

## Carmarthen Harriers Captains since 2004

It is an honour to be a Club captain

I was proud to be captain of the Queen Elizabeth Grammar Schools for Boys Carmarthen athletics and cross country teams and later Secretary and Captain of the Birmingham University Athletics and Cross Country teams

Being a Club captain is an important position as it is good training for the athlete's future career

Listed below (except for 2016) are the Carmarthen and District Harriers Club captains since 2004

In the period 1994-2009 It should be noted that Carmarthen Harriers were involved in seven more athletics matches in the summer than in the period 2010-2019

Carmarthen Harriers used to compete in the UK Young Athletes U13 U15 and U17 League (4 matches) and the old Welsh Junior (11-20) League (3 matches)

The UK Young Athletics League had Carmarthen Harriers travel to places in England like Birmingham, Coventry, Solihull, Yate, Cheltenham, Broughton, Bristol, Swindon, and Sutton Coldfield.

Name	Details
	<b>2004</b>
<b>Eifion Lewis/Paul Clarke</b>	Welsh Senior League Men
<b>Jacqui Lloyd</b>	Welsh senior League Women
<b>Mathew Evans</b>	UK YA League Boys
<b>Samantha Jones</b>	UK YA League Girls)
<b>Steffan Raw-Rees</b>	Welsh Junior League Boys U15
<b>Kayleigh Brown</b>	Welsh junior League Girls U15
<b>Matthew Jacobs</b>	Welsh Junior League Men U20
<b>Heather Jones</b>	Welsh Junior League Women U20
<b>Gruff Harrison</b>	Louise Arthur League U15 Boys
<b>Hannah Pick</b>	Louise Arthur League U15 Girls
<b>Wynne Evans</b>	Cross Country junior Men
	<b>2005</b>
<b>Paul Clarke</b>	Welsh Senior League Men
<b>Sara Siggery</b>	Welsh Senior League Women
<b>Michael John</b>	UK YA League Boys
<b>Megan Thomas</b>	UK YA League Girls
<b>Kueni Igbagiri</b>	Welsh Junior League Boys U15
<b>Catherine Goldsmith</b>	Welsh Junior League Girls U15
<b>Bruce Tasker</b>	Welsh Junior League Men U20

<b>Samantha Jones</b>	Welsh Junior League Women U20
<b>Tomos Northcott</b>	Louise Arthur League Boys U15
<b>Holly Roderick</b>	Louise Arthur League Girls U15
<b>Peter Moody</b>	Cross Country Senior Men
<b>Helen Mansfield</b>	Cross Country Senior Women
<b>Jack Davey</b>	Cross Country Junior Men
<b>Kayleigh Brown</b>	Cross Country Junior Women
	<b>2006</b>
<b>Paul Clarke</b>	Welsh Senior League Men
<b>Sara Siggery</b>	Welsh Senior League Women
<b>Dewi Griffiths</b>	UK JUNIOR LEAGUE BOYS
<b>Caryl Granville</b>	UK YA League Girls
<b>Rhys Webb</b>	Welsh Junior League U15 Boys
<b>Angharad Davies</b>	Welsh Junior League U15 Girls
<b>Matthew Thomas</b>	Welsh Junior League U20 Men
<b>Victoria Buxton</b>	Welsh Junior League U20 Women
<b>Tomos Edwards</b>	Louise Arthur League Boys U15
<b>Sophie Pick</b>	Louise Arthur League U15 Girls
<b>Peter Moody</b>	Cross Country Senior Men
<b>Helen Mansfield</b>	Cross Country Senior Women
<b>Jack Davey</b>	Cross Country Junior Men
<b>Kayleigh Brown</b>	Cross Country Junior Women
	<b>2007</b>
<b>Paul Clarke</b>	Welsh Senior League Men
<b>Sara Siggery</b>	Welsh Senior League Women
<b>Geraint Mansfield</b>	UK YA League Boys
<b>Lydia Jones</b>	UK YA League Girls
<b>Luke Parker</b>	Welsh Junior League U15 Boys
<b>Ffion Rees</b>	Welsh Junior League U15 Girls
<b>Michael John</b>	Welsh Junior League U20 Men
<b>Alaw Beynon-Thomas</b>	Welsh Junior League U20 Women
<b>Glen Elsdon</b>	Louise Arthur League U15 Boys
<b>Laura Penhallurick</b>	Louise Arthur League U15 Girls
<b>Peter Moody</b>	Cross Country Senior Men
<b>Kayleigh Brown</b>	Cross Country Junior women
	<b>2008</b>
<b>Paul Clarke</b>	Welsh Senior league Men
<b>Alison Siggery</b>	Welsh Senior League Women
<b>Nicky Morrell</b>	UK YA League Boys
<b>Sophie Pick</b>	UK YA League Girls

