

2013 CARMARTHEN HARRIERS ANNUAL REPORT

Carmarthen and District Harriers Athletics Club was formed in 1948

2013 has again been a successful year for the Club. At present the Club has 263 members

Achievements of the Carmarthen Harriers teams in 2013

- Fifth in the 2013 Welsh Junior (9-15) Junior League Cup Final
- Third in the 2013 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Fifth in the 2013 Welsh Senior (U17/20/Senior League).
- Third in the 2013 Gerald Codd Trophy (9-15) competition
- Seventh in the UK Midland West 1 Young Athletes (11-15) League
- Won the 2012/13 novice boys Gwent cross country League team competition.
- Won the 2013 Welsh under 15 boys cross country team championship
- Won the 2013 Welsh Under 15 road relay championship
- Fifth in the 2013 Gwent League George Crump MBE Trophy competition
- Fourth in the 2013 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

Achievements of Carmarthen Harriers members in 2013

- Shaun Pearce UK under 17 100m champion
- Aled Price GB junior indoor international (heptathlon)
- Shaun Pearce Celtic Games under 18 100m gold medalist
- Carys Jones UK under 15 pole vault silver medalist
- Kyran Roberts UK under 20 indoor 1500m bronze medalist

Positions held by Carmarthen Harriers members in 2013

Hedydd Davies Chairman West Wales RAC, Hon Sec Dyfed
and Carmarthenshire Schools AA, 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 reasonably successful year and these team results would not have been possible without the support of the whole Club. We are indebted to our elite athletes but also the ordinary club athlete who regularly compete for the Club and gain valuable points in team competitions. Many Harriers members were members of this year's successful Dyfed schools and West Wales teams

In 2013 the Carmarthen and District Harriers Athletics Club organized 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 once again on organizing the five Carmarthen Throws competitions held this year

The highlight of the year for us was the SIAB and Home Countries International cross country match match on 23 March 2013 in Dinefwr Park Llandeilo. In the last 25 years Carmarthen Harriers has been involved in hosting in Carmarthen 25 Welsh road race championships (in conjunction with the Carmarthen Mayor's Race), 20 Welsh championships or international athletics events (including 4 Celtic Games) at the Carmarthen Athletics Track and 5 major cross country events

On Saturday 15 February 2014 the Welsh cross country championships will be held in Dinefwr Park Llandeilo

In June 2013 we hosted 8 athletes from Melbourne, who were on an eight week tour of Europe. The Club is extremely grateful to the parents of Nikita Neary, Caleb and Owain Williams, Aled Phillips, William Mephram, Sam Bleach, Ben Thomas and Chris and Christine Blower for hosting the athletes and team managers. 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, Owen Sports, Rotary Club of Carmarthen, Inner Wheel Club of Carmarthen, Howdens Joinery and Tesco

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 organize 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 organizing a bag packing day at the Carmarthen Tesco Store on Saturday 14 December 2013 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

Many thanks to Mrs Kathryn Rees for organizing the camping weekend at Pembrey Country Park

We would like to thank Sarah Harcourt, Manager of the Carmarthen Leisure Centre and her staff, and in particular 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, Mathew Jones 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 a 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 2014 to assist in the following key areas; -

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

We hope that at the AGM in February 2014 there will be many more members willing to take on key positions within the club.

Hedydd Davies Cadeirydd / Chairman

Carmarthen and District Harriers Annual General Meeting at the Ivy Bush Royal Hotel Spilman Street Carmarthen at 7.30pm on Monday 11th February 2013,

Present

Hedydd Davies, Ivor Hopkins, Bob Dowdeswell, Lana Neary, Sharon Price, Carol Jones, Kevin Evans, Michelle Phillips, Joan Goldsmith.

Welcome

Hedydd opened the meeting by thanking everyone for making the effort to attend.

