

2012 CARMARTHEN HARRIERS ANNUAL REPORT

Carmarthen and District Harriers Athletics Club was formed in 1948

2012 has again been a successful year for the Club. At present the Club has 245 members

Achievements of the Carmarthen Harriers teams in 2012

- First in the UK McCain Midland West Young Athletes (11-17) League
- Third in the 2012 Welsh Junior (9-15) Junior League Cup Final (Carmarthen Harriers had won the Welsh Junior League Cup Final sixteen times in the last nineteen years)
- Third in the 2012 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Sixth in the 2012 Welsh Senior (U17/20/Senior League).
- Third in the 2012 Gerald Codd Trophy U15 competition
- Won the novice boys Gwent cross country League team competition.
- Fifth in the 2012 George Crump MBE Trophy competition (top junior club in the Gwent cross country League). Winner of the trophy in 2005, 2006 and 2007

Achievements of the Carmarthen Harriers members in 2012

- Two competitors in the GB team at the 2012 London Paralympics (Claire Williams and Steffan Hughes)
- Bronze medallist in 2012 Paralympics (Claire Williams)
- Two UK under 17 champions (Aled Price indoor and outdoor combined events and Kyran Roberts indoor 1500m)
- One UK School Games gold medallist (Awen Rosser)
- One Celtic Games gold medallist (Aled Price)
- Fourth in the 2012 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

Carmarthen Town Sports Awards at the Carmarthen Quins Club on Friday 27 January 2012

Carmarthen Harriers had four nominations shortlisted

- Carys Mansfield won the junior female award
- Ossie Morgan was joint second in the coach/volunteer category
- The Carmarthen Harriers junior cross country team were third in the junior team section and Awen Rosser third in the junior female category

Former Carmarthen Harrier member Jessica Roberts (cycling) was runner up in the junior female section

14th Carmarthenshire Sports Personality Awards Evening at the Stradey Park Hotel Llanelli on Wednesday 25 January 2012

Carmarthen Harriers had four nominations on the shortlist for awards this year

- **The Carmarthen Harriers junior cross country team won the junior team of the year award**

Lloyd Heckler received the award on behalf of Carmarthen Harriers

Carmarthen Harriers teams have won this award on four previous occasions

The following nominations were runners up in their categories

- Carys Mansfield Young Sportswoman of the Year
- Claire Williams Disabled Sportswoman of the Year
- Ossie Morgan Award for Outstanding Services to Sport

Former Carmarthen Harrier member Amy Roberts (cycling) won the Young Sportswoman of the Year Award

Bethan Phillips (2009 Welsh U15 indoor 200m champion) is one of the 2012 Carmarthenshire Gold Young Ambassadors

Welsh Athletics Annual Dinner and Awards Evening at the Angel Hotel Cardiff on Saturday 13 October 2012

Aled Price Welsh Male Junior Athlete of the Year

Hedydd Davies Welsh Athletics Lifetime Achievement Award

Positions held by Carmarthen Harriers members in 2012

Mike Walters	Life Member Welsh Schools AA
Hedydd Davies	Chairman West Wales RAC, Hon Sec Dyfed and Carmarthenshire AA, Member of Welsh Athletics Council Chairman of Louise Arthur League

Kevin Evans	Chairman of Welsh cross country committee and Welsh cross country team manager
Joan Goldsmith	Welsh and Welsh schools team manager West Wales team manager
Sharon Leech	Welsh schools team manager
Delyth Brown	Welsh Ladies Mountain Running Team Manager

Report of the Chairman

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

In 2012 the Carmarthen and District Harriers Athletics Club organised 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 on organising the five Carmarthen Throws competitions held this year

In June 2012 we hosted 8 athletes from Melbourne, who were on a eight week tour of Europe. The Club is extremely grateful to the parents of Nikita Neary, Benjamin Williams, Lewys Thompson, Tom Walters, Aled Rees and William Mepham for hosting the athletes. 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. 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, Castell Howell Food, Rotary Club of Carmarthen, Inner Wheel Club of Carmarthen, Howdens Joinery and Tesco

Many thanks to Clive Jones who has worked hard to obtain sponsorship for the Club

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 organise 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. Jean Clarke has assisted her and other Club members and their efforts this year have raised over £4500 for the Club

We are organising a bag packing day at the Carmarthen Tesco Store on Saturday 15 December 2012 and we hope as many members as possible will take part in this fund raising venture

The Carmarthen Harriers website has been a great success. Club is indebted to Lesley Rees for maintaining our website in a professional manner

We would like to thank Sarah Harcourt, Manager of the Carmarthen Leisure Centre and his staff, and in particular James Levett and Lee Rogers, 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 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 2013 to assist in the following key areas; -

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

We hope that at the AGM in February 2013 there will be many more members willing to take on key positions within the club.

Hedydd Davies Cadeirydd / Chairman

Carmarthen Harriers Annual General Meeting

Ivy Bush Royal hotel

Wednesday 8th February 2012, 7-30pm

Present

Hedydd Davies, David Roberts, Bob Dowdeswell, Lana Neary, Sharon Price, Ossie Morgan, Ralph Siggery, Delyth Brown, Carol Jones, Kevin Evans, Simon Mansfield.

Welcome

Hedydd opened the meeting by thanking everyone for attending and outlining the wide range of competitive activities that the club currently offers.

Apologies for absence

Ivor Hopkins, Steve Glynn, Mike Walters, Joan Goldsmith, Helen Mansfield, Richard Wyer.

Minutes of previous AGM held on 2nd February 2011

The minutes were accepted as a true record.

Matters arising from the minutes

Winter training: Numbers are continuing to rise steadily.

Floodlights: After a long time waiting the lights were completed in April 2011. There is still one of the original lights that are not working however.

Portacabin: All work has been completed. There remains an issue about the mess made when equipment is not correctly stored after use. Delyth offered to tidy up and subsequently keep an eye on this matter.

Buses: Costs of buses continue to rise making some distant events very expensive. However, on past experience, not providing a bus would have a damaging effect on the numbers of competitors turning out for the club at these events.

First Aid: The first aid equipment has been reviewed and updated during the last 12 months. Additionally two small first aid kits were received as part of the Tesco equipment for clubs scheme.

Website: The website continues to be well run by Lesley Rees. Any items for inclusion can be e-mailed directly to her.

Performance Targets: Unfortunately the club failed to reach the target of remaining in the first division of the UK YAL Midlands Premier by a very small margin. Under 11 girls competitor numbers remained low throughout the year. Under 11 boy competitor numbers however were very healthy.

During the year progress was made on tackling some of the issues raised at the last AGM. The appointment of a volunteer coordinator is a major initiative in addressing volunteer numbers, this being a vital part of maintaining a successful club. Another important issue is to ensure the provision of specialist coaches in as many events as possible.

The training plan has had a largely positive impact on training sessions although there are still some problems that need to be addressed.

Attendance and promotion of the club at upcoming local athletics events was raised and deferred for discussion later in the meeting.

An £800 grant from Welsh Athletics has been of benefit to the club this year by assisting with the costs of running local events.

Chairman's report

Although 2011 was not the most successful year for the club it is important to note that there were still many successes achieved by club athletes. These are fully recorded in the 2011 Carmarthen Harriers Annual Report

For 2012 it is important to continue to attract and involve new volunteers and to offer, and pay for, training where necessary.

As a target for 2012 the club should aim to improve on 2011 bearing in mind the fact that some of the older and most able athletes will sometimes move to bigger clubs which can then offer them the chance to compete in higher level competitions.

Finance report

The Treasurer produced the audited accounts for the year, for which the committee are very grateful. Dai pointed out that the club is currently in a very sound financial position. The current balance is approximately £38594.

It is vital to continue to maintain good links with the local authorities and also with other local organisations as they make a valuable financial contribution to the club.

Some of the money might be used for promotional activities during the year which could prove to be an investment for the club. Further discussion was deferred to the subsequent committee meeting.

