesday 20 January 2015**

### **Year 7 Boys**

1 Iwan Glynn 7.39) 2 Deian Morgan (7.53) 3 Bedwyr Thomas (7.56) 4 Joseff Rhys-Ellis (7.56)  
9 Kieran Jenkins (8.12)

### **Junior Boys (Y8/9)**

2 Ben Thomas 3 Iestyn Williams (12.35) 6 Archi Morgan (12.38) 8 William Thompson (12.43)  
9 Gareth Thompson (12.54) 10 Trystan Leech (13.00) 11 Tomos Rees (13.09)

### **Middle Boys (Y10/11)**

2 Thomas Jones (16.17) 5 Daniel Evans (17.10) 6 Ioan Thomas (17.18) 15 Aled Phillips

### **Senior Boys (Y12/13)**

2 Ashraf Liles (16.58) 3 Ryan Jenkins (17.31) 4 Sion Lewis (18.13) 5 Dwayne Griffiths (19.29)

### **Year 7 Girls**

1 Siwan Jones-Evans (8.29) 3 Maddie Morgan (8.48) 4 Ellie Tromans (9.14) 7 Grace Morris (9.30)  
10 Megan Jones (9.41)

### **Junior Girls (Y8/9)**

2 Taylor McArthur 10.11 4 Non Morgan (10.21) 7 Elin Jones (10.41) 12 Bethan McFadyen (11.07)  
14 Elen Hawkins

### **Middle Girls (Y10/11)**

4 Sioned Glynn (13.13) 6 Ellie Kiff (13.40) 12 Lara Griffiths (15.08)

### **Senior Girls (Y12/13)**

2 Amber Howell (16.03)

### **Welsh indoor athletics championships in NIAC Cardiff on 24 and 25 January 2015**

Six Carmarthen Harriers members competed and won six medals; 4 gold, 1 silver and 1 bronze

#### **Gold**

Sophie Pick SW HJ 1.50  
Glen Elsdon SM 60H 8.23  
Carys Jones U17W PV 3.22  
Lauryn Davey U17W TJ 10.77

#### **Silver**

Aled Price SM LJ 6.51

#### **Bronze**

Lloyd Heckler SM 1500 4.13.00

Glen Elsdon was 4<sup>th</sup> in the 60m 7.08 and Lauryn Davey also 4<sup>th</sup> in the SP 10.03

### **Carmarthen Town Sports Awards at the Carmarthen Quins Club on Friday 30 January 2015**

Seven Carmarthen Harriers members received awards at this year's event

#### **Winners**

Phoebe Davis U13 junior female  
Bethan Lewis U16 Intermediate female (surfing)

#### **Runners Up**

Iwan Glynn U13 junior male  
Aled Phillips U16 intermediate male  
Amy Humble U19 youth female  
Kyran Roberts U19 Junior Male

Dafydd Waters and Iwan Glyn were members of the Carmarthen District U11 rugby team who won the Junior Team award

### **Carmarthenshire Sports Personality Awards evening at the Y Fwrnes Theatre in Llanelli on Friday 30 January 2015**

Carmarthen Harriers members Kyran Roberts and Shaun Pearce were runners up in the junior male category

### Vienna International athletics meeting on Saturday 31 January 2015

Carmarthen Harrier Glen Elsdon competed for Wales in Vienna and won his 60m hurdles race in a time of 8.24 seconds

### 53<sup>rd</sup> Annual Welsh secondary schools cross country championships at Brecon on Wednesday 11 February 2015

Dyfed secondary schools cross country teams again had a very successful day at Brecon at the annual Welsh schools cross country championships

Eight Welsh school districts compete in these championships and Dyfed once again proved to be the most successful District

**1 Dyfed 111; 2 Cardiff and Vale 104; 3 Glamorgan Valleys 96; 4 Eryri 83; 5 South East Wales 73  
6 Powys 72; 7 Afan Nedd Tawe 70; 8 North East Wales 68**

Dyfed won four team event races (Y7 girls, junior boys, senior boys and senior girls) and finished second in three races (Y7 boys, middle girls and middle boys)

The overall inter district winning cup was presented by Mrs. Mona Hughes President of Welsh schools AA to the two Dyfed team captains Ella Sutton (Dewi Sant) and Christian Lovatt (Dyffryn Aman)

Dyfed have won the overall cup every year since 1990 except in 1992 when it was won by Gwent and Cardiff and Vale in 2013. A truly outstanding record for a rural district with limited facilities

#### **At Brecon Dyfed won a total of 46 medals (25 gold, 19 silver and 2 bronze)**

Christian Lovatt Lovatt Dyffryn Aman won the senior boys race, Rhys James Bro Gwaun was second in the junior boys race and bronze medals were won by Iwan Glynn Bro Myrddin in the Y7 boys race and Ashraf Liles Dyffryn Aman in the senior boys race

However every year the Dyfed pupils make great efforts to compete and school staff and parents support the Dyfed team competing in the distinctive navy vest with red and white diagonals

This year 92 Dyfed school athletes were selected to compete in Brecon. 90 actually competed and the other two were unable to compete due to illness

Hedydd Davies the Dyfed schools secretary for the last 20 years is grateful to all the Dyfed Head teachers and PE staff for supporting the Welsh championships. It was a pleasure once again to see the Dyfed team perform so well once again

A special thanks goes to John Norgrove (Bro Myrddin), Eric Evans (Carmarthen Harriers) and young Nathan Jones (Carmarthen Harriers) for their excellent help on the day with the administrative work involved with the Dyfed team

### **Year 7 Girls (first)**

**1 Dyfed 102; 2 Glamorgan Valleys 104; 3 Cardiff and Vale 117; 4 Afan Nedd Tawe 119; 5 North East Wales 135; 6 South East Wales 181; 7 Powys 317; 8 Eryri 330**

#### **79 finishers**

5 Siwan Jones-Evans, 8 Maddie Morgan, 30 Ellie Tromans, 47 Megan Jones

### **Junior Girls (Years 8/9) (seventh)**

**1 Cardiff and Vale 78; 2 North East Wales 95; 3 Glamorgan Valleys 118; 4 South East Wales 139  
5 Afan Nedd Tawe 153; 6 Powys 169; 7 Dyfed 236**

#### **77 finishers**

41 Non Morgan, 49 Bethan McFadyen, 50 Taylor McArthur, 60 Elin Jones

### **Middle Girls (Years 10/11) (second)**

**1 Glamorgan Valleys 56; 2 Dyfed 65; 3 Eryri 127; 4 South East Wales 169; 5 Cardiff and Vale 172  
6 Powys 168; 7 Afan Nedd Tawe 244; 8 North East Wales 328**

#### **77 finishers**

12 Ellie Kiff, 39 Lara Griffiths

### **Senior Girls (Years 12/13) (first)**

**1 Dyfed 76; 2 Cardiff and Vale 85; 3 Eryri 115; 4 Glamorgan Valleys 158 42 finishers**

16 Amber Howell

### **Year 7 Boys (second)**

**1 Glamorgan Valleys 82; 2 Dyfed 94; 3 Eryri 101; 4 North East Wales 150p; 5 Cardiff and Vale 176  
6 South East Wales 194; 7 Afan Nedd Tawe 255; 8 Powys 284 82 finishers**

3 Iwan Glynn, 17 Bedwyr Thomas, 23 Joseff Rhys-Ellis, 32 Deian Morgan, 51 Kieran Jenkins

### **Junior Boys (Years 8/9) (first)**

**1 Dyfed 85; 2 Eryri 85; 3 Glamorgan Valleys; 4 Cardiff and Vale 141; 5 Powys 170; 6 Afan Nedd Tawe  
243; 7 North East Wales 244; 8 South East Wales 277 73 finishers**