Apologies for absence

Dai Roberts, Delyth Brown, Steve Glynn, Nathan Jones, Ossie Morgan, Helen Mansfield, Simon Mansfield.

Minutes of previous AGM held on 8th February 2012

The minutes were accepted as a true record. Proposed Ivor Hopkins seconded Kevin Evans.

Matters arising from the minutes

Winter training: Numbers are continuing to rise this year again. Average attendance is approximately 70 younger athletes on a Tuesday evening.

Track Floodlights all now working. Some work is due on the track at the end of February and any other issues that arise can be dealt with then.

Portacabin: This problem has improved but remains an issue. Delyth will be asked if she is willing to continue to work to improve this situation.

Buses: This continues to be a big expense for the club. Not providing transport could reduce further the numbers of athletes competing at events at locations some distance away. This season participation in the UK U13/U15 League will result in an increase in the amount of travel required for athletes to attend events.

Website: The excellent website continues to be well run by Lesley Rees. The club is very grateful for the way in which the information is updated so quickly and comprehensively.

Chairman's report

A copy of the report can be provided on request. Hedydd pointed out that the club is run entirely by volunteers and that without this contribution the club would not exist. A quick look at performance stats over the last ten years shows that initially the club made progress but that this has tailed off significantly in recent years. Whilst membership numbers remain healthy the standards being achieved are lower. This can be put down to the lack of qualified and specialist coaches.

It is vital that the club makes every effort to improve on this situation. Ivor has had a noticeable positive impact as volunteer coordinator in the last year. The club has seven new officials qualified to assist at events and new coaches offering to help out at the club. Ivor indicated that it was quite a frustrating process with many people offering to help but withdrawing when the time arrived to contribute. It is important to note that all training is provided and paid for and requires no financial contribution by the volunteer.

The involvement of more people in running the club is the major target for the coming year. This is the only way in which an improvement in standards will occur.

Finance report

A copy of the audited account was provided. Thanks go to Dai Roberts for this. It is clear from the accounts that the survival of the club is dependant on the receipt of grants, sponsorship and refreshment sales at events. Kevin Evans wished to point out that we are all very grateful to Hedydd for his tireless efforts in this process.

Trends in expenditure indicate that the facilities hired for training are becoming more expensive although are still good value. The club also has to make increasing contributions to the maintenance costs for the track etc. and as previously mentioned the probable increase in bus costs.

The current balance in the account is £42589. This includes the recent contribution of £3000 from the West Wales Freemasons Provincial Council.

Over the year the club is £2000 better off than last year.

Election of Officers

President: Kevin Evans

Chairman: Hedydd Davies

Vice Chair: Joan Goldsmith

Secretary: Bob Dowdeswell

Treasurer: David Roberts

Registration Officer: Hedydd Davies / Michelle Phillips

Website Officer: Lesley Rees

Hedydd pointed out that over the coming year he required more assistance with many of the tasks he currently undertakes. Any member of the club who is interested in helping with any of these activities please contact Hedydd.

Team Managers

Welsh Senior League: Simon Mansfield/Lana Neary

UK U13/U15 Male: Michelle Phillips (plus help)

UK U13/U15 Female: Joan Goldsmith (plus help)

Louise Arthur League Boys: Bob Dowdeswell/Nathan Jones

Louise Arthur League Girls: Gill Edwards/Rhian Glynn

Cross Country: Hedydd Davies/Delyth Brown/Steve Glynn/Carol Jones

Team Captains

Senior Men: Glen Elsdon

Senior Women: Ffion Rees

UK U13/U15 League Male: Aled Phillips

UK U13/U15 League Female: Carys Jones
Louise Arthur Boys: Elis Lewis
Louise Arthur Girls: Lauren Davey

Cross Country

Senior Men:
Senior Women: Sharon Leach
Junior Men: Christian Lovatt
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 £2 on Tuesday and no charge on Thursday

AOB

No notices of motion submitted.