Election of Officers

Mike Walters had informed Hedydd of his wish to stand down as club president. Kevin Evans kindly agreed to take on this role. The full list of officers elected is as follows:

President: Kevin Evans
Chairman: Hedydd Davies
Vice Chair: Joan Goldsmith
Secretary: Bob Dowdeswell
Treasurer: David Roberts
Registration Officer: Hedydd Davies
Website Officer: Lesley Rees

Team Managers

Welsh Senior League: Hedydd Davies/Ralph Siggery/Paul Clarke
UK YAL Male: Simon Mansfield
UK YAL Female: Joan Goldsmith/Lana Neary
Louise Arthur League Boys: Bob Dowdeswell/Nathan Jones
Louise Arthur League Girls: Lana Neary/Joan Goldsmith
Cross Country: Hedydd Davies/Delyth Brown/Steve Glynn/Carol Jones

Team Captains

Track

Senior Men: Paul Clarke
Senior Women: Sophie Pick
UK YAL Men: Aled Price
UK YAL Women: Awen Rosser
Louise Arthur Boys: Nikita Neary
Louise Arthur Girls: Gwenno Evans

Cross Country

Senior Men: Wynne Evans
Senior Women: Sharon Leach
Junior Men: Ronan Llyr
Junior Women: Kari O'Neill

Subscription Fees

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

Training Levy

The levy is to be changed to £2 on Tuesday and no charge on Thursday

CARMARTHEN HARRIERS RECORDS
(As at 1.10.2012)
(Indoor and wind assisted performances deleted)

UNDER 13 GIRLS

100m	Manon Richards	12.7	1978
200m	Manon Richards	26.68	1978
800m	Gemma Mounsey	2.25.7	1994
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	3.05	2012
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	Enfys Jones	2.75	2011
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	Nikita Neary	4.14.20	2012
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
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	Jamie Henthorn	10.9	1993
200m	Bruce Tasker	22.13	2004
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	Vince James	1.52.1	1968
1500m	John M Williams	3.49.0y	1959
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	Kueni Igbagiri	6.85	2007
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	Justin Jones	5524	1993
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	Terry Davies	7.02	1964
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
4 x 100m Relay		43.4	1987/8
4 x 400m Relay		3.25.8	1987

**2012 Carmarthen Harriers Outdoor 'Top 10' Welsh ranking list
(Taken from Power of 10)**

UNDER 13 GIRLS

7	100	13.8	Elinor Matthey	Haverfordwest	12 August
10	200	29.4	Nia Griffiths	Carmarthen	28 April
9	800	2.36.80	Sioned Glynn	Cardiff	9 June
3	1200	4.10.5	Sioned Glynn	Swansea	20 May
4	1500	5.19.20	Sioned Glynn	Cardiff	4 June
2	JT	26.02	Emma Woodhead	Swansea	24 June

UNDER 15 GIRLS

9	75H	12.61	Lauryn Davey	Exeter	30 Sept
7	HJ	1.45	Lauryn Davey	Neath	13 May
1	PV	3.05	Carys Jones	Brecon	7 July
10	LJ	4.70	Lauryn Davey	Haverfordwest	12 August
5	SP	9.69	Bethan Lewis	Carmarthen	16 June
6	SP	9.53	Amy Humble	Newport	17 June
10	DT	22.04	Amy Humble	Haverfordwest	12 August
7	HT	24.93	Amy Humble	Neath	13 May
2	JT	31.32	Jessica Williams	Swansea	26 August
4	JT	27.87	Amy Humble	Haverfordwest	12 August
4	Pen	2380	Lauryn Davey	Exeter	30 Sept

UNDER 17 WOMEN

8	TJ	9.29	Bella Mossman	Carmarthen	16 June
2	SP	11.49	Awen Rosser	Carmarthen	28 June
2	DT	40.89	Awen Rosser	Swansea	26 August

UNDER 20 WOMEN

9	200	26.87	Ffion Rees	Swansea	22 July
2	PV	2.76	Enfys Jones	Cardiff	4 June
2	LJ	5.37	Ffion Rees	Neath	13 May
6	TJ	9.89	Amelia Roberts	Carmarthen	16 June
10	SP	8.17	Ffion Rees	Carmarthen	28 June
2	JT	38.89	Carys Mansfield	Cardiff	4 June

SENIOR WOMEN

3	100H	14.49	Heather Jones	Swansea	10 June
1	DT	40.49	Claire Williams	Loughborough	20 May

UNDER 13 BOYS

9	100	13.3	Elis Lewis	Swansea	20 May
5	200	27.13	Elis Lewis	Cardiff	4 June
10	LJ	4.34	Elis Lewis	Cardiff	3 June
3	SP	8.87	Alan George	Carmarthen	16 June
2	JT	30.00	George Lowry	Carmarthen	16 June

UNDER 15 BOYS

5	300	38.1	Nikita Neary	Haverfordwest	12 August
10	300	39.6	Achraf Liles	Brecon	21 July
4	400	55.0	Nikita Neary	Carmarthen	16 June
7	400	55.86	Achraf Liles	Brecon	7 July
1	800	1.58.65	Nikita Neary	Exeter	31 July
1	1500	4.14.20	Nikita Neary	Cardiff	14 July
8	LJ	5.15	Achraf Liles	Swansea	24 June
3	SP	12.76	William Mephram	Carmarthen	16 June
5	SP	12.02	Sam Bleach	Cardiff	14 July
4	DT	35.51	William Mephram	Haverfordwest	12 August
5	DT	35.17	Sam Bleach	Brecon	19 August
3	HT	40.13	William Mephram	Brecon	7 July
3	JT	44.58	Sam Bleach	Swansea	20 May
4	JT	44.40	Nikita Neary	Carmarthen	31 May

UNDER 17 MEN

3	100	11.21	Shaun Pearce	Yate	24 June
7	200	23.13	Shaun Pearce	Yate	24 June
3	400	50.53	Rhys Granville	Cardiff	25 August
8	400	52.7	Kyran Roberts	Neath	13 May
10	400	53.63	Aled Price	Stoke	4 August
1	800	1.52.92	Kyran Roberts	Stretford	7 August
2	800	1.54.72	Rhys Granville	Birmingham Univ	30 June
1	1500	3.53.8	Kyran Roberts	Bedford	19 August
3	100H	13.96	Aled Price	Cardiff	14 July
1	HJ	1.85	Aled Price	Derby	9 Sept
3	PV	3.20	Aled Price	Stoke	5 August
2	LJ	6.58	Aled Price	Cwmbran	27 May
2	SP	13.55	Kallum-Lee Evans	Carmarthen	26 July
6	SP	12.34	Aled Price	Stoke	4 August
2	DT	42.15	Kallum-Lee Evans	Carmarthen	30 August
7	DT	31.17	Aled Price	Stoke	5 August

4	HT	30.77	Kallum-Lee Evans	Cardiff	14 July
1	JT	55.09	Aled Price	Swansea	18 April
5	JT	43.53	Jack Evans	Brecon	7 July
1	Oct	4815	Aled Price	Stoke	5 August
1	Dec	5845	Aled Price	Stoke	5 August

UNDER 20 MEN

5	100	11.09	Mathew Davies	Yate	24 June
9	100	11.24	Daniel Blain	Swansea	10 June
7	200	22.71	Mathew Davies	Cardiff	14 July
9	400	51.76	Llyr Jamieson	Aberdeen	11 August
8	1500	4.07.48	Lloyd Heckler	Cardiff	14 July
10	3000	9.15.29	Lloyd Heckler	Swansea	22 July
7	2KSc	7.05.87	Ronan Llyr	Yate	24 June
1	110H	14.72	Daniel Blain	Bedford	17 June
2	400H	58.27	Aaron Willmott	Brecon	7 July
4	LJ	6.37	Mathew Davies	Neath	13 May
6	JT	48.10	Gareth Thompson	Brecon	7 July

