

Carmarthen Harriers medallists in Welsh Road Race Championships

Medals won by Carmarthen Harriers or former Carmarthen Harriers members in Welsh Road Race Championships

- Are first claim members of other clubs in the championship

U17 Men 5K championship

Year	Venue	Medal	Name	Performance
1993	Carmarthen	Silver	Alan Jones	14.52
1993	Carmarthen	Bronze	Andres Jones	14.54
1995	Carmarthen	Silver	Tobben Tymons	18.32
2000	Carmarthen	Silver	David Jones	16.32
2001	Carmarthen	Gold	David Jones	15.41
2003	Carmarthen	Gold	Danny Evans	16.50
2003	Carmarthen	Bronze	Lee Ladd	17.26
2004	Carmarthen	Gold	Wynne Evans	15.55
2004	Carmarthen	Bronze	Lee Ladd	16.12
2005	Carmarthen	Silver	Lee Ladd	16.29
2005	Carmarthen	Bronze	Jack Davey	16.46
2006	Carmarthen	Gold	Dewi Griffiths	15.47
2006	Carmarthen	Silver	Nick Jones	16.02
2008	Cardiff	Gold	Dewi Griffiths	14.35
2008	Cardiff	Silver	Adam Bitchell	14.38
2010	Swansea	Silver	Josh Griffiths	16.33
2011	Bridgend	Gold	Josh Griffiths	16.02
2013	Llanelli	Gold	Christian Lovatt	16.10
2015	Tredegar	Gold	Ryan Jenkins	16.29
2015	Tredegar	Bronze	Sion Lewis	17.14

U20 Men 5K Championship

Year	Venue	Medal	Name	Performance
1999	Carmarthen	Silver	Paul Clarke	18.18
2002	Carmarthen	Bronze	Gwyn Bellamy	17.48
2003	Carmarthen	Bronze	Gwyn Bellamy	17.36
2004	Carmarthen	Gold	Gwyn Bellamy	16.21
2005	Carmarthen	Gold	Wynne Evans	15.47
2006	Carmarthen	Bronze	Lee Ladd	16.04
2010	Swansea Bay	Gold	Michael Kallenburg	15.34
2011	Bridgend	Gold	Adam Bitchell*	14.50
2011	Bridgend	Bronze	Dewi Griffiths*	15.03
2016	Bridgend	Bronze	Ryan Jenkins	16.20

Senior Men 5K championship

Year	Venue	Medal	Name	Performance
2005	Carmarthen	Silver	Gwyn Bellamy	15.43
2006	Carmarthen	Bronze	Gwyn Bellamy	15.20

2010	Swansea Bay	Silver	Michael Kallenburg	15.34
2010	Swansea Bay	Bronze	Lee Ladd	15.36
2011	Bridgend	Bronze	Adam Bitchell*	14.50
2013	Llanelli	Silver	Joshua Griffiths*	15.15
2013`	Llanelli	Bronze	Dewi Griffiths*	15.23
2014	Rhyl	Gold	Joshua Griffiths*	15.13
2015	Tredegar	Silver	Joshua Griffiths*	15.00

Senior Men 10K championship

Year	Venue	Medal	Name	Performance
2011	Merthyr Tydfil	Gold	Dewi Griffiths*	30.13
2013	Swansea	Gold	Dewi Griffiths*	30.36
2014	Cardiff	Silver	Joshua Griffiths*	31.56
2015	Cardiff	Gold	Dewi Griffiths*	29.20
2016	Cardiff	Silver	Joshua Griffiths*	30.44
2019	Cardiff	Gold	Joshua Griffiths*	29.34

Senior Men 10 mile championship

Year	Venue	Medal	Name	Performance
2009	Lampeter	Silver	Dewi Griffiths	53.02
2013		Gold	Michael Kallenburg*	53.14
2014	Lampeter	Gold	Joshua Griffiths*	52.26
2014	Lampeter	Silver	Michael Kallenburg*	53.22

Senior Men Half Marathon championship

Year	Venue	Medal	Name	Performance
1993	Carmarthen	Silver	Ceri Williams	67.47
2012	Cardiff	Gold	Dewi Griffiths*	65.47
2013	Cardiff	Gold	Dewi Griffiths*	65.02
2014	Cardiff	Silver	Joshua Griffiths*	66.31
2015	Cardiff	Gold	Dewi Griffiths*	54.28
2015	Cardiff	Silver	Michael Kallenburg*	67.32
2016	Cardiff	Gold	Dewi Griffiths*	63.27
2016	Cardiff	Silver	Joshua Griffiths*	66.43
2016	Cardiff	Bronze	Michael Kallenburg*	66.43
2017	Cardiff	Gold	Dewi Griffiths*	61.33
2017	Cardiff	Bronze	Joshua Griffiths*	65.38
2018	Cardiff	Gold	Dewi Griffiths*	62.56
2018	Cardiff	Bronze	Joshua Griffiths*	65.07