CARMARTHEN HARRIERS RECORDS

(As at 1.10.2013)

(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	3.20	2013
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
	Daniel Davis	12.50	2013
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	Shaun Pearce	10.73	2013
200m	Shaun Pearce	21.62	2013
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	Kyran Roberts	1.52.38	2013
1500m	John M Williams	3.49.0y	1959
1500	Kyran Roberts	3.50.63	2013
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	Aled Price	6.93	2013
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	Aled Price	6050	2013
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

**2013 Carmarthen Harriers Outdoor 'Top 10' Welsh ranking list
(Taken from Power of 10)**

UNDER 13 GIRLS

4	SP	9.30	Danielle Jones	Carmarthen	29 August
6	SP	8.57	Molly James	Carmarthen	17 August
5	DT	21.62	Danielle Jones	Carmarthen	29 August
10	DT	19.15	Molly James	Swansea	9 June
4	LJ	4.34	Alicia Samuel	Carmarthen	30 April

UNDER 15 GIRLS

1	300	41.92	Rebeca Hartson	Cardiff	6 July
5	3000	11.11.65	Sioned Glynn	Cardiff	31 July
9	75H	12.31	Lauryn Davey	Brecon	15 Sept
3	HJ	1.58	Lauryn Davey	Haverfordwest	11 August
5	HJ	1.55	Rebeca Hartson	Carmarthen	8 June
1	PV	3.20	Carys Jones	Bedford	31 August
6	LJ	4.99	Lauryn Davey	Newport	1 Sept
1	SP	10.66	Bethan Lewis	Carmarthen	8 June
8	SP	9.70	Lauryn Davey	Carmarthen	25 July
10	SP	9.38	Anwen Howells	Haverfordwest	11 August
3	DT	25.20	Bethan Lewis	Newport	1 Sept
4	JT	27.52	Emma Whitehead	Cardiff	30 June
1	Pen	2538	Lauryn Davey	Newport	15 June
6	Pen	2271	Rebeca Hartson	Newport	15 June

UNDER 17 WOMEN

8	100	12.84	Rachel Donnison	Horspath	19 June
10	200	26.6	Rachel Donnison	Wolverhampton	28 July
8	3000	11.58.95	Amber Howell	Cardiff	6 July
7	80H	13.2	Frances Nolan	Carmarthen	8 June
9	SP	9.29	Bronwen Lewis	Carmarthen	25 April
10	DT	26.38	Bronwen Lewis	Cardiff	5 July
6	JT	31.67	Amy Humble	Cardiff	6 July
8	JT	28.26	Jessica Williams	Swansea	22 June

UNDER 20 WOMEN

10	100	13.1	Natalie Evans	Carmarthen	8 June
2	PV	2.70	Enfys Jones	Cardiff	6 July

SENIOR WOMEN

10	100H	16.82	Sophie Pick	Bedford	1 June
2	HJ	1.64	Sophie Pick	Swansea	25 May
2	LJ	5.20	Ffion Rees	Swansea	25 May
1	Hept	3460	Sophie Pick	Stoke	4 August

UNDER 13 BOYS

3	800	2.25.43	Iestyn Williams	Cardiff	29 June
6	1500	5.01.95	Ben Thomas	Cardiff	30 June
7	1500	5.02.79	Iestyn Williams	Street	6 May
6	75H	13.8	Kai O'Shea	Carmarthen	8 June
5	DT	21.57	Joshua Thomas	Haverfordwest	11 August
1	JT	37.96	Carwyn Morris	Carmarthen	8 June
3	JT	32.98	Joshua Thomas	Haverfordwest	11 August