SENIOR MEN

4	110H	15.72	Glen Elsdon	Derby	27 May
4	PV	4.36	Emyr Jones	Cardiff	3 June
7	LJ	6.20	Kueni Igbagiri	Cardiff	3 June
4	JT	61.10	Jon Llewelyn	Southampton	30 June

Results of Carmarthen Harriers members in 2011/12

Welsh inter schools cross country championships in Brecon on Saturday 19 November 2011

Twelve Carmarthen Harriers members competed for their schools in the Welsh schools inter schools cross country championships at Brecon. Josh Griffiths won a bronze medal in the senior boys race with Lloyd Heckler 5th and Ronan Llyr 12th

In the under 16 boys race Christian Lovett was 4th and Nikita Neary 7th

Aled Phillips finished 17th in the under 14 boys race

Kari O'Neill came 12th in the senior girls race and in the under 16 girls event Megan Thomas was 18th and Niamh Elain 22nd

Ceris Davies finished 12th in the under 14 girls race with Sioned Glynn in 21st place and Ffion Evans 26th

Masters International cross country at Glasgow on 26 November 2011

Peter Moody competed for the Welsh masters team in the masters international cross country event in Glasgow on Saturday 26 November. He finished 18th in the M65 event.

McCain Challenge cross country in Liverpool on Saturday 26 November 2011

Two Carmarthen Harriers competed in the McCain Challenge cross event in Liverpool. Josh Griffiths competing for the Welsh development team finished 43rd in the under 20 race and Lloyd Heckler 16th in the under 17 event

Schools International Pentathlon in Glasgow on Saturday 3 December 2011

Aled Price finished third in the schools international under 18 indoor pentathlon in the Kelvin Hall Glasgow. His performances were 8.67 (60mH); 12.66m (shot); 23.33 (200m); 6.28m (long jump) and 2.16.41 (800m)

Aled was captain of the Welsh team and the under 18 boys team came second to England in the team competition

Welsh inter regional cross country championships at Builth Wells on Saturday 10 December 2011

West Wales hosted the 13th annual Welsh inter regional cross country championships at the Royal Welsh Showground

In the team competitions West Wales did very well winning the overall team title as well as the male and female team trophies

In the individual team events West Wales won the under 17 girls race, the under 20 men and the female 45 category

Overall Team Result

1 West 174; 2 South 154; 3 North 142; 4 East 111

Overall Male Team Result

1 West 93; 2 South 89; 3 North 86; 4 East 58

Overall Female Team Result

1 West 81; 2 South 65; 3 North 56; 4 East 53

Sharon Leech won a silver medal in the Master 35 age group

Under 13 girls (second)

11 Sioned Glynn; 20 Mared Owen

Under 13 boys (third)

19 Aled Phillips; 26 Nathaniel Davies

Under 15 girls (second)

14 Shannon De Smet; 23 Amber Howell; 26 Siobhan Eleri

Under 15 boys (second)

5 Christian Lovatt; 7 Nikita Neary; 30 Benjamin Williams; 34 Tom Walters
36 Hendrik De Smet

Under 17 women (first)

6 Kari O'Neill; 21 Lowri Heckler

Under 17 men (second)

2 Lloyd Heckler; 8 Ronan Llyr; 22 Emlyn Lewis

Under 20 men (first)

4 Josh Griffiths

Senior Women

7 Angharad Davies

Master Women 35 (third)

2 Sharon Leech

Master Men 40 (fourth)

24 Jonathan Jones

Master Men 50 (fourth)

30 Mark Kallenburg; 31 Gordon Orme; 37 Roland Sherwood

**Primary Schools cross country races at Builth Wells
on Saturday 10 December 2011**

Three Carmarthen Harriers members took part in the primary school events held before the Welsh inter regional cross country championships

In the Year 6 boys race Iestyn Williams finished third

Gareth Thompson came third in the year 5 boys race with Tomos Rees in fifth position

Brussels Lotto Cup International Cross Country Race on Sunday 18 December 2011

Wynne Evans competing for Wales finished 50th in the senior race

Carmarthen Tesco Store Bag Packing Saturday 17 December 2011

Thanks

To Beverley Plant and Clive Jones for making all the arrangements with the Carmarthen Tesco Store

To the 58 members of the Carmarthen and District Harriers Athletics Club who attended for giving of their time to raise funds for the Club

£920 was collected and the money raised will go towards the Carmarthen Harriers contribution of £2574 for the new floodlights at the Carmarthen Athletics Track

I am sure you will agree that this was a worthy cause as it has made such a difference to our outdoor training at the Carmarthen Athletics Track this winter

Celtic Cross Country international in Edinburgh on Saturday 7 January 2012

Two Carmarthen Harriers members competed for Wales in the international match. Angharad Davies finished 39th in the under 23 race and Kari O'Neill 59th in the under 17 event

Former Carmarthen Harriers members Dewi Griffiths had an excellent run to finish third in the under 23 race and Michael Kallenburg finished 27th in the same event

Inter District Schools cross country match at Cardiff on Sunday 15 January 2011

Fifty four Dyfed schools/colleges athletes competed in the annual inter district schools match in Cardiff. In the schools competition Nikita Neary won the junior boys race and Josh Griffiths finished second in the senior boys event

Seven schools districts competed. Dyfed came second in the junior girls race and third in the year 7 girls and middle boys age group events

Year 7 Boys

33 Llew Jones; 93 Rhun Edwards

Year 8/9 Boys

10 Nikita Neary; 50 Aled Phillips

Year 10/11 Boys

19 Christian Lovatt; 49 Emlyn Lewis

Year 12/13 Boys

19 Josh Griffiths; 30 Ronan Llyr

Year 7 Girls

18 Ceris Davies; 29 Mared Owen; 46 Nia Griffiths; 100 Rebecca Walters

Year 8/9 Girls

28 Amber Howell; 38 Shannon De Smet
72 Siobhan Eleri; 80 Laura Nix

Year 10/11 Girls

18 Kari O'Neill; 48 Megan Thomas; 49 Lowri Heckler

Welsh indoor athletics championships at the Welsh National Athletics Centre Cardiff on 21/22 January 2012

Carmarthen Harriers won six medals at the championships, four gold and two bronzes

Nikita Neary won two gold medals. In the under 15 boys 800 event on the Saturday he set a new Welsh indoor best performance and championship best performance when he won the race in a time of 2.04.30. On Sunday Nikita won the 1500m race in 4.20.61 which was also a Welsh championship best performance.

Carys Jones a first under 15 athlete won the pole vault with a personal best performance of 2.76m

Aled Price an under 17 athlete won the Welsh senior long jump championship with a leap of 6.61m

Rhys Granville won a bronze medal in the under 17 boys 800m with a time of 1.59.22
The first three in the race broke the previous championship best performance

Emyr Jones with a fine leap of 4.04m won a bronze medal in the senior mens pole vault

Celtic Cup and Welsh indoor 3000m championships at the Welsh national indoor athletics centre in Cardiff on Sunday 29 January 2012

Carmarthen Harrier Wynne Evans won the senior event with a time of 8.33.77 and fellow club mate Ronan Llyr finished third in the under 20 event with a time of 9.47.56

In the Celtic Cup under 20 match Aled Price and Josh Griffiths competed for the under 20 Welsh select team

Aled came 4th in the high jump with a performance of 1.80m and Josh also 4th in the 3000m in 8.58.03

Welsh under 17 and under 20 indoor athletics championships at the Welsh National Indoor Athletics Centre at Cardiff on Sunday 5 February 2012

Carmarthen and District Harriers Athletics Club again did well winning a total of 12 medals. Eight gold, one silver and three bronzes

Aled Price in the under 17 age group won two gold medals and one silver. He won the 60m hurdles in a time of 8.44 seconds and the long jump with a leap of 6.45m. Aled cleared 3.03m in the pole vault to win the silver medal