10 Ben Thomas, 14 Gareth Thompson, 20 Archi Morgan, 35 William Thompson, 42 Trystan Leech  
51 Tomos Rees

### **Middle Boys (Years 10/11) (second)**

**1 Cardiff and Vale 71; 2 Dyfed 108; 3 Afan Nedd Tawe 158; 4 Glamorgan Valleys 161; 5 North East Wales 190; 6 Powys 258 66 finishers**

22 Thomas Jones, 45 Aled Phillips,

### **Senior Boys (Years 12/13) (first)**

**1 Dyfed 57; 2 South East Wales 103; 3 Cardiff and Vale 123; 4 Eryri 149; 5 Powys 168 43 finishers**

3 Ashraf Liles, 9 Ryan Jenkins, 12 Sion Lewis, 15 Nikita Neary, 17 Cerith Evans

### **UK senior indoor championships at Sheffield on 14 February 2015**

5h Glen Elsdon 60m hurdles 8.27

### **Welsh indoor U15 and U20 championships at Cardiff on 15 and 16 February 2015**

Eight Carmarthen Harriers members competed and they came away with five medals, three gold, one silver and one bronze

#### **Gold medalists**

Danielle Jones U15 shot 10.68  
Lauryn Davey U20 triple jump 10.59  
Carys Jones U20 pole vault 3.16

#### **Silver medal**

Zak Daley U15 300 41.22

#### **Bronze medal**

Lauryn Davey U20 Long jump 5.15

Rhys Granville 4<sup>th</sup> U20 800 2.00.75  
Dwayne Griffiths 6<sup>th</sup> U20 1500 4.16.15  
Tomos Rees 6<sup>th</sup> U15 1500 5.01.78  
Ashraf Liles 7<sup>th</sup> U20 1500 4.17.95

### **111<sup>th</sup> Welsh cross country championships at the Rhug Estate, near Corwen North Wales on Saturday 21 February 2015**

Carmarthen and District Harriers Athletics Club had again a very successful day in the 2015 Welsh cross country championships winning more medals than any other Welsh club. A great achievement for the West Wales club

Carmarthen Harriers won a total of 23 medals, 11 gold, four silver and eight bronze

Two team wins (under 13 boys and under 17 men)

Girls under 13 team second and the under 15 boys and girls team came third

40 Carmarthen Harriers athletes and their parents made the long journey to compete in Corwen. Carmarthen Harriers had entered five age group teams and they all came home with a medal

Primary school races were held before the main Welsh championships. In the first race the year 5 race Frank Morgan won by 33 seconds with team mates Rhufon Phillips 9<sup>th</sup> and Steffan Davies 13<sup>th</sup>. The team finished in 3<sup>rd</sup> place only 4 points behind the winners

In the year 5 girls race year 4 pupil Elin Jones finished just outside the medals in 4<sup>th</sup> place

The next race was the Y6 boys race in that race Carmarthen Harriers members Liam Edwards finished 5<sup>th</sup> and Bleddyn Jones 13<sup>th</sup>

Daisy Thompson had a superb race to win the Y6 girls race

The primary schools were followed by the Welsh championships proper

### **Under 13 boys race**

Seven Carmarthen Harriers started with Osian Perrin of Menai, the Welsh schools Y7 champion the favorite. Carmarthen Harrier Iwan Glynn was third in the Welsh schools championship but in Corwen he ran a superb race to win the individual Welsh championship by six seconds from Osian.

Carmarthen Harriers won the team race

1 Carmarthen 28; 2 Menai 61

1 Iwan Glynn 12.02; 7 Archi Morgan 12.32; 9 Gareth Thompson 12.48; 11 Tomos Rees 13.01; 16 Deian Morgan 13.31; 18 Bedwyr Thomas 13.47; 22 Kieran Jenkins 14.50

One more member and Carmarthen would have finished two teams

### **Under 13 Girls**

Again seven Carmarthen Harriers competed (one more and Carmarthen would have had two teams)

Siwan Jones-Evans was the first Carmarthen Harriers member to finish in 9<sup>th</sup> place 13.55 followed by Maddie Morgan 14<sup>th</sup> 14.11, Bethan McFadyen 27<sup>th</sup> 15.25; 28<sup>th</sup> Ellie Tromans 15.30; 29<sup>th</sup> Grace Morris 15.50; 30<sup>th</sup> Eva Edwards 16.02; 32<sup>nd</sup> Megan Jones 16.17

Carmarthen Harriers won silver medals in the team race

1 Deeside 43; 2 Carmarthen 78

### **Under 15 Boys race**

Carmarthen Harriers won bronze in the team race

1 Menai 34; 2 Cardiff 36; 3 Carmarthen 55

8 Ben Thomas 16.55; 9 Thomas Jones 17.01; 17 Iestyn Williams 18.20; 21 William Thompson 19.31

### **Under 15 Girls race**

Carmarthen Harriers won bronze in the team race

1 Cardiff 31; 2 Pembrokeshire 34; 3 Carmarthen 64

7 Sioned Glynn 18.37; 12 Ellie Kiff 18.55; 18.55; 21 Elin Jones 21.17; 24 Non Morgan 21.33  
25 Cerys Davies 22.01; 26 Ellen Hawkins 22.07; Lara Griffiths

### **Under 17 men**

1 Carmarthen 41; 2 Wrexham 42

Carmarthen won the gold medals by one point

4 Ashraf Liles 16.31; 8 Ryan Jenkins 17.01; 13 Sion Lewis 17.38; 16 Dwayne Griffiths 17.54

### **Under 20 Women**

7 Kari O'Neill 22.28

### **Senior Women**

5 Sharon Leech 29.55

### **Senior Men**

37 Huw Davies 47.23; 45 Gordon Orme 48.23

The success of Carmarthen Harriers at Corwen was due to the efforts of the Harriers cross country coaches Carol Jones, Delyth Brown. Steve Glynn and Jake Morgan for their hard work preparing the athletes for Corwen and to all the parents who gave full support to this year's Welsh championship in North Wales

Former Carmarthen Harrier Dewi Griffiths won the Welsh senior title for the fourth year in succession

### **Brianne Secondary Schools Cross Country League**

Four races were again held this year with the final race at the Ammanford Recreation Ground



Carmarthen Harriers athletes won 17 of the eighteen individual awards

**Year 7 Boys**

1 Iwan Glynn 2 Deian Morgan 3 Bedwyr Thomas

**Year 8 Boys**

1 Archi Morgan 2 Guto Dafydd 3 Tomos Rees

**Year 9/10**

1 Thomas Jones 2 Iestyn Williams 3 Will Thompson

**Year 7 Girls**

1 Siwan Jones-Evans 2 Maddie Morgan

**Year 8 Girls**

1 Taylor McArthur 2 Eva Edwards 3 Bethan McFadyen

**Year 9/10 Girls**

1 Sioned Glynn 2 Ellie Kiff 3 Elin Jones

**UK U17 indoor championships at Sheffield on Sunday 1 March 2015**

8 Carys Jones Pole Vault 3.30

**2014/2015 Gwent League cross country league**

30 clubs from all over South Wales and the West of England take part in the five match competition which has been in existence for 50 years

The final match was to have been held in Aberdare but was cancelled on the day due to the conditions of the course. 36 Carmarthen Harriers athletes had travelled to Aberdare to compete and were very disappointed to find that the competition had been cancelled

However the awards were presented on the day on the basis of the previous four matches

**Team Awards**

Gold medals to the novice boys and under 17 mens team

Bronze medals to the under 13 boys team

## **Individual Awards**

Gold Gordon Orme M70  
Silver Daisy Thompson novice girl  
Silver Thomas Jones under 15 boy  
Bronze Liam Edwards novice boy

Hedydd Davies Carmarthen Team manager was presented with an award for services to the Gwent cross country league in the last 35 years