UNDER 15 BOYS

10	200	24.40	Rhys Moses-Loyton	Brecon	15 Sept
9	800	2.10.3	Aled Phillips	Carmarthen	8 June
4	HJ	1.71	Aled Rees	Cardiff	6 July
10	HJ	1.60	Joshua Evans	Carmarthen	8 June
2	TJ	12.50	Daniel Davis	Cardiff	6 July
9	SP	10.57	Christopher Davies	Cardiff	6 July
3	DT	32.11	Jack Joseph	Cardiff	6 July
4	JT	39.84	Kieran Evans	Newport	1 Sept
4	Pen	2257	Aled Phillips	Newport	15 June

UNDER 17 MEN

1	100	10.73	Shaun Pearce	Swansea	16 June
1	200	21.62	Shaun Pearce	Dublin	20 July
8	400	53.32	Nikita Neary	Swansea	16 June
10	400	53.8	Achraf Liles	Swansea	25 May
5	800	2.00.4	Nikita Neary	Solihull	30 June

5	1500	4.13.0	Christian Lovatt	Carmarthen	8 June
3	3000	8.52.58	Christian Lovatt	Street	6 May
2	1500Sc	4.35.90	Nikita Neary	Swansea	22 June
5	1500Sc	4.52.46	Achraf Liles	`Cardiff	6 June
6	1500Sc	5.08.6	Cerith Evans	Carmarthen	8 June
4	100H	14.74	Tim Williams	Cardiff	6 July
4	400H	60.39	Achraf Liles	Swansea	22 June
5	400H	63.4	Dwayne Griffiths	Carmarthen	7 June
4	TJ	12.58	Fola Dairo	Carmarthen	8 June
5	SP	12.39	Jack Evans	Newport	15 June
4	DT	36.42	Sam Bleach	Cardiff	6 July
5	DT	34.74	William Mepham	Swansea	25 May
6	HT	37.73	William Mepham	Cardiff	6 July
3	JT	48.92	Sam Bleach	Carmarthen	8 June
8	JT	43.25	Nikita Neary	Swansea	22 June

UNDER 20 MEN

8	200	22.70	Daniel Blain	Cardiff	2 June
8	400	50.64	Rhys Granville	Cardiff	28 April
2	800	1.52.38	Kyran Roberts	Stretford	6 May
5	800	1.55.21	Rhys Granville	Street	6 May
2	1500	3.50.63	Kyran Roberts	Solihull	18 May
5	1500	3.57.13	Lloyd Heckler	Solihull	18 May
5	3000	8.51.8	Lloyd Heckler	Carmarthen	7 June
2	110H	15.2	Daniel Blain	Swansea	25 May
3	110H	15.5	Aled Price	Solihull	30 June
5	HJ	1.85	Aled Price	Cardiff	28 April
7	PV	3.65	Aled Price	Swansea	25 May
1	LJ	6.93	Aled Price	Newport	18 May
4	SP	12.72	Kallum Lee Evans	Carmarthen	29 August
5	SP	12.42	Aled Price	Bedford	1 June
3	DT	37.32	Kallum Lee Evans	Carmarthen	29 August
6	DT	36.83	Aled Price	Bedford	2 June
4	JT	51.64	Aled Price	Cardiff	6 July
5	JT	49.08	Gareth Thompson	Cardiff	6 July
2	Dec	6050	Aled Price	Bedford	2 June

SENIOR MEN

8	100	11.1	Glen Elsdon	Swansea	25 May
9	200	22.6	Glen Elsdon	Swansea	25 May
3	110H	15.14	Glen Elsdon	Kingston	6 July
3	JT	53.84	Aeron Morgan	Carmarthen	29 August

Results of Carmarthen Harriers members in 2012/13

Welsh combined events championships at the National Indoor Athletics Centre in Cardiff on Sunday 4 November 2012

Three Carmarthen Harriers competed and all three won medals

Lauryn Davey won the Welsh under 15 girls title and finished third in the Welsh schools under 16 event

In the under 15 event her performances in the five events were as follows

Long Jump 4.59(2); 60m hurdles 9.96(4); high Jump 1.35 (5); shot 7.46 (2) 800m 2.42.12 (1)

