

Welsh road relays championships

Carmarthen Harriers had another very successful day at the Welsh road relays championships held at the Waterfront in Swansea

The Harriers club won three events, the under 13 boys, under 17 women and the under 17 men. In actual fact every single member of the six Harriers teams won a medal as the under 13 girls team finished second and the under 13 boys B team and the under 15 boys teams finished third

Three Harriers members won gold medals with the fastest laps of the day

Under 13 Boys A team (first)

Ronan Llyr (6.49), Rhys Granville (7.12), Kyran Roberts (7.02) and Lloyd Heckler (6.56)

Ronan won the fastest lap of the day award

Under 17 women team (first)

Aneura Phillips (11.26), Angharad Roberts (12.46) and Angharad Davies (11.33)

Aneura won the fastest lap of the day award

Under 17 men team (first)

Nicky Morrell (9.50), Geraint Mansfield (9.46) and Adam Bitchell (9.04)

Adam won the fastest lap of the day award

Under 13 girls team (second)

Kari O'Neill (7.52), Carys Mansfield (7.55), Lowri Heckler (8.36) and Alyce Phillips (8.16)

Under 13 boys B team (third)

Timmy Jones (7.19), Daniel Jones (8.26), James Bryan (7.50) and Christian Lovatt (7.32)

Under 15 boys team (third)

Davy Lewis (11.10), Glen Elsdon (11.29) and Jack Lear (11.24)

Christian Lovatt (3.37) and James Bryan (3.40) had already run in the primary schools 1500m race in which they finished first and second respectively

Next Friday three Carmarthen Harriers members Angharad Davies (Llandoverly College), Aneura Phillips (Preseli) and Nicky Morrell (Glan y Mor) compete for the

Welsh schools team in the schools international cross country match in Perth Scotland. Angharad is the captain of the girls team

On Sunday 30 March sixteen year old Dewi Griffiths (Carmarthen Harriers and Tregib school) competes for the GB and Northern Ireland under 20 team in the world junior cross country championships in Edinburgh. 87 countries are scheduled to take part and it will be an experience of a lifetime for an athlete who has worked so hard to achieve at a young age one of the highest honours in the demanding sport of cross country running

British Universities indoor athletics championships

Carmarthen Harrier Bruce Tasker, a third year student at Bath University won a silver medal in the 200m in the British Universities championships at Sheffield. His excellent time of 21.54 seconds was a personal best. In a very competitive field Bruce won his heat in 22.19 and a semi final in 21.70

Carmarthen Tesco Stores Bag Packing

Carmarthen Harriers will be involved in a bag packing at the Carmarthen Tesco Store on Friday evening 11 March, Saturday 12 April and Sunday 13 April. Volunteers are required and are asked to contact the Harriers co-coordinator Joan Goldsmith (01267 231028)