Nikita Neary won the under 15 boys 3000m race by over 100m in a time of 9.23.37. His time beat the Welsh U15 indoor best performance and championship best performance by over 12 seconds. Earlier in January Nikita had won the Welsh 800m and 1500m events

Erin Walters won two gold medals. She won the high jump with a height of 1.65m and the long jump with a distance of 5.28m

Rhys Granville won a gold medal in the under 17 400m with a time of 52.04. His winning time in the heat was 51.78

In the under 20 age group gold medals were by Daniel Blain in the 60m hurdles with a time of 8.49 and Ffion Rees with an excellent leap of 5.34m in the long jump

Shaun Pearce a first year U17 athlete won two bronze medals. He was third in the 60m with a time of 7.34, only 0.04 seconds behind the winner. Shaun also won a bronze medal in the 200m with a time of 24.35

Enfys Jones had a good performance in the under 17 pole vault in winning a bronze medal with a clearance of 2.61m

Personal best performances were recorded by Christian Lovatt in the under 17 1500 and Ronan Llyr in the under 20 1500. Both finished fourth, Christian's time was 4.28.73 and Ronan's 4.29.76

AAA of England under 17 indoor athletics championships at Birmingham on 25 and 26 February 2012

Carmarthen and District Harriers Athletics Club had this year three athletes entered for the championships. Kyran Roberts won the gold medal in the 1500m event in a time of 4.04.08. Earlier in the season he had set welsh indoor best performance times for the 800m and 1500m

Rhys Granville had to run a heat of the 800m before taking part in the final of the 800m. In the final in a very close race he won the silver medal with a time of 1.55.46, which broke Kyran's Welsh best time.

Aled Price came 7th in the long jump (6.11m) and 5th in the semi final of the 60m hurdles with a time of 8.49 secs

AAA of England under 17 indoor heptathlon combined events championships in Sheffield on 3 March 2012

Aled Price won the title at Sheffield. His points score of 4499 points was 254 points ahead of the athlete in second position. Aled won the Welsh title, which was held in conjunction with the event

Aled's performances were as follows

60m 7.53; Long Jump 6.59; Shot Putt 13.06m; High Jump 1.79m; 60mH 8.52
Pole Vault 3.07; 1000m 3.11.19

Welsh cross country championships at St Fagans Cardiff on Saturday 18 February 2012

Carmarthen and District Harriers Athletics Club had a reasonably successful day in the championships. In the team competition the under 15 boys team finished second and both the under 13 girls and under 15 girls teams finished third

In the individual events Christian Lovatt came second in the under 15 boys race and Lloyd Heckler was also second in the under 17 mens race. Angharad Davies won a bronze medal in the under 23 ladies event

Two former Carmarthen Harriers first claim members did West Wales and Carmarthenshire proud by winning the Welsh individual senior events. First Caryl Jones from Tavernspite won the senior ladies championship convincingly by 54 seconds. Dewi Griffiths of Llanfynydd in his first Welsh senior race won the event by 41 seconds to emulate the success of Carmarthen Harriers Chairman Hedydd Davies who won the title in 1966. Dewi was the winner of the under 23 Welsh championship event. Former Carmarthen Harrier member Alaw Beynon Thomas came second in the under 23 ladies race

Under 13 Boys

18 Nathaniel Davies; 22 Aled Phillips

Under 13 Girls (third)

15 Ceris Davies; 17 Sioned Glynn; 25 Abigail Worrall; 29 Naomi James

Under 15 Boys (second)

2 Christian Lovatt; 6 Nikita Neary; 18 Benjamin Williams; 26 Hendryk De Smet

Under 15 Girls (third)

11 Amber Howell; 12 Shannon De Smet; 23 Laura Nix; 25 Megan Thomas

Under 17 Men

2 Lloyd Heckler; 9 Ronan Llyr

Under 20 Men

4 Josh Griffiths

Senior Women

18 Angharad Davies

Senior Men

7 Wynne Evans; 29 Jonathan Jones; 51 Gordon Orme

Welsh schools cross country championships at Brecon on Saturday 25 February 2012

Dyfed secondary schools cross country team won the Welsh schools team title for the 19th year in succession

Dyfed secondary schools have an outstanding record in the Welsh schools cross country championships winning the overall team title every year since 1993

This year once again at the Welsh schools championships in Brecon on Saturday 25 February 2012 Dyfed came top scoring in the eight age group races 116 points out of a possible 120

**1 Dyfed 116; 2 Cardiff and Vale 100; 3 Afan Nedd Tawe 81; 4 Powys 72
5 Eryri 70; 6 Glamorgan Valleys 67; 7 South East Wales 61
8 North East Wales 60**

At Brecon Dyfed won five of the eight age group races, came second in two and third in one

Dyfed schools won the year 7 girls, junior boys, junior girls, senior girls and senior boys events

Nikita Neary won the junior boys race and Ceris Davies came third in the year 7 girls race

Year 7 Girls (First)

3 Ceris Davies; 5 Sioned Glynn; 8 Mared Owen; 12 Lara Griffiths; 34 Nia Griffiths

Year 7 Boys (Second)

7 Thomas Jones; 16 Llew Jones; 21 Daniel Brominan; 43 Keiran James

Junior Girls Y8/9 (First)

23 Amber Howell; 26 Shannon De Smet; 42 Siobhan Eleri

Junior Boys Y8/9 (First)

1 Nikita Neary; 21 Achraf Liles; 28 Hendryk De Smet; 59 Nicholas Johnson

Middle Girls Y10/11 (Second)

15 Kari O'Neil; 27 Megan Thomas; 28 Lowri Heckler; 50 Niamh Elain

Middle Boys Y10/11 (Third)

9 Christian Lovatt; 17 Emlyn Lewis; 29 Benjamin Williams

Senior Boys (First)

4 Lloyd Heckler; 7 Josh Griffiths; 12 Ronan Llyr

Gwent Cross Country League match at Blaise Castle Bristol on Saturday 3 March 2012

The novice boys team again won their race and ended the season as the Gwent League champion team. In the individual competition Iestyn Williams finished third overall and Gareth Thompson fifth

Nikita Neary finished fourth overall in the under 15 boys event

UK inter counties cross country championships at Cofton Park Birmingham on Saturday 10 March 2012

West Wales was one of the 43 counties or districts taking part in this year's event

In the senior races against the top athletes in the country two former Carmarthen Harriers members Dewi Griffiths and Caryl Jones did very well in the senior races.

Both were up with the leaders for the first of the three laps. Caryl finished 6th in the end and twenty year old Dewi 8th.

Under 15 Boys

102 Nikita Neary; 198 Benjamin Williams

Under 17 Women

171 Kari O'Neill

Under 17 Men

155 Ronan Llyr

Senior Men

98 Wynne Evans

Home Countries international cross country event in Rouken Glen Glasgow on Sunday 18 March 2012

Josh Griffiths competing for the Welsh under 20 team finished 30th

London mini marathon on Sunday 22 April 2012

Three Carmarthen Harriers members competed for the Welsh schools teams

Christian Lovatt was 31st in the under 15 race and Nikita Neary 40th in the same race. Lloyd Heckler finished 55th in the under 17 event

2012 British Universities Athletics Championships in the Olympic Stadium London

Two former Carmarthen Harriers members won medals in the British Universities championships held in the new London Olympic Stadium. These championships were the first event to be held in the stadium and were a trial run for the Olympics to be held later in the year

Dewi Griffiths competing for Swansea University ran superbly well to win a silver medal in the 10,000 metres. His time was a personal best time of 30.21.10. The winner was only 1.2 seconds ahead of him. This was the second year for Dewi to finish second in the event

Caryl Granville also of Swansea University finished third in the 400m hurdles with a time of 59.52 seconds. Caryl had been a medallist in this event on two previous occasions

**Sainsbury UK School Games in the London Olympic Stadium
on Wednesday 9 May 2012**

Carmarthen Harriers had five athletes competing for the Welsh schools team in this year's UK School Games, which was held in the London Olympic Stadium