In her last and final event she took the lead to finish with a score of 2545 points, 37 points ahead of the second placed athlete

Nikita Neary won a silver medal in the Welsh schools under 16 event

His score for the five events was 2921 points

60m hurdles 9.44 (4); long jump 5.07(6); 200 25.24(5); shot 12.44 (4); 800 2.06.71(2)

His fine 800m run took him up from 4th place into the silver medal position

Aled Price also won a silver medal in the under 18 age group event

His performances in the five events were as follows

60m hurdles 8.49(2); shot 12.38 (2); 200 23.49 (2); long jump 6.75(2); 800m 2.20.76 (2)

Masters International cross country race in Belfast on Saturday 10 November 2012

Three Carmarthen Harriers members competed for Wales in this annual event

Gordon Orme finished 2nd in the M70 class, Sharon Leech 9th in the M40 age group and Peter Moody 18th in the M65 category

Schools International athletics pentathlon in Glasgow on Saturday 1 December 2012

Three Carmarthen Harriers athletes competed for Wales Schools in the match

Aled Price won the silver medal in the under 18 event with a score of 3569 points

His performances were 60h 8.54; shot 13.45; 200 23.03; long jump 6.80 and 800 2.18.41

Wales won the team event ahead of England, Ireland and Scotland

In the under 16 boys age group Nikita Neary came 10th with a score of 2940

His performances were 60H 9.42; long jump 5.35; 200 24.64; shot 10.84 and 800 2.06.34

Lauryn Davey finished 11th out of 16 in the under 16 girls event with 2772 points

Her performances were long jump 4.68; 60H 9.88; HJ 1.48; Shot 8.00 and 800 2.40.72

Welsh inter regional cross country championships at Builth Wells on Saturday 8 December 2012

West Wales once again had a reasonably successful day at the annual Welsh inter regional championships at the Builth Wells Showground

120 West Wales athletes competed at Builth and West Wales won four team races and four individual winners in the fourteen races

The overall inter regional team competition was again very close and in the end the West finished a close second to a very well organized South region

1 South 173; 2 West 164; 3 East 116; 4 North 110

The West region were equal first with the South region in the overall female section and second in the overall male team competition

Under 13 Girls (second)

8 Sioned Glynn; 20 Ellie Kiff

Under 15 Girls (first)

30 Tegan Harrison

Under 17 women (first)

7 Kari O'Neill

Masters women 35+ (second)

1 Sharon Leech

Under 13 Boys (second)

6 Thomas Jones; 11 Ben Thomas; 17 Iestyn Williams; 19 Aled Davies; 22 Will Thompson

Under 15 Boys (second)

10 Nikita Neary; 20 Aled Phillips; 31 Dwayne Griffiths

Under 17 men (second)

4 Christian Lovatt; 21 Cerith Evans

Under 20 men (first)

5 Lloyd Heckler

European Cross Country Championships in Budapest on Sunday 9 December 2012

Two former first claim members Caryl Jones and Dewi Griffiths won team medals when running for the Great Britain and Northern Ireland team

Caryl in her first GB international over the country finished 15th in the senior women's race. She was the second member of the GB team to finish and helped the team to win silver medals

Dewi Griffiths finished 38th in the under 23 mens race and was the fourth scorer of the GB team and the team won bronze medals

Welsh Masters cross country championships at Builth Wells on Saturday 8 December 2012

Two Carmarthen Harriers members won gold medals at the Championships. Gordon Orme won the M70 class and Sharon Leech the M40 championship. Sharon also won the M35 Welsh inter regional championship held in conjunction with the event

Primary cross country challenge held in conjunction with the Welsh Inter regional cross country championships at Builth Wells on Saturday 8 December 2012

Carmarthen Harriers under 11 teams had a very successful day at Builth winning both the boys and girls team races. Gareth Thompson won the year six boys race, Iwan Glynn the year 5 boys event and Phoebe Davis the year 5 girls race