Jake Randall	Welsh Junior League U15 Boys
Jodie Jones	Welsh Junior League Under 15 Girls
Dafydd Walters	Welsh Junior League U20 Men
Catherine Goldsmith	Welsh Junior League U20 Women
Davy Lewis	Louise Arthur League U15 Boys
Rhiannon Plant	Louise Arthur League U15 Girls
Mark Roblin	Cross Country Senior Men
Caryl Jones	Cross Country Senior Women
Dewi Griffiths	Cross Country Junior Men
Angharad Davies	Cross country Junior Women
	<b>2009</b>
Paul Clarke	Welsh Senior League Men
Dafydd Walters	Welsh Senior League U20 Men
Glen Elsdon	Welsh Senior League U17 Men
Sara Siggery	Welsh Senior League senior Women
Catherine Goldsmith	<u>WELSH Senior League U20 Women</u>
Ffion Rees	Welsh Senior League U17 Women
Jon Llewelyn	Uk YA League Boys
Laura Penhallurick	UK YA League Girls
Mathew Davies	Welsh Junior League U15 Boys
Catrin Rees	Welsh Junior League U15 Girls
Lee Ladd	Cross Country Senior Men
Alaw Beynon-Thomas	Cross Country Senior women
Dewi Griffiths	Cross Country junior Men
Angharad Davies	Cross Country Junior Women
	<b>2010</b>
Paul Clarke	Welsh Senior League Men
Catherine Goldsmith	Welsh Senior League Women
Lloyd Heckler	UK YA League Boys
Rhiannon Plant	UK YA League Girls
Aled Price	Louise Arthur/Welsh Junior U15 League Boys
Kayleigh jones	Louise Arthur/Welsh Junior U15 League Girls
Lee Ladd	Cross Country Senior Men
Alaw Beynon-Thomas	Cross Country Senior Women
Dewi Griffiths	Cross Country Junior Men
Angharad Davies	Cross Country Junior Women
	<b>2011</b>
Paul Clarke	Welsh Senior League Men
Catherine Goldsmith	Welsh senior League Women
Lloyd Heckler	UK YA League Men

<b>Carys Mansfield</b>	YK YA League women
<b>James Bryan</b>	Louise Arthur/ Welsh junior U15 League Boys
<b>Erin Walters</b>	Louise Arthur/Welsh Junior U15 League Girls
<b>Dewi Griffiths</b>	Cross Country Senior Men
<b>Alaw Beynon-Thomas</b>	Cross Country Senior Women
<b>Josh Griffiths</b>	Cross Country Junior Men
<b>Vacant</b>	Cross Country Junior Women
	<b>2012</b>
<b>Paul Clarke</b>	Welsh Senior league Men
<b>Sophie Pick</b>	Welsh Senior League Women
<b>ALED PRICE</b>	UK YA League Men
<b>Awen Rosser</b>	UK YA League Women
<b>Nikita Neary</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Gwenno Evans</b>	Louise Arthur/Welsh Junior U15 League Girls
<b>Wynne Evans</b>	Cross Country Senior Men
<b>Sharon leech</b>	Cross Country Senior Women
<b>Ronan Llyr</b>	Cross Country Junior Men
<b>KARI O'NEILL</b>	Cross Country Junior Women
	<b>2013</b>
<b>Glen Elsdon</b>	Welsh Senior League Men
<b>Ffion Rees</b>	Welsh Senior League Women
<b>Aled Phillips</b>	UK YA U15 League Boys
<b>Carys Jones</b>	UK YA U15 League Girls
<b>Elis Lewis</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Lauryn Davey</b>	Louise Arthur/ Welsh Junior U15 League Girls
<b>Vacant</b>	Cross Country Senior Men
<b>Sharon Leech</b>	Cross Country Senior Women
<b>Christian Lovatt</b>	Cross Country Junior Men
<b>Kari O'Neill</b>	Cross Country Junior Women
	<b>2014</b>
<b>Thomas Jones</b>	Louise Arthur/Welsh Junior U15 league Boys
<b>Sioned Glynn</b>	Louise Arthur/Welsh Junior U15 League Girls
<b>Achraf Liles</b>	Cross Country U17
	<b>2015</b>
<b>Sophie Pick</b>	Welsh Senior League Women
<b>Ashraf Liles</b>	Welsh Senior League Men
<b>Ben Thomas</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Danielle Jones</b>	Louise Arthur/ Welsh Junior U15 League Girls

<b>Dwayne Griffiths</b>	Cross Country
	<b>2017</b>
<b>Paul Clarke</b>	Welsh Senior League
<b>Iwan Glynn</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Maddie Morgan</b>	Louise Arthur / Welsh Junior U15 League Girls
<b>Ben Thomas</b>	Cross Country U17
	<b>2018</b>
<b>Dafydd Jones</b>	Louise Arthur/ Welsh Junior U15 League Boys
<b>Nia Williams</b>	Louise Arthur/ Welsh Junior U15 League Girls
	<b>2019</b>
<b>Frank Morgan</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Jessica Lee</b>	Louise Arthur/ Junior U15 League Girls
	<b>2020</b>
<b>Ellis Caddick</b>	Louise Arthur/Welsh Junior U15 League Boys
<b>Sophia Reid-Thomas</b>	Louise Arthur/ Welsh Junior U15 League Girls

Hedydd Davies  
28 July 2020