Awen Rosser won the discus with a throw of 40.04 metres. Two members won bronze medals. Kyran Roberts came third in the 1500m with a time of 3.58.56 and Aled Price third in the javelin with an effort of 52.88m

Shaun Pearce was a member of the Welsh schools 4 x 100m team that came fifth and Rhys Granville in the team that finished fourth in the 4 x 400 metres relay

105th Annual Welsh Athletics Championships at Cardiff on 3/4/5 June 2012

Carmarthen Harriers won a total of 29 medals in this year's championships. Ten were gold 14 silver and 5 bronze

Gold

U15	Nikita Neary	1500	4.19.10
U15	Nikita Neary	Javelin	42.29
U15	Carys Jones	Pole Vault	2.96
U17	Rhys Granville	800	1.59.54
U17	Aled Price	Long Jump	6.57
U20	Daniel Blain	110 hurdles	15.00
U20	Aaron Willmott	400H	59.20
U20	Enfys Jones	Pole Vault	2.76
U20	Carys Mansfield	Javelin	38.89
SW	Sophie Pick	High Jump	1.60

Silver

U15	Nikita Neary	800	2.02.76
U15	Jessica Williams	Javelin	27.81
U17	Shaun Pearce	200	23.44
U17	Aled Price	Javelin	48.52
U17	Aled Price	100 Hurdles	14.03
U17	Awen Rosser	Shot Putt	11.06
U17	Awen Rosser	Discus	36.23
U20	Ffion Rees	Long Jump	5.18
SM	Emyr Jones	Pole Vault	4.36
SW	Heather Jones	100 hurdles	14.79
SW	Sophie Pick	Shot Putt	7.97
SW	Sophie Pick	Long Jump	4.99
M40	Eifion Lewis	100	12.75
M40	Eifion Lewis	200	26.08

Bronze

U13	Elis Lewis	200	27.13
U15	Sam Bleach	Javelin	41.94
U17	Shaun Pearce	100	11.05
U20	Mathew Davies	200	23.37
SW	Angharad Davies	1500	4.50.40

Results of other Carmarthen Harriers members who competed in Cardiff

U13	Sioned Glynn	1500 (4)	5.19.20
U13	Elis Lewis	Long Jump (4)	4.36
U13	Elis Lewis	100(6)	13.21
U13	Harri Doel	100(7)	13.32
U15	Gethin Gibby	100(4)	11.94
U15	Gethin Gibby	200(4)	24.52
U15	Lauryn Davey	High Jump (4)	1.40
U15	Bethan Lewis	Shot Putt (4)	9.41
U15	Amy Humble	Javelin (4)	25.99
U15	Bethan Lewis	Discus (5)	20.68
U15	Lauryn Davey	Long Jump (6)	4.50
U15	Amy Humble	Hammer (6)	21.01
U15	Amber Howell	1500 (9)	5.27.53
U15	Ffion Evans	800 (11)	2.43.82
U15	Hannah Doel	100 (4h)	13.59
U15	Megan Rowe	100 (3h)	13.67
U15	Megan Rowe	200 (5h)	29.01
U17	Gwion Jones	400 (5)	56.13
U17	Gwion Jones	200 (6)	24.66
U17	Gwion Jones	Long Jump (6)	5.45
U17	Bronwen Lewis	Shot Putt (7)	8.19
U17	Christian Lovatt	1500 (7)	4.29.69
U17	Bronwen Lewis	Discus (8)	24.06
U17	Lucy Jones	800 (6h)	2.31.45
U20	Mathew Davies	Long Jump (5)	5.65
SM	Kueni Igbagiri	Long Jump (4)	6.20
SM	Kyran Roberts	1500 (5)	3.55.15
SM	Matthew Jones	200 (5h)	24.11
SM	Matthew Jones	100 (7h)	11.62

Clubs for Young People Championships in Cardiff on 9 June 2012

Under 11 Girls

3	100	Willow Ransome	16.50
2	200	Willow Ransome	33.63
3	200	Lily Owen	37.21
1	800	Olwen Batten	3.12.81
3	LJ	Hanna Murray	3.03

Under 11 Boys

3	100	Edward Bennett	15.57
1	200	Edward Bennett	32.40
2	200	Tomos Rees	32.54
1	800	Tomos Rees	2.38.78
2	800	Gareth Thompson	2.39.04
1	HJ	Edward Bennett	1.15
4	HJ	Tomos Rees	1.00
1	LJ	Gareth Thompson	3.62
4	LJ	Tomos Rees	2.73
6	SP	Archi Morgan	3.80

Under13 Girls

2	100	Nia Griffiths	14.77
4	100	Emma Whitehead	15.22
3	200	Nia Griffiths	30.74
5	200	Sioned Glynn	32.86
1	800	Sioned Glynn	2.36.80
3	800	Emily McKenzie	3.11.13
3	1500	Rebecca Walters	7.00.16
3	LJ	Rebecca Walters	3.22
4	LJ	Amelia Davey	2.88
	HJ	Ailsa Fearn	NJ
4	SP	Danielle Jones	5.50
5	SP	Molly James	5.20

Under 13 Boys

1	100	Elis Lewis	13.78
3	100	Jamie Jones	15.27
1	200	Elis Lewis	28.20
3	200	Jamie Jones	33.74
1	800	Caleb Williams	2.38.91
3	800	Ieuan Phillips	2.42.70
2	1500	Nathaniel Davies	5.47.89
3	1500	Daniel Brominan	5.47.90
2	LJ	Elis Lewis	4.21
3	LJ	Jamie Jones	4.04

Under 15 Girls

4	100	Megan Rowe	14.05
3	200	Megan Rowe	29.03
4	800	Rachel Ebsworth	2.59.64
2	1500	Amber Howell	5.31.90
4	1500	Siobhan Eleri	5.45.83
2	HJ	Lauryn Davey	4.60
3	HJ	Jodie Evans	1.20
2	LJ	Lauryn Davey	4.60
5	LJ	Megan Rowe	4.12

1	SP	Amy Humble	8.15
1	DT	Amy Humble	18.57
1	JT	Amy Humble	27.79
2	JT	Jessica Williams	27.11

Under 15 Boys

2	100	Gethin Gibby	12.54
2	200	Gethin Gibby	24.99
3	300	Tom Walters	42.66
3	800	Tom Walters	2.20.41
1	1500	Aled Phillips	4.57.27
2	HJ	Nicholas Cvetkovic	1.45
3	HJ	Tom Walters	1.45
3	LJ	Aled Phillips	4.73
1	SP	William Mepham	12.31
2	SP	Sam Bleach	11.90
1	DT	Sam Bleach	33.72
2	DT	William Mepham	31.04
1	JT	Sam Bleach	42.36

Under 17 Women

2	100	Natasha Jiwa-Walji	13.80
3	100	Kimberley Abodunrin	13.85
2	200	Kimberley Abodunrin	28.93
3	200	Natasha Jiwa-Walji	29.10
2	800	Niamh Elain	2.41.87
3	LJ	Kimberley Abodunrin	4.03

Under 17 Men

1	1500	Emlyn Lewis	4.48.78
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Under 20 Women

2	100	Ffion Rees	13.46
1	200	Ffion Rees	26.98
1	LJ	Ffion Rees	5.28

Under 20 Men

1	100	Mathew Davies	11.54
1	200	Mathew Davies	23.27
1	400	Aaron Willmott	53.26

IPC European Athletics Championships in Stadskanaal Netherlands on 24-28 June 2012

Two Carmarthen Harriers members were chosen to compete in the IPC European Athletics Championships in Stadskanaal Netherlands (24-28 June 2012)

Claire Williams F12 Discus and Steffan Hughes guide for Tracey Hinton T11 100/200/400 are in the 20 strong GB and NI Paralympic team for the championships

Claire came third in the discus event and Steffan and Tracey won the F11 100 and 200 events