Tomos Rees won the silver medal in the year six race and Archi Morgan came fifth and Rhys Smith fifteenth in the same event

Taylor McArthur, Phoebe Davis and Olwen Batten were the members of the Harriers girls winning team

Carmarthen Tesco Extra bag packing on Saturday 15 December 2012

On behalf of the Carmarthen and District Harriers Athletics Club I would like to thank the following members and their parents for supporting our fund raising event

Will Mephram, Cerys Davies, Megan Williams, Lydia James, Megan Thomas, Elin Thomas, Eva Edwards, Nikita Neary, Ronan Llyr, Niamh Elain, Siobhan Eleri, Maddie Morgan, Olwen Batten, Jessica Williams, Rebecca Walters, Jonathan Walters, Kimberley Abodunrin, Iestyn Williams, Gareth Thompson, Nathan Jones, Lucy Jones, Gethin Gibby, Llyr Jamieson, Will Thompson, Jasmine Jones, Patthara Fritsaka, Emma Whitehead, Amelia Davey, Lauryn Davey, Emily Tyrer, Lowri Davies, Olivia Howard, Archi Morgan, Aled Phillips, Emma Finucane, Rhys Smith, Sioned Ffion, Sioned Glynn, Iwan Glyn, Tomos Rees

Thanks to Clive Jones and Eiddwen Davies for selling between them £429 raffle tickets

The amount collected was a magnificent total of £1281 and all the money collected will be used to purchase new throwing equipment at the Carmarthen Athletics Track to replace equipment which last year was broken, damaged or lost during training sessions or at the many competitions held on the Track

The Manager of the Carmarthen Tesco Store Mr Ian Little has been thanked for allowing Carmarthen Harriers to have the use of his Tesco Store for our fund raising project

Diolch yn fawr

Hedydd Davies Chairman

AAA of England Under 20 indoor heptathlon championship at Sheffield on 5/6 January 2013

First year under 20 athlete Carmarthen Harrier Aled Price finished a close third in the championship with a score of 4728 points. The winner was David Omorigie of Cardiff with a total of 4791 points

Aled won the long jump with a leap of 6.91m. His other performances were 60 7.48(7); 60H 8.68(7); SP 12.40 (3) HJ 1.89 (3), PV 3.07 (11) and 1000 2.57.45 (8)

Welsh indoor Athletics Championships at the National Indoor Athletics Centre on Sunday 13 January 2013

Carmarthen Harrier Christian Lovatt ran a fine race to win the Welsh under 17 3000m race in an excellent time of 9.02.77. Eifion Lewis won a silver medal in the M40 200m with a time of 26.66

2012 Carmarthen Town Awards at the Carmarthen Quins Club on Friday 25 January 2013

Athletics did very well in the 2012 Annual Awards Presentation evening

A total of 13 awards were won. Five first place awards, six second, and two thirds

First

Carys Jones U13 girl (pole vault)
Elis Lewis U13 boy (100,200 and long jump)
Awen Rosser U19 female (discus and shot)
Claire Williams senior female (discus)
Dewi Griffiths senior male (cross country, road and track)

Second

Nikita Neary U16 boy (cross country, road and track)
Kyrán Roberts U19 boy (track)
Erin Walters U16 girl (long jump, high jump)
Ffion Walters U16 girl (triple jump)
Delyth Brown coach
Caryl Jones senior female (cross country, road and track)

Third

Carmarthen Harriers junior team (award presented to Lauryn Davey)
Bethan Lewis (table tennis, surfing and athletics)

International indoor combined events in Valencia Spain on 26 and 27 January 2013

Seventeen year old Aled Price competed for Great Britain in his first under 20 international match and did very well to finish 8th as he was the youngest competitor in the competition

His performances were

60m 3rd in 7.40; 60H 5th in 8.55; HJ 5th with 1.89; LJ 5th with 6.62
PV 8th with 3.21; SP 6th with 11.72; 1000 8th in 2.55.46