### **2015 UK inter counties cross country championships in Cofton Park Birmingham on Saturday 7 March 2015**

2500 competitors from 42 counties competed this year on a beautiful spring day in Cofton Park Birmingham

The best performance of the day by a Welsh athlete was by former Carmarthen Harrier member Dewi Griffiths from Llanfynydd in Carmarthenshire

Dewi had a tremendous run to finish second in the senior mens race and secure his place in the GB and NI senior cross country team to compete in the world cross country championships in China later that month

23 year old Dewi who lives at home on the family farm and is coached by Kevin Evans President of Carmarthen Harriers and trains regularly at the Carmarthen Athletics Track

He has had many injuries and illnesses in recent years but has fought back to fulfill his potential

In July last year he suffered a stress fracture of the ankle in the Commonwealth Games and for four months was unable to train at all let alone put any weight on his foot

In the UK inter counties cross country championships Dewi won the under 15 championship in Nottingham in 2006 and as a senior athlete finished 8<sup>th</sup> in 2012, 78<sup>th</sup> in 2013, 3<sup>rd</sup> in 2014 and 2<sup>nd</sup> in 2015. In this year's event he was second to Andrew Burchard the Scottish champion but finished one place ahead of Charlie Hulson the English champion

Dewi started his athletics career at Llanfynydd primary school. He took part in the Carmarthenshire primary schools cross country championships but was considered not to be good enough to be entered for the Dyfed primary schools championships

He joined Carmarthen Harriers at the age of 11 and for many years was a faithful member of the club and achieved considerable success as a junior athlete

Educated at Tregib secondary school in Llandeilo and at Swansea University where he graduated with a maths degree

In his first race in the Welsh schools cross country championships he finished 14<sup>th</sup> but then went on to win the Welsh schools cross country championships on five consecutive occasions

Dewi is the only athlete to have represented Great Britain junior teams in three different categories, cross country, track, cross country and mountain running

He has competed for Great Britain at under 23 level in cross country and at senior level in the 10000m and at cross country. Also competed for GB students team in the world students cross country championships

### **UK junior inter counties cross country championships**

Twelve Carmarthen athletes competed for West Wales at Birmingham

#### **Under 13 girls**

174 Siwan Jones-Evans; 243 Maddie Morgan; 285 Taylor McArthur

#### **Under13 boys**

37 Iwan Glynn; 126 Archi Morgan; 238 Gareth Thompson

#### **Under 15 boys**

86 Ben Thomas; 91 Thomas Jones; 251 Iestyn Williams

#### **Under 17 men**

56 Ashraf Liles; 132 Ryan Jenkins

#### **Under 20 men**

Cerith Evans 174

### **Dyfed Primary schools cross country championships at the Showground on Thursday 19 March 2015**

#### **Y4 Girls**

4 Jessica Lee 3.39

#### **Y6 Girls**

1 Phoebe Davis 4.06; 2 Daisy Thompson 4.09; Rosie Finucane 4.52

#### **Y5 Boys**

1 Frank Morgan 4.16; 11 Rhufon Phillips 4.37

#### **Y6 Boys**

2 Liam Edwards 4.02; 11 Dafydd Waters 4.16; 15 Morgan Cai-Thomas

## Welsh Road Relays Championships at Pontypridd on Sunday 22 March 2015

Carmarthen Harriers Athletics Club had another successful day at the 2015 Welsh Road Relay Championships at Ynysangharad Park in Pontypridd

On a beautiful sunny day, 37 athletes made the journey east to Pontypridd, hoping to produce more good results for the West Wales club after their recent achievements at the Gwent League, Welsh Championship and school competitions. **In total there were 28 medals won, 10 gold, 13 silver and 5 bronze and the club won two team events, two second, third, fourth and sixth.**

It was another exciting battle between the top clubs in Wales, held again in Pontypridd instead of Llandow race circuit. The course was flat, which was a lap around the perimeter of the Ynysangharad Park path with an extension loop in the middle for some.

Primary Schools / Novice Races were held before the main championship, run as a straight race of 1450m rather than a relay. In the first race, the U11 boys, Frank Morgan crossed the line in second position (5.29) with teammate Liam Edwards just behind in third (5.34). The A team took silver medals in the team event behind Cardiff Archers (15 points) with Ethan Richardson finishing in 10th as the third scorer for the 1st team (5.47). 4 more Harriers members competed in this event in the B team with Rhufon Phillips in 16th (6.04) Steffan Davies 25th (6.49) George Condon 26th (6.49) and Bryn Peters in 33rd (7.35) ensuring they finished a good 7th.

There were also two athletes on the podium in the Novice Girls race, with Phoebe Davis and Daisy Thompson dominating once again. Whilst Phoebe won the Dyfed Primary Schools event earlier in the week, Daisy won gold this time (5.21) with Phoebe winning silver (5.38). The scoring was completed by Ella Davis (7.13) in 24th, which gave them the bronze medals in the team competition with 27 points.

There were strong performances from the Under 13, 15 and 17 relay teams throughout the afternoon.

The Under 13 boys A team ran a superb race to win their event for the second year in a row and retain the title. Archi Morgan started off well to put them in a favourable position passing over in second place (6.07). Gareth Thompson took the team into first during the first section of his 1.8km leg (6.10). Tomos Rees on the third leg kept them ahead from the rest of the field (6.03) and Iwan Glynn, recently selected to represent Welsh Schools at the London Mini Marathon, finished the job off in style with a strong run (6.00) to win by 19 seconds from second place in 24.20. The four finished in the top eight with the fastest legs, Iwan 4th, Tomos 5th, Archi 6th and Gareth 8th.

The B & C teams also did very well finishing with Deian Morgan on 1st leg (6.54), Bedwyr Thomas (6.40), Rhodri Peters (7.05) and Joseff Rhys-Ellis (6.43) scoring well to finish 7th not far behind the A teams. There were 11 teams in the race and Cian Roberts ran on the first leg of the C team.

The Under 15 boys, running 3 legs of 2.9km with the U17 age groups, just missed out on team medals finishing in 4th position with a combined time of 30.56. Thomas Jones, who ran the 1st leg, had the second quickest time with (9.35). Wil Thompson, Iestyn Williams and Trystan Leech (running in the B team) battled well with times of (11.14, 10.07 and 10.44) respectively.

After finishing in bronze medal position in 2014, Carmarthen's second team win of the day came from the U17 men, who were far in front from start to finish. They won the team event by over a minute. Ryan Jenkins led the way (9.23) with Dwayne Griffiths running second (9.42) and Ashraf Liles, also called up to the Mini Marathon in April, winning the event. His time of 8.55 was the quickest of the race, Ryan in second and Dwayne eighth.

The Harriers' U13 and U15 Girls also performed well against strong opposition. The U13G finished in 6th with Maddie Morgan (6.53), Eva Edwards (7.17), Megan Jones (7.27) and Taylor McArthur (7.07) the four scorers. The U13 age groups also ran with the U15 Girls age group. Carmarthen Harriers' U15G won silver team medals in this age group with a time of 27.44. The scorers were Ellie Kiff (6.34), Elin Jones (7.28), Cerys Davies (7.11) and Sioned Glynn (6.31). Ellen Hawkins ran the first leg of the B team.

Once again, more medals were won through the fastest legs. Sioned was second and Ellie third.

Finally, Sian Bradshaw and Sharon Leech competed in the MW 45 category. There was only one team entered with 3 runners, but both of the Harriers' times was good and quick enough for first and second (fastest leg)

### **SIAB SCHOOL INTERNATIONAL – DUBLIN on Saturday 21 March 2015**

Under the guidance of team managers Dai Gatehouse, Meredith Richards, Joan Goldsmith and Carol Jones along with WSAA Dai Williams, thirty two Welsh athletes and teams of eight boys and girls competed over the junior and middle age group categories at this annual cross country event featuring Wales, England, Ireland and Scotland.