These championships were an important competition for the athletes before the Paralympic Games in London later on in the year

Welsh schools combined events championships at Newport on Saturday 30 June 2012

Aaron Willmott won the silver medal in the senior mens competition

Welsh Schools Athletics Championships at Brecon on Saturday 7 July 2012

Dyfed Schools again had a good day at Brecon winning the overall title by 59 points from Cardiff and Vale with the Afan Nedd Tawe school district in third place. This is the 21st time for Dyfed to win the overall title in the last 25 years

**1 Dyfed 563.5; 2 Cardiff and Vale 504.5; Afan Nedd Tawe 459; 4 North East Wales 328.5; 5 Glamorgan Valleys 326.5; 5 South East Wales 319; 7 Eryri 300
8 Powys 275**

In Brecon Dyfed won the Junior Boys and Middle girls team titles and came second in the junior girls, senior girls, middle boys and senior boys age groups

The Charlie Hughes MBE Trophy was presented at Brecon to the two Dyfed senior captains Stacey Webber Coleg Sir Gar and Daniel Blain Dyffryn Taf

Dyfed athletes competed superbly in Brecon winning a total of 60 medals, 21 were gold, 22 silver and 17 bronze

Junior Girls

Gold

Carys Jones pole Vault

Bronze

Amy Humble javelin

Lauryn Davey, Megan Rowe relay

Junior Boys

Gold

Nikita Neary 1500
Tim Williams relay

Silver

Sam Bleach discus

Bronze

William Mephram hammer
Sam Bleach javelin

Middle Girls

Silver

Kari O'Neill steeplechase
Awen Rosser shot and discus

Middle Boys

Gold

Shaun Pearce 100
Rhys Granville 800
Kyran Roberts 1500
Aled Price long jump
Shaun Pearce; Aled Price relay

Silver

Aled Price 100 hurdles
Shaun Pearce 200
Kallum-Lee Evans shot and discus

Senior Girls

Silver

Carys Mansfield javelin
Catrin Rees relay

Senior Boys

Gold

Daniel Blain 110 hurdles
Aaron Willmott 400 hurdles
Jon Llewelyn javelin

Silver

Lloyd Heckler 3000
Aaron Willmott, Daniel Blain, Mathew Davies and Llyr Jamieson relay

Bronze

Ronan Llyr steeplechase
Jon Llewelyn shot
Gareth Thompson javelin

Welsh inter regional athletics championships at Cardiff on Saturday 14 July 2012

West Wales team again won the Welsh inter regional overall team trophy

1 West Wales 1020; 2 south Wales 909.5; 3 East Wales 600.5; 4 North Wales 600

The West team won the women's team trophy and narrowly failed to win the men's overall team trophy

West Wales won four of the six team competitions

Carmarthen Harriers members won twelve individual gold medals at Cardiff

Under 17 men

Shaun Pearce 100 11.27
Rhys Granville 400 51.10
Aled Price 100 hurdles 13.96
Kallum-Lee Evans shot 13.39
Aled Price javelin 45.67

Under 15 boys

Nikita Neary 1500 4.14.20 (new Carmarthen Harriers record and match record)
William Mephram hammer 37.10

Senior Women

Heather Jones 100 hurdles 15.52
Ffion Rees long jump 5.15

Under 17 Women

Awen Rosser shot 11.27

Awen Rosser discus 36.66 (new match record)

Under 15 girls

Jessica Williams javelin 30.39

International under 20 match at Cardiff on Wednesday 18 July 2012

Ffion Rees and Awen Rosser competed for Wales

Ffion was 3rd in the long jump (5.30) and Awen also 3rd in the discus (39.23)

Celtic Games in Aberdeen on Saturday 11 August 2012

Wales finished second to Ireland in this year's Games

Three Carmarthen Harriers members competed for Wales in Aberdeen. Aled Price won the long jump with a leap of 6.80m. Rhys Granville was third in the 800m in a time of 1.57.33 and a member of the third place 4 x 400m relay team

Llyr Jamieson was also a member of the relay team and he also won the invitation 400m race in a time of 51.76

AAA of England under 17 decathlon championship at Stoke on 4/5/ August 2012

Carmarthen Harrier Aled Price had a magnificent two days of competition to win the title by 222 points. His score was 5845 points

His individual performances were as follows

100 12.14; 400 53.63; 1500 5.11.6; 100 hurdles 14.4; HJ 1.74; LJ 6.52; PV 3.20
SP 12.34; DT 31.27; JT 46.68

GB Junior Mountain running international

Josh Griffiths former member of Carmarthen Harriers finished fourth in the UK World team mountain running trials at Glenridding and has been selected for the GB junior team to compete in the World mountain uphill running championship in Ponte di Legno Italy on 2 September 2012

Welsh 3000 metre championship at Neath on Wednesday 15 August 2012

Three Carmarthen Harriers members competed in the Championships this year. Christian Lovatt won a bronze medal in the under 17 event in a time of 9.44.19. Sian Bradshaw competing for the first time for a long time also won a bronze medal in the

senior ladies event. Her time was 13.25.91. Amber Howell in her first 3000 metre race finished seventh in the under 15 event in a time of 12.39.01

AAA of England under 15 and under 17 athletics championships at Bedford on 18/19 August 2012

Six Carmarthen Harriers members competed in the championships and two bronze medals were won at Bedford

Awen Rosser came third in the shot with a throw of 11.27m and seventh in the discus (38.57)

Nikita Neary won a bronze medal in the under 15 boys 800m with a time of 2.00.26. He won his heat with a time of 2.02.05

Kyran Roberts came fifth in the under 17 1500 m in a time of 3.53.38 which is a new Carmarthen Harriers record. He recorded a time of 3.57.36 in finishing second in the heat

Aled Price the AAA of England under 17 decathlon champion finished sixth in the long jump in Bedford with a leap of 6.50m

Rhys Granville was seventh in the under 17 800m with a time 2.01.73. He had recorded a time of 1.56.76 when he finished third in his heat to qualify for the final

Carys Jones was fifteenth in the under 15 pole vault with a clearance of 2.60m

Welsh Junior Mountain Running Championship in Llanberis on Sunday 19 August 2012

Lloyd Heckler won a bronze medal in the under 20 race

Welsh Junior League Cup Final in Brecon on Sunday 19 August 2012

Carmarthen Harriers did very well to finish third in this year's Welsh U11/13 /15 Cup final having only finished third in this year's Louise Arthur/Welsh junior under 15 West division competition

At Brecon Carmarthen was competing against the other West Wales clubs Swansea and Pembrokeshire, and the other Welsh clubs Cardiff, Newport, Cwmbran, Wrexham and Colwyn Bay

The competition was very close throughout the day between the three West Wales clubs with Swansea now the strongest athletics club in Wales holding to win from Pembrokeshire with Carmarthen third. Carmarthen had been in second place for a long time during the day

**1 Swansea 1083; 2 Pembrokeshire 1029; 3 Carmarthen 1007; 4 Cardiff 892
5 Wrexham 671; 6 Newport 567; 7 Cwmbran 420; 8 Colwyn Bay 373**

This was by far the best performance by a Carmarthen Harriers team this year despite having many members away on holiday

Fifty three Carmarthen Harriers members represented the Club at Brecon and the Club had 11 A event winners and two relay winners (U13 and U15 boys)

Gareth Thompson U11 800 2.38.03
Emma Whitehead U13 javelin 24.94
George Lowry U13 long jump 4.33
Lauryn Davey U15 long jump 4.47 and 75 hurdles 12.94
Amy Humble U15 javelin 26.82
Achraf Liles U15 800 2.14.60
Dwayne Griffiths U15 1000 walk 6.07.62
Sam Bleach U15 discus 35.17 and javelin 43.70
William Mepham U15 hammer 30.14

Under 11 Girls team

Willow Ransome, Kira Gallenders, Elin Jones, Taylor McArthur, Hanna Murray, Olwen Batten, Hannah Taylor