Cardiff Cross Challenge cross country race at Bute Park Cardiff on Sunday 20 January 2013

Dyfed won two team races (senior girls, and year 7 boys) and second in three team events (junior boys, junior girls and middle boys)

Christian Lovatt won a silver medal in the middle boys race

Year 7 Girls (3rd, 59 finishers)

23 Non Morgan; 39 Celyn Williams; 59 Tyler Jade Mathias

Year 7 Boys (1st, 63 finishers)

12 Ben Thomas; 18 Iestyn Williams; 26 Will Thompson

Junior Girls Year 8/9 (2nd 67 finishers)

26 Sioned Glynn; 41 Tegan Harrison; 44 Ellie Kiff; 45 Nia Griffiths; 66 Rebecca Walters

Junior Boys Year 8/9 (2nd 61 finishers)

22 Thomas Jones

Middle Girls Year 10/11

30 Amber Howell

Middle Boys Year 10/11(2nd 70 finishers)

3 Christian Lovatt; 34 Nikita Neary; 61 Dwayne Griffiths

Senior Girls Year 12/13 (1st 39 finishers)

32 Kari O'Neill; 36 Lowri Heckler

Senior Boys Year 12/13 (36 finishers)

17 Lloyd Heckler; 25 Ronan Llyr

Cardiff Challenge primary schools cross country race at Bute Park Cardiff on Sunday 20 January 2013

Carmarthen Harriers under 11 team did extremely well winning both team races

In the girls race year 4 pupil Phoebe Davis won the silver medal with Taylor McArthur 5th, Olwen Batten 8th and Eva Edwards 11th. There were 60 finishers in the event

In the boys event Tomos Rees was 4th, Archi Morgan 7th, Gareth Thompson 13th, Iwan Glynn 14th, Owain Williams 19th, Aled Thomas 21st and Bedwyr Davies 44th. There were 79 competitors in the race

Welsh U13, U17 and senior indoor athletics championships at the National Indoor Athletics Centre at Cardiff on 26 and 27 January 2013

In the championships this year Carmarthen Harriers athletes won a total of seven medals, two were gold, four silver and 1 bronze

Gold

Shaun Pearce U17 60 (7.03)

Christian Lovatt U17 1500 (4.13.04)

(Also Ben Thomas 1 U13 800 2.32.70 and 1 U13 1500 5.10.4

Silver

Iestyn Williams U13 800 (2.32.72)
Rhys Granville U20 800 (2.00.60)
Enfys Jones SW PV (2.65)
Emyr Jones SM PV (4.20)

Bronze

Nikita Neary U17 800 (2.05.03)

4 Jamie Jones U13 LJ (4.23)
4 Lloyd Heckler U20 1500 (4.14.26)
4 Ffion Rees SW LJ (4.97)
4 Sophie Pick SW HJ (1.50)
4 Aled Phillips U15 800 2.00.60
5 Sophie Pick SW LJ 4.61

Gwenno Evans 2h U17W 300 (46.65)
Nikita Neary 2 h U17M 400 (55.45)
Kyrán Roberts 2h SM 800 (1.54.80)
Mathew Jones 6h SM 60 (7.64)

International indoor combined events in Valencia Spain on 26 and 27 January 2013

Seventeen year old Aled Price competed for Great Britain in his first under 20 international match and did very well to finish 8th as he was the youngest competitor in the competition

His performances were

60m 3rd in 7.40 60H 5th in 8.55 HJ 5th with 1.89 LJ 5th with 6.62
PV 8th with 3.21 SP 6th with 11.72 1000 8th in 2.55.46

Vienna International Indoor competition on Tuesday 29 January 2013

Kyrán Roberts ran for Wales in the above event and finished 4th in a personal best indoor time of 3.53.81

Carmarthenshire Sports Personality Awards Evening at the Stradey Park Hotel Llanelli on Wednesday 6 February 2013