U15 Carmarthen athlete Ben Thomas was selected to represent the Welsh Schools cross country team at the SIAB Schools International at Dublin, an event that has previously been held at Dinefwr Park in Llandeilo back in March 2013. The course was largely flat and fast with good underfoot conditions. In a high quality field, Ben finished in 19th position with a time of 13.56. He was the second Welshman home. England dominated throughout, winning the four age groups.

### **Welsh schools team for the 2015 London Mini Marathon**

Congratulations to the following Carmarthen Harriers members

#### **Welsh schools team**

Under 18 men Ashraf Liles

Under 13 boys Iwan Glynn

Non travelling reserves

Under 18 men Ryan Jenkins 2<sup>nd</sup> reserve  
Under 15 boys Ben Thomas 2<sup>nd</sup> reserve  
Under 15 boys Thomas Jones 2<sup>nd</sup> reserve  
Under 15 girls Sioned Glynn 4<sup>th</sup> reserve  
Under 13 boys Archi Morgan 6<sup>th</sup> reserve

**UK Masters cross country championships in Ruthin on Saturday 14 March 2015**

Gordon Orme was 3<sup>rd</sup> in the UK M70 championship

**Dyfed against West Glamorgan primary schools match at Swansea on Thursday 26 March 2015**

**Boys**

Dyfed 22 West Glamorgan 69  
2 Frank Morgan; 3 Liam Edwards; 11 Dafydd Waters

**Girls**

Dyfed 26 West Glamorgan 67  
1 Phoebe Davis; 2 Daisy Edwards

**2015 London mini marathon and marathon on Sunday 26 April 2015**

Four Carmarthen Harriers members took part

In the mini marathon two members competed for the Welsh schools team

Iwan Glynn was 45<sup>th</sup> in the U13 boys race (fourth Welsh boy) in a time of 17.37 for the 3 mile course.  
Ashraf Liles was also 45<sup>th</sup> in the U17 mens race (second Welsh man). His time was 15.28

In the full marathon Sian Bradshaw finished the course in a time of 3.43.54 closely followed by Neil Thomas 3.43.57

**Junior Welsh Trail Championship (Ras y Barcud Coch) Devils Bridge Saturday 2 May 2015**

Under 15 Girls 2 Ellie Kiff  
Under 15 Boys 2 Thomas Jones  
Under 17 Girls 5 Amber Howell  
Under 17 Boys 2 Sion Lewis; 7 Ryan Jenkins

### **BMC Classic Millfield Street Monday 4 May 2015**

#### **800m**

Under 13 Boy 2 Iwan Glynn 2.19.16  
Under 15 Boy 2 Ben Thomas 2.12.08; 2 Iestyn Williams 2.17.79  
Under 17 Women 2 Sioned Glynn 2.28.33  
Under 20 Men Nikita Neary 1.59.20

### **Carmarthen Mayor's Race at Carmarthen on Monday 4 May 2015**

Year 5/6 Boys 1 Frank Morgan; 2 Liam Edwards  
Y5/6 Girls 1 Daisy Thompson; 2 Phoebe Davis  
Year 7/8 Boys 1 Archi Morgan; Bedwyr Thomas  
Year 7/8 Girls 1 Sioned Jones Evans; 2 Maddie Morgan; 3 Eva Edwards

5K 3 Thomas Jones (U17) 17.34; 19 Caleb Williams (U17) 19.46; 22 Jake Morgan (M40) 19.55; 33 Kyle Mayes (U17) 20.47; 90 Cressy Morgan (F45) 25.22; 96 Eric Evans (M60) 25.22

### **Welsh Trail running championship (short) at Porthkerry on Sunday 10 May 2015**

2 SW Sharon Leech (1 Master W)

### **Louise Arthur/WJL U15 League at Carmarthen on Sunday 10 May 2015**

1 Swansea 1398; 2 Pembrokeshire 1126; 3 Carmarthen 1006; 4 Brecon 949; 5 Bridgend 713  
6 Neath 711; 7 Barry and Vale 504; 8 Llanelli 334; 9 Pontyclun 94

### **AAA of England CE championships at Bedford 23/24 May 2015**

Aled Price 1 SM Welsh (14 UK) 5992 points

11.54 (100), 6.52 (LJ), 11.68 (SP), 1.85 (HJ), 53.70 (400), 15.25 (110H), 30.97 (DT), 4.10 (PV), 56.70 (JT),  
1500 (DNF)

Sophie Pick 2 Welsh (9 UK) 3715 points

17.15 (100H), 1.55 (HJ), 9.20 (SP), 29.47 (200), 4.78 (LJ), 24.59 (JT), 2.38.98 (800)

### **Louise Arthur/WJL U15 League at Neath on Sunday 7 June 2015**

1 Swansea 1385; 2 Pembrokeshire 1161; 3 Carmarthen 994; 4 Brecon 867; 5 Neath 801; 6 Bridgend 603  
7 Barry and Vale 599; 8 Llanelli 495; 9 Pontyclun 94

## Boys and Girls UK championships in Cardiff on Saturday 13 June 2015

### U11 Girls

Annabella Leahy 1 100 16.3 and 2 Relay  
Olivia Lloyd-Evans 2 800 3.08.6, 2 LJ 3.03 and 2 Relay  
Megan Rees 2 Relay  
Jessica Lee 2 Relay

### U13 Girls

Ffion Pugh 2 100 14.7; 2 200 30.9  
Phoebe Davis 1 1500 5.19.6  
Maddie Morgan 2 1500 5.27.6; 2 LJ 3.48  
Lili Church 1 HJ 1.30; 2 SP 6.34

### Under 15 Girls

Alicia Samuel 1 100 12.9; 1 LJ 4.86  
Elin Jones 2 200 29.2; 4 SP 5.97  
Elin Jones 3 200 29.4  
Cerys Davies 2 800 2.33.2  
Non Morgan 3 800 2.33.8  
Taylor McArthur 1 1500 5.40.0  
Ellen Hawkins 2 1500 5.50.1  
Bronwyn Davies 2 JJ 1.30  
Danielle Jones 2 SP 9.39; 1 DT 30.83

### Under 17 Women

2Megan Rowe 2 100 13.3; 2 200 28.0  
Sioned Glynn 1 1500 5.13.3

### Under 20 Women

Rachel Donnison 1 200 25.9; 1 400 61.0

### Under 11 Boys

Guto Phillips 1 100 15.1; 2 SP 6.07  
Joseph Hollis 2 100 15.2  
Owain –Harri Davies 2 200 32.6; 1Lj 3.34  
Frank Morgan 2 800 2.36.0

### Under 13 Boys

Rhys Smith 1 100 14.4; 2 200 29.7; 3 LJ 3.81  
Shon Jones 3 100 14.5; 1 LJ 4.08



Iwan Glynn 1 800 2.23.2  
3 Deian Morgan 800 2.35.6  
Bedwyr Thomas 2 1500 5.17.1  
Ryan Thomas 2 HJ 1.20

#### Under 15 Boys (First)

Franco Lopez 2 100 13.2; 2 200 26.9  
Zak Daly 1 300 39.1 (NCR)  
Ben Thomas 2 800 2.13.1; 2 LJ 4.61  
Iestyn Williams 2 800 2.16.8  
Tomos Rees 1 1500 4.51.1  
Archi Morgan 2 1500 5.00.2  
Joe Worrall 1 SP 13.38; 1 DT 40.01 (NCR)  
Connor Evans 2 DT 39.84  
Joshua Thomas 1 JT 35.96

#### Under 20 Men

Charles Griffiths 200 30.2

#### **Welsh Masters Championships in Brecon on Sunday 14 June 2015**

Paul Clarke won 4 gold medals in the M35 class

200/400/800 and 1500

#### **Welsh schools combined events championships held at Swansea on Saturday 20 June 2015**

Dyfed schools teams and athletes did well in the annual championships held this year in Swansea

