

## **Dorrien Thomas**

In 1980 Spencer Jones the then Carmarthen and District Harriers Athletics Club secretary asked Dorrien Thomas if he would like to come along to help coach young athletes at the old cinder track in Johnstown Carmarthen

Dorrien brought along his two children Richard and Kathleen and both became excellent athletes and Richard did well in the sprints and 400m winning several Welsh championships

He took an interest in all track and field events and became a valuable and active coach with Carmarthen Harriers for a period of 39 years

A summary of his success as a coach is as follows

**His athletes won a total of 342 gold, 268 silver and 209 bronze medals in Welsh and GB championships**

Some of the athletes who have won Welsh championships and or represented Wales

Paul Bennett  
Peter Broom  
Llinos Cassidy  
Tom Coleman  
Daniel Davies  
Elen Evans  
Gail Evans (1987)  
Gail Evans (1993)  
Catherine Goldsmith  
Caryl Granville (GB indoor and outdoor U20 combined events international)  
Ben Harland  
Kim Harland  
Aimee John  
Kueni Igbagiri  
Paul Jackson  
Matthew Jacobs  
Hilary Johnson  
Claire Jones (Pembrokeshire H)  
Hannah Jones  
Huw Jones  
Jodi Lester  
Iestyn Lewis  
Simon Lewis  
Emily Mitchell  
Maraya Maynard  
Mary Murphy  
Samantha Nicholas  
Laura Penhallurick  
Jessica Parry-Williams

Hannah Pick  
Sophie Pick  
Aled Price (GB indoor and outdoor U20 combined events champion and GB U20 International)  
Anwen Rees  
Catrin Rees  
Ffion Rees  
Steven Rees  
Holly Roderick  
Mallt Roderick  
Matthew Roderick  
Amy Rowland (Pembrokeshire H)  
Andrew Stradling  
Richard Stradling  
Huw Summers  
Aled Thomas  
Dean Thomas  
Richard Thomas  
Samantha Thomas  
Chris Wilkins  
Derrick Wyke

An extraordinarily successful long coaching career that has gained him well deserved awards from Welsh Athletics, Sports Council for Wales , Carmarthenshire County Council and Carmarthen Harriers