Under 11 Boys team

Rhys Smith, Edward Bennett, Owain Williams, Gareth Thompson, Tomos Rees Iwan Glynn

Under 13 Girls team

Elinor Matthey, Nia Griffiths, Emily Thomas, Rebecca Morgan, Sioned Glynn Ellen Hawkins, Amelia Davey, Ailsa Fearn, Elin Davies, Emma Woodhead Danielle Jones, Molly James,

Under 13 Boys team

Allen George, Caleb Williams, George Lowry, Rhun Edwards, Thomas Jones Iestyn Williams, William Thompson, William Evans, Lewys Thompson, Jamie Jones, Thomas Taylor

Under 15 Girls team

Elin Gordon, Gwenno Evans, Emma Gordon, Lauryn Davey, Amy Humble Caitlin Lowry

Under 15 Boys team

Tim Williams, Javan Mumberson, Gethin Gibby, Achraf Liles, Dwayne Griffiths Nicholas Johnson, Aled Phillips, Aled Rees, William Mepham, Sam Bleach

Results

Under 11 Girls

				Points
75	5A	Willow Ransome	12.19	8
75	6B	Kira Gallenders	13.10	3
150	4A	Willow Ransome	23.57	10
150	2B	Elin Jones	22.92	7
800	3A	Taylor McArthur	2.54.72	12
LJ	5A	Hanna Murray	3.14	8
LJ	5B	Elin Jones	2.84	4
SP	2A	Olwen Batten	5.58	14
SP	3B	Willow Ransome	4.85	6
JT	2A	Hanna Taylor	15.13	14
JT	1B	Olwen Batten	12.74	8
R	5	Olwen Batten Willow Ransome Elin Jones Hanna Murray	67.32	8

Under 11 Boys

75	6A	Rhys Smith	11.97	6
75	2B	Edward Bennett	12.17	7
150	2A	Owain Williams	21.44	14
150	4B	Edward Bennett	23.07	5
800	1A	Gareth Thompson	2.38.03	16
800	1B	Tomos Rees	2.41.36	8
LJ	4A	Edward Bennett	3.45	10
LJ	5B	Rhys Smith	2.91	4
SP	6B	Gareth Thompson	4.60	6
SP	5B	Tomos Rees	3.80	4
JT	7A	Iwan Glynn	13.50	4
JT	2B	Owain Williams	12.75	7
R	2	Edward Bennet Gareth Thompson Rhys Smith Owain Williams	60.37	14

Under 13 Girls

100	2A	Elinor Matthey	14.10	14
100	4B	Nia Griffiths	14.62	5
200	4A	Elinor Matthey	30.23	10
200	2B	Nia Griffiths	29.95	7
800	3A	Emily Thomas	2.40.71	12
800	3B	Rebecca Morgan	2.54.98	6
1500	2A	Sioned Glynn	5.28.50	14
1500	4B	Ellen Hawkins	6.29.89	5
70Hdls	7A	Rebecca Morgan	15.71	4
Hdls	3B	Amelia Davey	15.10	3
Walk	2A	Amelia Davey	6.08.10	14
HJ	7A	Ailsa Fearn	1.15	4
HJ	5B	Elin Davies	1.05	4

LJ	5A	Emma Woodhead	3.75	8
LJ	3B	Amelia Davey	3.54	6
SP	6A	Danielle Jones	6.02	6
SP	4B	Molly James	5.58	5
DT	6A	Molly James	15.22	6
DT	2B	Danielle Jones	14.22	7
JT	1A	Emma Woodhead	24.94	16
JT	1B	Molly James	13.74	8
Relay	3	Elinor Matthey Nia Griffiths Emma Whitehead Sioned Glynn	58.91	12

Under 13 Boys

100	3A	Allen George	14.22	12
100	2B	Caleb Williams	14.62	7
200	6A	George Lowry	30.41	6
200	2B	Rhun Edwards	28.49	7
800	4A	Thomas Jones	2.30.42	10
800	1B	Iestyn Williams	2.30.59	8
1500	4A	William Thompson	5.33.42	10
1500	3B	Rhun Edwards	6.01.80	6
75hds	4A	William Evans	15.28	10
75hds	4B	Lewys Thompson	16.52	5
Walk	3A	Thomas Jones	6.46.48	12
Walk	2B	William Thompson	6.46.86	7
HJ	2A	William Evans	1.35	14
LJ	1A	George Lowry	4.33	16
LJ	2B	Jamie Jones	4.07	7
SP	3A	Thomas Taylor	7.80	12
SP	1B	Allen George	7.79	8
DT	3A	Allen George	16.55	12
DT	1B	Thomas Taylor	16.28	8
JT	4A	Lewys Thompson	22.75	10
JT	2B	George Lowry	22.16	8
Relay	1A	George Lowry Caleb Williams Allen George Jamie Jones	55.74	16

Under 15 Girls

200	8A	Elin Gordon	33.74	2
300	4A	Gwenno Evans	46.92	10
300	4B	Emma Gordon	52.89	5
800	5A	Gwenno Evans	2.50.80	8
800	5B	Elin Gordon	3.05.30	5
1500	5A	Emma Gordon	6.15.34	6
Hdls	1A	Lauryn Davey	12.94	16
Walk	3A	Emma Gordon	6.37.02	12
Walk	3B	Elin Gordon	7.03.33	6
HJ	3A	Lauryn Davey	1.35	12
LJ	1A	Lauryn Davey	4.47	16
SP	2A	Amy Humble	8.61	14

SP	2B	Caitlin Lowry	6.68	7
DT	4A	Amy Humble	20.71	10
DT	1B	Caitlin Lowry	15.90	8
JT	1A	Amy Humble	26.82	16
JT	2B	Caitlin Humble	15.66	7
Relay	6A	Gwenno Evans Elin Gordon Emma Gordon Lauryn Davey	59.52	6

Under 15 Boys

100	3A	Tim Williams	12.10	12
100	1B	Javan Mumberson	11.99	8
200	3B	Tim Williams	24.73	12
200	2B	Gethin Gibby	25.10	7
300	2A	Achraf Liles	39.79	14
300	1B	Gethin Gibby	39.88	8
800	1A	Achraf Liles	2.14.60	16
800	1B	Dwayne Griffiths	2.21.00	8
1500	2A	Nicolas Johnson	5.00.69	14
1500	2B	Aled Phillips	6.57.10	7
80Hdls	2A	Tim Williams	13.20	14
80Hdls	1B	Aled Phillips	17.12	8
Walk	1A	Dwayne Griffiths	6.07.62	16
HJ	4A	Aled Rees	1.50	10
LJ	5A	Achraf Liles	4.47	8
LJ	5B	Aled Phillips	4.35	4
SP	3A	William Mephram	10.85	12
SP	1B	Sam Bleach	10.81	8
DT	1A	Sam Bleach	35.17	16
DT	1B	William Mephram	33.81	8
JT	1A	Sam Bleach	43.70	16
HT	1A	William Mephram	30.14	16
Relay	1	Tim Williams Gethin Gibby Achraf Liles Javan Mumberson	47.23	16

2012 Welsh Athletics Wilkinson Trophy Table

Medals won in the 2012 Welsh outdoor championships

58 clubs competed this year

Club	Gold	Silver	Bronze	Total
Cardiff AAC	30	34	32	96
Swansea H	25	17	17	59
Pembrokeshire H	12	7	9	28
Carmarthen H	11	12	6	29
Wrexham AC	10	6	8	24
Bridgend AC	6	7	2	15
Brecon AC	6	4	3	13
Barry and Vale H	6	3	7	16
Neath H	5	3	2	10

Deeside AAC	5	3	2	10
Colwyn Bay AC	5	3	1	9
Birchfield H	5			5
Menai Track and Field	4	4	1	9
Aberdare VAAC	3	5	5	13
Cwmbran H	2	8	5	15
Newport H	2	7	5	14