Dyfed won the senior boys and junior boys team titles

In the individual team competitions Dyfed schools athletes won a total of nine medals, five gold one silver and three bronze

#### **Senior Boys (first)**

1 Ashraf Liles 2556  
2 Dwayne Griffiths 2148

#### **Junior Boys (first)**

3 Caleb Nicholas Preseli 2342  
5 Hedd Nicholas Preseli 2165  
9 William Lloyd Preseli 1899  
13 James Hill STP 1705

### **Middle Boys (third)**

3 Shaun Zygadlo STP 2696  
9 Alex Varney Preseli 2205

### **Middle Girls**

3 Abigail Buxton STP 2170

### **Junior Girls (seventh)**

13 Josie Dodd Greenhill 2162  
16 Josie Sivak Bryngwyn 2052  
21 Gracie Lawrence Greenhill 1890

Many thanks to Joan Goldsmith, Jane Batten and Liz Rowlands who acted as team managers on the day

### **2015 Welsh U13, U17 and senior championships at Cardiff on 27 and 28 June 2015**

Carmarthen Harriers athletes won a total of nine medals at the Welsh championships (four gold, three silver and two Bronze)

Daisy Thompson in finishing second in the under 13 girls 800 broke the Carmarthen Harriers record which had stood since 1994

### **Gold**

Lauryn Davey U17 triple jump 10.17  
Aled Price SM long jump 6.74  
Aaron Morgan SM javelin 57.65  
Glen Elsdon SM 110 hurdles 14.28

### **Silver**

Daisy Thompson U13 800 2.25.07  
Aled Price SM javelin 55.43  
Lili Church U13 high jump 1.30

### **Bronze**

Iwan Glynn U13 800 2.20.32  
Rhun Edwards U17 400 53.07  
  
4 Siwan Jones-Evans U13 800 2.33.38  
4 Lauryn Davey U17 long jump 5.14

4 Amelia Davey U17 HJ 1.45  
5 Iwan Glynn U13 1500 4.50.96  
5 Amelia Davey U17 javelin 26.40  
7 Ben Thomas U17 800 2.10.96  
8 Osian Edwards U17 800 2.15.55  
8 Megan Rowe U17 300 45.05  
8 Ellie Kiff U17 1500 5.05.01  
9 Phoebe Davis U13 1500 5.22.62  
10 Joseff Rhys – Ellis U13 long jump 3.69  
10 Morgan Batten U13 javelin 18.19  
10 Thomas Jones U17 1500 4.30.41  
13 Joseff Rhys-Ellis U13 800 2.38.27  
15 Maddie Morgan U13 1500 5.34.25

6h 800 Sioned Glynn 2.30.99

### **68<sup>th</sup> Welsh schools national athletics championships at Cardiff on Saturday 4 July 2015**

Dyfed schools again had a good team and individual result at the championship at Cardiff

**Dyfed won the overall team title once again, the twenty fourth time since 1989 (Cardiff and Vale schools are the only other district to have won the Charlie Hughes Trophy in that period). They beat Dyfed into second place in 1996, 2007, 2009 and 2014**

Every single one of the 79 athletes selected competed for Dyfed at Cardiff and this year the Dyfed team was up against a very strong Cardiff and Vale, a home match for them, and six other school districts

Dyfed were 4 points behind Cardiff and Vale before the two senior relays. Dyfed did well in the last two events to overtake Cardiff and Vale and to finish 4 points ahead at the end of the seven hour competition

**1 Dyfed 576; 2 Cardiff and Vale 572; 3 Afan Nedd Tawe 466; 4 Glamorgan Valleys 367; 5 Eryri 314.5  
6 North East Wales 298; 7 South East Wales 272; 8 Powys 235.5**

Dyfed also won the middle and senior girls trophies. In the senior boys age group Dyfed were second and third in the junior and middle boys sections. The junior girls finished fifth out of the eight districts competing at Cardiff

At Cardiff the overall team trophy was presented to the two Dyfed schools captains Rachel Donnison of Penglais and Christian Lovatt of Ysgol Dyffryn Aman. Both have represented Dyfed schools over many years and this was the last occasion they were wearing the blue vest of Dyfed with the red and diagonal stripes

At Cardiff Dyfed school athletes won a total of 59 medals (17gold, 12 silver and 30 bronze)

## Senior Girls

### Gold

Rachel Donnison 200 26.32  
Rachel Donnison 400 57.71  
Amber Howell 1500 steeplechase 5.56.14

### Silver

Amy Humble SP 9.28

### Bronze

Amber Howell 400H 79.90  
Amy Humble JT 30.85

## Middle Girls

### Gold

Lauryn Davey TJ 11.02

### Bronze

Carys Jones PV 2.80  
Amelia Davey 2000 walk 11.35.58

## Junior Girls

### Gold

Danielle Jones SP 9.65

### Silver

Danielle Jones DT 27.03

### Bronze

Celyn Williams 300 42.58

## Senior Boys

### Gold

Ashraf Liles 2000 steeplechase 6.44.95  
Ryan Jones 2000 walk 14.15.17

### **Silver**

Ashraf Liles 1500 5.12.90  
Ryan Jenkins 3000 9.41.82  
Sam Bleach DT 33.80  
Sam Bleach JT 43.93

### **Bronze**

Sion Lewis 3000 9.52.98  
Ryan Jenkins 110H 22.12  
Dwayne Griffiths 400H 61.63  
William Edwards HJ 1.70  
Nikita Neary JT 40.68

### **Middle Boys**

#### **Gold**

Aled Rees HJ 1.85

#### **Silver**

#### **Bronze**

### **Junior Boys**

#### **Gold**

Carwyn Morris JT 43.12

#### **Silver**

Joe Worrall SP 12.02  
Joe Worrall DT 41.64

#### **Bronze**

Zak Daly 300 38.72  
Nicholas Jones HT 31.94

Hedydd Davies the Dyfed schools secretary and team manager thanked all the Dyfed school athletes who made the effort to compete for the District in Cardiff.

Their efforts upheld the fine tradition of Dyfed in these championships and the success of Dyfed schools once again was due to the commitment and efforts of all the members of the team. Several members on the day volunteered at short notice to fill in gaps in the team

A real solid effort once again

A special thanks to Delyth Rees Bro Dinefwr and Jo Salmon Pembrokeshire Harriers for assisting with the administrative duties on the day

**UK senior championships at Birmingham on Sunday 5 July 2015**

3h Glen Elsdon 110H 14.58

**Welsh schools NASUWT Cup and Plate Final at Brecon on Wednesday 8 July 2015**

Celyn Williams set a new record of 43.33 in the U16 girls cup 300m

**Loughborough EAP meeting on Saturday 18 July 2015**

3h Glen Elsdon 110H 14.31

**SIAB schools international in Grangemouth Scotland on Saturday 18 July 2015**

3 Lauryn Davey TJ  
7 Aled Rees HJ 1.83

**Ras yr Wyddfa Llanberis Saturday 25 July 2015**

1 Frank Morgan U10B; 1 Maddie Morgan U12F; 1 Ellie Kiff U16F  
2 U14B Trystan Leech; 2U16 M Thomas Jones  
2 F45 Sharon Leech

**Gerald Codd Trophy match in Haverfordwest on Sunday 26 July 2015**

1 Swansea 690; 2 Pembrokeshire 663; 3 Carmarthen 541; 4 Llanelli 218; 5 Bridgend 168

**Under 20 international at Cardiff on Wednesday 29 July 2015**

Two members competed for Wales

3 Rachel Donnison 400 57.31  
5 Lauryn Davey TJ 10.79

**Celtic International in Grangemouth Scotland on Saturday 1 August 2015**

2 Lauryn Davey TJ 11.11  
3 Aled Rees HJ 1.85  
4 Danielle Jones DT 29.52

### **2015 Louise Arthur League**

Overall team scores after 4 matches (at Carmarthen, Neath, Brecon and Swansea)

1 Swansea H 5511; 2 Pembrokeshire H 4532; 3 Carmarthen H 3954; 4 Brecon 3664; 5 Neath 3086  
6 Bridgend 2411; Barry and Vale H 1987; Llanelli AAC 1767; 8 Pontyclun H 399

### **Welsh 5K championships at Parc Bryn Bach on Saturday 1 August 2015**

1 U17M Ryan Jenkins 16.29; 3 Sion Lewis 17.14; 10 Trystan Leech 19.29  
2 U20W Amber Howell 21.49  
3 W45 Sharon Leech 19.40

### **Welsh U17/20 and senior Cup Final at Swansea on Sunday 9 August 2015**

Carmarthen Harriers' senior athletes competed at this year's Welsh Senior Cup Final, and performed well to finish in a creditable third position.