Senior Men Marathon Championship

Year	Venue	Medal	Name	Performance
1966	Port Talbot	Gold	Hedydd Davies*	2:31.10

1969	Cwmbran	Gold	Hedydd Davies*	2:26.42
1970	Carmarthen	Gold	Hedydd Davies*	2:35.42
1971		Silver	Hedydd Davies*	2:26.16
1972	Port Talbot	Gold	Hedydd Davies*	2:27.06
1975	Cwmbran	Bronze	Hedydd Davies*	2:34.04
1976	Cwmbran	Bronze	Hedydd Davies*	2:38.00
1990	Snowdonia	Gold	Dewi Jones	2:32.42
1995	Snowdonia	Gold	Dewi Jones*	2:39.37
1996	Snowdonia	Silver	Dewi Jones*	2:46.08
2016	London	Silver	Michael Kallenburg*	2:21.38
2017	London	Gold	Joshua Griffiths*	2:14.49
2019	London	Gold	Dewi Griffiths*	2 :11.46
2019	London	Silver	Joshua Griffiths*	2:14.25

U17 Women 5K championship

Year	Venue	Medal	Name	Performance
1998	Carmarthen	Silver	Gemma Mounsey	21.26
1998	Carmarthen	Bronze	Anwen Owen	21.51
2003	Carmarthen	Silver	Caryl Jones	20.37
2004	Carmarthen	Silver	Caryl Jones	19.21
2005	Carmarthen	Gold	Alaw B Thomas	21.47
2005	Carmarthen	Silver	Megan Thomas	22.59
2005	Carmarthen	Bronze	Sara B Thomas	24.24
2006	Carmarthen	Silver	Kayleigh Brown	20.02
2006	Carmarthen	Bronze	Rachel Marfleet	20.20
2009	Swansea Bay	Gold	Angharad Davies	19.43
2013	Llanelli	Gold	Amber Howell	22.47

U20 Women 5K championship

Year	Venue	Medal	Name	Performance
1999	Carmarthen	Bronze	Anwen Owen*	21.14
2005	Carmarthen	Gold	Caryl Jones	19.54
2006	Carmarthen	Gold	Sara B Thomas	22.34

Senior Women 5K championship

Year	Venue	Medal	Name	Performance
2009	Swansea Bay	Bronze	Angharad Davies	19.43
2010	Swansea Bay	Silver	Alaw B Thomas	18.04
2011	Bridgend	Bronze	Alaw B Thomas	17.29
2012	Cardiff	Gold	Caryl Jones*	16.03
2012	Cardiff	Bronze	Alaw B Thomas*	16.54
2014	Rhyl	Bronze	Sharon Leech	19.43
2017		Gold	Alaw B Thomas*	16.58
2018		Bronze	Alaw B Thomas*	17.53

Senior Women 10K championship

Year	Venue	Medal	Name	Performance
2011	Cardiff	Silver	Alaw B Thomas*	36.10
2015	Cardiff	Silver	Jessica P Williams*	36.02
2019	Cardiff	Bronze	Alaw B Thomas*	34.58

Senior Women 10 mile championship

Year	Venue	Medal	Name	Performance
1996		Gold	Angharad Mair*	56.52
1998	Dolgellau	Gold	Angharad Mair*	55.19

Senior Women Half Marathon Championship

Year	Venue	Medal	Name	Performance
1994	Carmarthen	Bronze	Angharad Mair*	81.35
2009	Cardiff	Gold	Caryl Jones*	78.45
2012	Cardiff	Gold	Caryl Jones*	76.45
2012	Cardiff	Bronze	Jessica P Williams*	79.31
2014	Cardiff	Bronze	Jessica P Williams*	77.31
2015	Cardiff	Silver	Jessica P Williams*	78.43
2017	Cardiff	Silver	Caryl Jones*	75.24
2019	Cardiff	Silver	Alaw B Thomas*	82.09

Senior Women Marathon Championship

Year	Venue	Medal	Name	Performance
1991	London	Gold	Caroline Jones	3:05.04
2013	London	Gold	Jessica P Williams*	2:52.33
2015	London	Bronze	Angharad Mair*	2:58.57
2016	London	Silver	Jessica P Williams*	2:50.33