2012 London Paralympics

Claire Williams in her third Paralympic Games won a bronze medal in the T11/T12 discus event with a throw of 39.63m

Steffan Hughes also in his third Paralympic Games was the guide for Tracey Hinton who was the captain of the GB team and competing in her sixth Paralympic Games

Both did very well but did not quite make the finals of the 100m and 200m on this occasion

Home Countries Mountain Running International in Melmerby on Saturday 22 September 2012

Lloyd Heckler finished fifth in the under 20 race. On Sunday 21 October 2012 he was a member of the Welsh junior team competing in an international mountain running relay race in Italy

Welsh Half Marathon Championship at Cardiff on Sunday 14 October 2012

Sharon Leech won the Masters 40 championship with a time of 87.43

Masters Cross Country International in Belfast on Saturday 10 November 2012

Three Carmarthen Harriers members will be competing for Wales. Sharon Leech competes in the M40 class, Peter Moody in the M65 age group and Gordon Orme in the M70 class

Former Members of Carmarthen Harriers Athletics Club who are now first claim members of other Welsh Clubs

Any club is sad to see members move on to other clubs but we are extremely pleased that all those who have joined other clubs because of change of address and the need to compete at a higher level of competition have performed exceptionally well in 2012

The list includes the following athletes

Caryl Granville
Anwen Rees
Caryl Jones

Dewi Griffiths
Adam Bitchell
Michael Kallenburg
Josh Griffiths
Erin and Ffion Walters

All the above athletes have expressed their thanks to Carmarthen Harriers and the Harriers coaches for the help given to them in their formative years with Carmarthen Harriers

We are proud that they have all continued to progress and look forward to them all having a very successful 2013 athletics season

2012 Welsh Athletics AGM at Llandrindod Wells on Saturday 27 October 2012

Announced at the AGM that Joan Goldsmith was to be given a Welsh Athletics Meritorious Award for her work with Carmarthen Harriers, Welsh schools, Welsh and West Wales teams

2012 CARMARTHEN HARRIERS AWARDS

2012 BURSARY AWARDS

IESTYN WILLIAMS	LLANGADOG
GARETH THOMPSON	BECA
TOMOS REES	SARON
ARCHI MORGAN	TEILO SANT
EMMA WOODHEAD	QUEEN ELIZABETH
SIONED GLYNN	BRO MYRDDIN
AMELIA DAVEY	AMMAN VALLEY

2012 McCain UK YOUNG ATHLETES MATCH AWARDS

TIM WILLIAMS	QUEEN ELIZABETH
WAYNE GRIFFITHS	AMMAN VALLEY
GETHIN GIBBY	PRESELI
TOM WALTERS	DYFFRYN TAF
NATASHA JIWA-WALJI	PRESELI
KIMBERLEY ABODUNRIN	PRESELI

2012 UK SPORTSHALL ATHLETICS MATCH AWARDS

ALED REES	MAES YR YRFA
ACHRAF LILES	AMMAN VALLEY

NEW AWARDS

2012 WELSH CHAMPION AND INTERNATIONAL

CARYS JONES	TREGIB
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2012 WELSH CHAMPION

WILLIAM MEPHAM	PRESELI
JESSICA WILLIAMS	TREGIB

REPEAT AWARDS

2012 WELSH CHAMPION AND INTERNATIONAL

KYRAN ROBERTS	QUEEN ELIZABETH
WYNNE EVANS	SWANSEA UNIV
SHAUN PEARCE	GLAN Y MOR
KALLUM LEE EVANS	TREGIB
NIKITA NEARY	DYFFRYN TAF
ALED PRICE	MAES YR YRFA
RHYS GRANVILLE	STRADE
AWEN ROSSER	STRADE
FFION REES	CARDIFF UNIV

2012 WELSH CHAMPION

DANIEL BLAIN	DYFFRYN TAF
JON LLEWELYN	TREGIB
AARON WILLMOTT	EMLYN
CARYS MANSFIELD	QUEEN ELIZABETH
SOPHIE PICK	COLEG SIR GAR/UNIV OF GLAMORGAN
ENFYNS JONES	TREGIB
HEATHER JONES	

2012 WELSH INTERNATIONAL

PETER MOODY	
JOSH GRIFFITHS	AMMAN VALLEY
KARI O'NEILL	TREGIB
CHRISTIAN LOVATT	AMMAN VALLEY
ANGHARAD DAVIES	BATH UNIVERSITY
LLOYD HECKLER	QUEEN ELIZABETH
LLYR JAMIESON	DYFFRYN TEIFI

YOUNG VOLUNTEER OF THE YEAR

NATHAN JONES	AMMAN VALLEY SCHOOL
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WILF JAMES MEMORIAL AWARD

SAM BLEACH	EMLYN
AMY HUMBLE	ST JOHN LLOYD

EFFORT AND ENDEAVOUR AWARDS

ALED PHILLIPS	AMMAN VALLEY
LAURYN DAVEY	MAES YR YRFA

CLUB SERVICE AWARDS

IVOR HOPKINS
BOB DOWDESWELL

ERNIE JONES MEMORIAL AWARD

AWEN ROSSER
KYRAN ROBERTS

J EIRWYN WALTERS MEMORIAL AWARD

ALED PRICE

RB EVANS AWARD

DILWEN GRANVILLE
DAI PICK
LESLEY REES

2012 PARALYMPICS

CLAIRE WILLIAMS
STEFFAN HUGHES

2012 List of Coaches

Jane Batten	MD	Wern Berni, Llanboidy, Whitland, Carmarthen	01994 448677
Delyth Brown	MD	9 Tan y Fan, Capel Hendre, Ammanford	01269 492347
Paul Clarke	MD	114 Ffordd y Glowyr, Betws, Ammanford	07866414787
Roger Davey	MD	Craig Ddu, yr Hen Ysgol, Aberarth	01545 571619
Aberaeron Ceredigion			
Hedydd Davies	MD	Frynhir, Capel Dewi Rd, C'then	01267 290249
Kevin Evans	MD	33 Erw Terrace, Burry Port, Llanelli	01554 833969
Steve Glynn	MD	Glynderwen, Bronwydd, Carmarthen	01267 253526
Joan Goldsmith	SP	Rhyd y Fro, Bronwydd, C'then	01267 231028
Ivor Hopkins	MD	Crofter, Bro Sarnau, Rhydaragaeau C'then	01267 253081
Steffan Hughes	MD	18 Waundew Caerfyrddin	07814629871
Carol Jones	MD	31, Bron Yr Ynn, Drefach, Llanelli	01269 843381
Simon Mansfield	JPS	Cilgadan Fach, Llandyfaelog, Kidwelly	01267 267046
Ossie Morgan	Hdls	Newlands, Llannon, Llanelli	01269 841509
Lana Neary	Gen	Pinecrest, Tenby Road, Llanddowror	01994 231164
Sophie Pick	Gen	Llyscelyn, Heol Dinefwr, Foelgastell	01269 845375
Dai Pick	HJ	Llyscelyn, Heol Dinefwr, Foelgastell	01269 845375
Steve Perks	SP	Llety'r Wenallt, Bronwydd C'then	01267 230825
Islwyn Rees	PV	Kismet, Greenfield Terrace, Lampeter	01570 422979
Michael Rees	MD	10C, Clos yr Hendre, Capel Hendre, A'ford	01269 842270
Mathew Rosser	TH	Bryn Alaw, Heol Waun Y Clun, Trimsaran	01554 845375
Ralph Siggery	JT	Ger y Graig, Crwbin, Kidwelly C'then	01269 871538
Alison Siggery	JT	Ger y Graig, Crwbin, Kidwelly C'then	01269 87153
Sara Siggery	JT	Ger y Graig, Crwbin, Kidwelly C'then	01269 871538
Richard Wyer	TH	Plas y Gwynt, Boncath, Pembrokeshire	01239 841316