The Harriers team qualified for the Welsh Cup Final by finishing seventh in the three Welsh League matches. Eight clubs had qualified for the big showdown held at Swansea University Athletics track on Sunday August 9th 2015 on a rather dull and drizzly day, but not too warm for the athletes.

Carmarthen Harriers team manager Hedydd Davies managed to collect a team of 23 athletes to compete at Swansea, the most athletes present this summer. Many of the team members competed in three, four or five events to gain a number of points.

In the overall scores, Brecon AC led from the start of the meeting with other position changing a number of times during the day. All the harriers members contributed to the overall score of 705 points as Carmarthen finished in an impressive third. There were also good results in the relay.

#### **Final Result:**

1 Brecon AC 853; 2 Swansea Harriers 831; 3 Carmarthen Harriers 705; 4 Cardiff AAC 62  
5 Pembrokeshire Harriers 580; 6 Neath Harriers 460; 7 Run4All Neath 460; 8 Barry & Vale Harriers 203

#### **Athlete Results:**

Sophie Pick HJ 1.50; LJ 4.68; DT 20.05; SP 8.41; JT 25.23; Rachel Donnison 100 12.79; 200 25.88; 400 58.22

Amber Howell 800 2.36.56; 400H 81.76; 1500S/C 6.01.73; Amy Humble SP 9.15; DT 25.18; HT 20.03; JT 25.99

Amelia Davey 800 2.49.20; HJ 1.45; JT 27.31; Lauryn Davey SP 9.54; DT 16.04

Sophie Witt SP 6.68; DT 22.94; Catrin Evans 800 2.45.52

Enfys Jones PV 1.60; Aled Price LJ 6.52; SP 11.33; DT 29.47

Paul Clarke 400 54.87; 800 2.03.16; Dwayne Griffiths 200 25.46; 400 53.50; 400H 63.33

Charles Griffiths 100 13.88; 200 29.82; Sion Lewis 800 2.11.72; 3000 9.58.96

Ryan Jones 100 12.26; 200 24.94; Osian Edwards 400 57.48

Rhun Edwards 200 24.35; 400 53.64; Thomas Jones 1500 4.28.50

William Edwards HJ 1.90; TJ 10.74; Ashraf Liles 800 1.57.20

Aaron Morgan JT 57.89; David Thomas SP 9.38; DT 29.91; JT 28.20

Sam Bleach SP 8.42; DT 28.34; HT 20.87

### **Welsh U15 and 20 championships at Newport on 15 and 16 August 2015**

Nineteen Carmarthen Harriers competed in the championships and the club won a total of nine medals

Three gold, five silver and one bronze

#### **Gold**

Josh Thomas U15 javelin 45.13

Lauryn Davey U20 triple jump 10.70

Danielle Jones U15 discus 30.72

#### **Silver**

Zak Daley U15 300 38.70

Nicholas Jones U15 hammer 30.17

Alicia Samuel U15 long jump 4.96

Connor Evans U15 Discus 43.68

Amelia Davey U17 3000 walk 18.27.15

#### **Bronze**

Rhys Thomas U15 hammer 24.64

#### **Places in Final**

4 Danielle Jones U15 shot putt 9.80

4 Dwayne Griffiths U20 800 2.02.33

4 Ashraf Liles U20 1500 4.10.13

4 Celyn Williams U15 300 42.97



5 Amber Howell U20 1500 5.09.35  
5 Connor Evans U15 shot putt 10.60  
6 Alicia Samuel U15 100 12.99  
6 Lauryn Davey U20 long jump 5.23  
8 Elin Jones U15 300 47.71  
9 Iestyn Williams U15 1500 4.40.00

#### **Places in Heats**

5 Charles Griffiths U20 100 14.15  
6 Non Morgan U15 800 2.36.38  
8 Elen Hawkins U15 800 2.47.71

The U15 Junior League Athletics season came to an end with the annual Welsh Plate & Cup Finals held at Spytty Newport Stadium, with Carmarthen involved with the cup final on Sunday August 23 against the other top 7 clubs in Wales...

#### **Welsh Junior U15 League Cup Final in Newport on Sunday 23 August 2015**

Carmarthen Harriers qualified for the final by finishing third overall in this year's Welsh Louise Arthur League West Division behind Swansea and Pembrokeshire after the 4 league matches at Carmarthen, Neath, Brecon and Swansea. 50 athletes travelled through the wind and rain up the M4 to Newport to compete, however it did turn out to be a dry afternoon. From the results of all the events this year, Carmarthen would be competed against clubs that had been outstanding during the year. All the harriers members did very well and all contributed to the team as the club finished fifth out of the eight clubs for the second year in succession.

**FINAL RESULT: 1 Cardiff AAC 11048; 2 Cardiff Archers 1058; 3 Swansea Harriers 1057; 4 Pembrokeshire Harriers 787;**

5 Carmarthen Harriers 701; 6 Newport Harriers 590; 7 Blaenau Gwent AC 570; 8 Wrexham AC 218

#### **UNDER 11 GIRLS (Sixth 54 points)**

75 5A Megan Rees 12.09; 75 4B Sophia Reid-Thomas 12.52

150 5A Megan Rees 24.24; 150 2B Jessica Lee 24.51

800 6A Milly John 3.01.09; 800 3B Jessica Lee 3.05.12

4x100 Relay - 4 - Hanna Evans, Megan Rees, Jessica Lee, Sophia Reid-Thomas 66.04

LJ 6A Hanna Evans 3.12; LJ 3B Jessica Lee 3.06

SP 6A Hanna Evans 4.17; JT 7A Megan Rees 4.33

**UNDER 11 BOYS (Second 110 points)**

75 3A Guto Phillips 11.13; 75 2B Joseph Hollis 11.37

150 6A Guto Phillips 24.03; 150 1B Joseph Hollis 22.52

800 1A Frank Morgan 2.32.60; 800 6B Steffan Davies 3.09.01

4x100 Relay - 2 - Frank Morgan, Guto Phillips, Joseph Hollis, Owain-Hari Davies

LJ 6A Frank Morgan 3.34; LJ 3B Owain-Hari Davies 3.32

SP 1A Joshua Morse 7.83; SP 3B Guto Phillips 5.85

JT 1A Joshua Morse 21.23; JT 1B Owain Powell 16.33

**UNDER 13 GIRLS (Fourth 120 points)**

100 2A Siwan Jones-Evans 14.27; 200 3A Daisy Thompson 29.90

200 7B Ffion Lloyd 33.10; 800 2A Daisy Thompson 2.28.49

800 1B Siwan Jones-Evans 2.32.96; 1500 5A Maddie Morgan 5.34.94

1000W 3A Ffion Lloyd 6.28.20; 75H 5A Lily Church 13.46

4x100 Relay - 6 - Daisy Thompson, Ffion Lloyd, Lily Church, Maddie Morgan

HJ 2A Lily Church 1.35; LJ 8A Maddie Morgan 3.23

SP 7A Maddie Morgan 4.50; SP 5B Ffion Lloyd 4.14; JT 4A Lily Church 20.77

**UNDER 13 BOYS (Fifth 123 points)**

100 5A Rhys Smith 14.61; 100 4B Nicholas Evans 14.6

200 6A Rhys Smith 30.78; 200 2B Nicholas Evans 29.65

800 1A Iwan Glynn 2.23.16; 800 2B Deian Morgan 2.33.96

1500 6A Liam Edwards 5.18.20; 75H 6A Billy Sharp-Taylor 15.60; 75H 6B Liam Edwards 16.24

4x100 Relay - 4 - Iwan Glynn, Nicholas Evans, Rhys Smith, Shon Jones

HJ 6A Billy Sharp-Taylor 1.20; HJ 6B Ryan Thomas 1.10; LJ 5A Shon Jones 4.07; LJ 5B Ryan Thomas 3.72

SP 6A Billy Sharp-Taylor 6.48; SP 6B Morgan Batten 5.54; DT 4A Morgan Batten 16.26

JT - 5A Morgan Batten 21.78

### **UNDER 15 GIRLS (Seventh 109 points)**

100 2A Alicia Samuel 13.37; 100 6B Hawys Evans 15.49; 200 8A Ebony Morgans 31.49

200 6B Hawys Evans 33.77; 300 6A Elin Jones 48.98; 300 4B Eva Edwards 51.29

800 6A Non Morgan 2.40.30; 800 4B Cerys Davies 2.49.95; 1500 8A Taylor McArthur 5.44.85

75H 5A Ebony Morgans 14.79; 4x100 Relay - 4 - Alicia Samuel, Elin Jones, Ebony Morgans, Hawys Evans

HJ 7A Ebony Morgans 1.25; HJ 6B Olwen Batten 1.15; LJ 6A Olwen Batten 3.89

LJ 7B Alicia Samuel 3.14; SP 2A Danielle Jones 9.95; SP 3B Olwen Batten 7.65

DT 1A Danielle Jones 30.72; DT 5B Hawys Evans 13.55; JT 7A Danielle Jones 22.26

### **UNDER 15 BOYS (Fourth 185 points)**

100 2A Haydn Davies 12.50; 200 1A Zak Daly 24.67; 200 4B Kieron Osmond 26.79

300 6A Kieron Osmond 43.32; 800 4A Iestyn Williams 2.16.94; 800 4B Callum Lovatt 2.23.87

1500 4A Tomos Rees 4.45.51; 1500 3B Gareth Thompson 5.03.29; 80H 4A Haydn Davies 12.48

LJ 4A Haydn Davies 4.33; LJ 5B Iestyn Williams 3.36; 2A Joe Worrall 13.49; SP 2B Connor Evans 10.47

DT 1A Joe Worrall 42.30; DT 1B Connor Evans 40.97; HT 2A Connor Evans 28, 39

HT 1B Nicholas Jones 25.86; JT 1A Josh Thomas 39.57

### **2015 Welsh inter regional athletics championships at Colwyn Bay on Saturday 29 August 2015**

95 West Wales athletes travelled the long way to compete for West Wales in the U15/ U17 and over 17 Welsh inter regional championships

West Wales had won the overall team every since 1999 except in 2011 when the North Region won when it was held in Deeside

Throughout the six hour programme it was a very close between the four regions. West Wales lead from beginning and after 20 of the 105 events were only 20 points ahead of the South. However in the last three hours of competition West athletes did very well to win by 145 points in the end

**1 West 943, 2 North 798, 3 South 736.5, 4 East 564.5**

The Overall winning team trophy was presented to the two West Wales region captains Aled Price (Carmarthen Harriers) and Donna Jones (Swansea Harriers)

The West region also won the overall male and female trophies as well as the under 17 and senior age group trophies

There were 22 Carmarthen Harriers members in the West Wales team. They won a total of 21 medals (9 gold, 7 silver and 5 bronze)

### **Gold**

Danielle Jones U15 Discus 30.52  
Ellie Kiff U17 3K 11.27.20  
Ben Thomas U15 3K 10.00.69  
Joe Worrall U15 SP 13.51  
Connor Evans U15 DT 42.53  
Carwyn Morris U15 JT 41.46  
Aled Price SM 110H 16.20  
Ashraf Liles SM 2K SC 6.32.86  
Aaron Morgan SM JT 56.17

### **Silver**

Celyn Williams U15 300 43.34  
Danielle Jones U15 SP 9.95  
Amelia Davey U17 HJ 1.45  
Amelia Davey U17 1K walk 5.20.40  
Joe Worrall U15 DT 39.04  
Dwayne Griffiths SM 400H 69.30  
Aled Price SM JT 52.06

### **Bronze**

Amber Howell SW 1500 5.22.24  
Iestyn Williams U15 1500 4.42.97  
Nicholas Jones U15 HT 30.39  
Aled Price HJ 1.85  
Aled Price DT 32.41

### **Other Carmarthen Harriers results**

5 Celyn Williams U15 100 13.00; 5 Non Morgan U15 800 2.41.21; 7 Taylor McArthur U15 1500 5.48.08  
6 Megan Rowe U17 100 13.54; 5 Amber Howell SW 800 2.29.56; 7 Archi Morgan U15 1500 4.56.99  
4 Connor Evans U15 SP 10.72; 5 Rhun Edwards U17 400 54.81; 6 Ryan Jones SM100 11.92  
5 Dwayne Griffiths SM 400 57.34; 4 Ashraf Liles SM 800 2.01.54; 4 David Thomas SM SP 10.25  
4 David Thomas SM DT 28.26; 7 David Thomas HT 17.33

At Colwyn Bay there was an excellent team spirit in the West Wales team and most of the team was present for the winning team photograph at the end of the competition

The four team managers Hedydd Davies Carmarthen Harriers, Peter Walton Neath Harriers, Jo Salmon Pembrokeshire Harriers and Dai Jones Swansea Harriers thanked all the West Wales athletes on their

superb performances and their willingness to make the effort to travel a long way to compete in North Wales

### **AAA of England athletics championships in Bedford on Sunday 30 August 2015**

Both the Carmarthen Harriers athletes who competed finished seventh in the championships

Lauryn Davey came 7<sup>th</sup> in the under 17 triple jump with a leap of 10.72m and Zak Daley also 7<sup>th</sup> in the under 15 300m in a time of 38.16

### **Swansea Junior Games at Swansea on Monday 29 August 2015**

5h U13 200 Ffion Lloyd 42.40  
6 U13 200 Siwan Jones-Evans 30.53; 3 U13 800 Siwan Jones-Evans 2.29.03  
4 U13 800 Daisy Thompson 2.29.31  
1 U15 SP Danielle Jones 10.26; 1 U15 DT Danielle Jones 30.64  
1U17 LJ Lauryn Davey 4.99; 1 HJ 1.55  
3 U17 HJ Amelia Davey 1.50; 3 JT 24.91  
2 U11 75 Guto Phillips 11.23; 5 LJ 3.58; 5 SP 5.65  
1 U11 800 Frank Morgan 2.34.23; 6 LJ 3.40  
9 U11 800 Steffan Davies 3.12.88  
5 U15 80H Haydn Davies 12.34  
2 U15 DT Joe Worrall 42.28; 4 SP 12.21  
3 U15 DT Connor Evans 39.76; 6 SP 11.00  
1 U15 JT Josh Thomas 42.50

### **Home Countries Mountain Running International in Betws y Coed North Wales on Saturday 19 September 2015**

Three Carmarthen Harriers members competed for Wales in the international which was held in conjunction with the World Mountain running championships

Ryan Jenkins had a brilliant run to finish 8<sup>th</sup> in the U20 8.9K race (39.35). He was the first of the Welsh team to finish

Ellie Kiff was 13<sup>th</sup> in the U17 girls 4.7K race (24.45) and was second of the Welsh team to complete the course

Thomas Jones competing for the Wales B team finished 22<sup>nd</sup> overall in the 4.7K race (20.50)

### **Swansea Bay Road Races at Swansea on Sunday 20 September 2015**

U11 1K 1 Frank Morgan 3.15; 7 Iwan Thomas 3.56; 12 Steffan Davies 4.08

U14 Boys 3K 1 Ben Thomas 9.47; 4 Tomos Rees 10.14; 6 Trystan Leech 10.56; 7 Liam Edwards 10.59

U14 Girls 3K 1 Daisy Thompson 10.47; 6 Maddie Morgan 11.49; 12 Siwan Jones-Evans 12.16

14 Eva Edwards 12.39; 16 Cerys Davies 12.43

U17 5k 2 Sioned Glynn 20.28

10K Dwayne Griffiths U20 37.50; Sharon Leech M45 40.43; Peter Moody M70 45.14; Huw Davies M45 60.14

### **Welsh 1 mile championship in Cardiff on Saturday 3 October 2015**

U11 boys race 1 Frank Morgan

### **Welsh championship**

1 Ben Thomas U15  
3 Sharon Leech M45  
5 Iestyn Williams U15  
5 Ellie Kiff U17  
6 Maddie Morgan U13  
6 Tomos Rees U15  
11 Trystan Leech U15  
14 Will Thompson U15

### **Former Carmarthen Harriers members**

It is a pleasure to note the success of two athletes this year

Dewi Griffiths competed for the Great Britain senior team in the World cross country championships in Guijiang China, European 10000m team championships in Chia Italy and as a result of his fine performance in this year's Cardiff half marathon has been selected to compete for Great Britain in the World half marathon championship to be held in Cardiff in March 2016

Michael Kallenburg has been selected to compete for Great Britain in the inaugural World IAU 50,000 race in Doha Qatar on 4 December 2015

Congratulations to them both and their photographs occupy pride of place in our Portacabin

## 2015 GWOBRAU CARMARTHEN HARRIERS AWARDS

### 2015 GWOBRAU ARBENNIG/ BURSARY AWARDS

Owain – Hari Davies	Nantgaredig
Steffan Davies	Llangunnor
Guto Phillips	Peniel
Ella Davis	Ffairfach
Annabella Leahy	Peniel
Morgan Batten	Bro Brynach
Iestyn Williams	Bro Dinefwr
Rhys Thomas	Bro Myrddin
Trystan Leech	Dyffryn Aman
Ffion Pugh	Maes y Gwendraeth
Lili Church	Aberaeron
Siwan Jones-Evans	Bro Dinefwr
Olwen Batten	Preseli
Non Morgan	Bro Dinefwr

### GWOBRAU NEWYDD /NEW AWARDS

#### 2015 WELSH CHAMPION AND INTERNATIONAL

Ryan Jenkins	Aberaeron
Danielle Jones	Queen Elizabeth
Rachel Donnison	Penglais
Iwan Glynn	Bro Myrddin
Aled Rees	Dyffryn Aman

#### 2015 WELSH CHAMPION

Aaron Morgan	
Amber Howell	Dyffryn Aman
Carwyn Morris	Dyffryn Aman
Ryan Jones	Coleg Sir Gar
Joe Worrall	Emlyn
Connor Evans	Dyffryn Aman

### 2015 WELSH INTERNATIONAL

<b>Aled Phillips</b>	<b>Dyffryn Aman</b>
<b>Ellie Kiff</b>	<b>Bro Dinefwr</b>
<b>Thomas Jones</b>	<b>Bro Myrddin</b>

### REPEAT AWARDS

#### 2015 WELSH CHAMPION AND INTERNATIONAL

<b>Lauryn Davey</b>	<b>Dyffryn Aman</b>
<b>Ashraf Liles</b>	<b>Dyffryn Aman</b>
<b>Gordon Orme</b>	
<b>Ben Thomas</b>	<b>Strade</b>
<b>Glen Elsdon</b>	

#### 2015 WELSH CHAMPION

<b>Sophie Pick</b>	
<b>Carys Jones</b>	<b>Bro Dinefwr</b>
<b>Aled Price</b>	<b>Birmingham University</b>
<b>Paul Clarke</b>	
<b>Joshua Thomas</b>	<b>Queen Elizabeth</b>

#### 2015 WELSH INTERNATIONAL

<b>Peter Moody</b>	
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#### 2015 WELSH CROSS COUNTRY AND ROAD RELAY TEAM CHAMPIONS

<b>Archi Morgan</b>	<b>Bro Myrddin</b>
<b>Gareth Thompson</b>	<b>Preseli</b>
<b>Tomos Rees</b>	<b>Dyffryn Aman</b>
<b>Dwayne Griffiths</b>	<b>Dyffryn Aman</b>

#### 2015 WELSH CROSS COUNTRY TEAM CHAMPION

<b>Sion Lewis</b>	<b>Aberaeron</b>
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**2015 WILF JAMES MEMORIAL AWARD**

Amelia Davey	Dyffryn Aman
Nicholas Jones	Bro Dinefwr
Joshua Morse	Llangadog

**2015 EFFORT AND ENDEAVOUR AWARDS**

Elin Jones	Dyffryn Taf
Elen Hawkins	Preseli
Cerys Davies	Bro Myrddin
Rhun Edwards	Maes Gwendraeth
Celyn Williams	Bro Dinefwr
Zak Daly	Bro Dinefwr

**2015 YOUNG VOLUNTEER OF THE YEAR**

Nikita Neary	Dyffryn Taf
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**2015 CLUB SERVICE AWARDS**

Cressy Morgan
Edward Morgan
Andrew Thompson
Neil Thomas

**2015 ERNIE JONES MEMORIAL AWARD**

Rachel Donnison
Aled Price

**2015 J EIRWYN WALTERS MEMORIAL AWARD**

Glen Elsdon
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**2015 RB EVANS AWARD**

Paul Clarke
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**2015 SPECIAL AWARDS**

Rhodri Evans Ffoshelig Coaches
Ron Mounsey McDonalds
Inner Wheel Club of Carmarthen

## 2015 HYFFORDDWYR/ COACHES

Jane Batten	MD	Wern Berni,Llanboidy,Whitland,Carms	01994 448677
Delyth Brown	MD	112 Saron Road Saron Ammanford	07814487648
Roger Davey	MD	Craig Ddu, Yr Hen Ysgol, Aberarth, Aberaeron	01545 571619
		Ceredigion	
Hedydd Davies	MD	Frynhir, Capel Dewi Road, Carmarthen, Carms	01267 290249
Kevin Evans	MD	33 Erw Terrace, Burry Port, Llanelli, Carms	01554 833969
Steve Glynn	MD	Glynderwen, Bronwydd, Carmarthen, Carms	01267 253526
Joan Goldsmith	MD	Rhyd y Fro, Bronwydd, Carmarthen, Carms	01267 231028
Ivor Hopkins	Gen	Crofter, Bro Sarnau, Rhydargaeau, Carmarthen	01267 253081
Carol Jones	MD	31 Bron yr Ynn, Drefach, Llanelli, Carms	01269 843381
Simon Mansfield	MD	Cilgadan Fach, Llandyfaelog, Kidwelly, Carms	01267 267046
Ossie Morgan	Hdls	Newlands, Llannon, Llanelli, Carms	01269 841509
Steve Perks	Sp	Llety'r Wenallt, Bronwydd, Carmarthen, Carms	01267 230825
Ralph Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carms	01269 871538
Richard Wyer	Th	Plas y Gwynt, Boncath, Pembs	01239 841316