Carmarthen Harriers and Athletics did well in the 15th annual awards evening

Winners

Nathan Jones Young Volunteer of the Year
Claire Williams Disabled Sportswoman of the Year

Runners Up

Kevin Evans Outstanding Services to Sport Award
Delyth Brown High Performance Coach of the Year
Delyth Rees Sports Volunteer of the Year (hockey)
Carmarthen Harriers U17 athletics team

Former Carmarthen Harriers members also did well

Winner

Amy Roberts Young Sportswoman of the Year (cycling)

Runner Up

Josh Griffiths Young Sportsman of the Year

Outstanding Services to Sport Award

This Award went to Roy Adams who has given over 40 years service to athletics. He is well known to us in Carmarthen as a highly respected time keeper and marksman at many athletics meetings held at the Carmarthen Athletics Track or indoors in the Leisure Centre

Welsh cross country championships at Glan Usk Powys on Saturday 16 February 2013

Carmarthen Harriers had a successful day at the Welsh Championships. The under 15 boys team won gold medals and the under 13 girls and under 13 boys teams bronze medals. Nikita Neary was third in the under 15 boys race and Dewi Griffiths a former member of Carmarthen Harriers retained his senior mens title

Under 15 boys (first)

3 Nikita Neary; 7 Achraf Liles; 12 Brychan Williams; 18 Aled Phillips; 20 Ioan Thomas

Under 13 girls (third)

8 Sioned Glynn; 18 Ellie Kiff; 23 Non Morgan; 27 Ella Barnwell; 34 Elen Hawkins; 41 Emily Maslin

Under 13 boys (third)

8 Thomas Jones; 14 William Thompson; 24 William Thomas; 27 Jack Beech

Under 20 men

4 Lloyd Heckler; 11 Ronan Llyr

Senior Men

73 Gordon Orme

In the primary schools races held before the Welsh Championships Carmarthen Harriers did really well winning a total of 11 medals (eight gold, one silver and two bronze)

Year 5 boys (first)

1 Iwan Glynn; 3 Harri Thomas; 13 Rhys Smith

Year 6 boys (first)

2 Archi Morgan; 3 Tomos Rees; 9 Aled Thomas

Year 5 girls

1 Phoebe Davis; 3 Sioned Jones- Evans

Year 6 girls

3 Taylor McArthur

Welsh under 15 and under 20 indoor athletics championships at the Welsh National Indoor Athletics Centre in Cardiff on Sunday 17 February 2013

Carmarthen Harriers did well to win 10 medals at the championships (four gold, five silver and one bronze)

Gold

Lauryn Davey U15 high jump (1.53)
Carys Jones U15 pole vault (2.63)
Bethan Lewis U15 shot putt (10.51)
Aled Price U20 long jump (6.86)

Silver

Aled Phillips U15 300 (41.41)
Aled Phillips U15 high jump (1.45)
Aled Phillips U15 pole vault (1.76)
Daniel Blain U20 60 hurdles (8.17)
Enfys Jones U20 pole vault (2.73)

Bronze

Aled Price U20 60 hurdles (8.61)

Welsh schools cross country championships at Brecon on Saturday 23 February 2013

The Dyfed (Carmarthenshire, Ceredigion and Pembrokeshire) secondary schools cross country teams again had another successful day at Brecon

In Brecon this year Dyfed won three of the eight team competitions (Y7 boys, junior boys and senior girls). The junior boys, middle boys teams, middle boys and senior boys second and the Y7 girls fourth

In the overall team competition Cardiff and Vale Schools scored 117 points out of a maximum of 120 and won the overall title for the first time since 1990. Dyfed came second with 113 points and this year for the first time in 23 years were beaten by the very strong all-round Cardiff and Vale of Glamorgan schools team

**1 Cardiff and Vale of Glamorgan 117; 2 Dyfed 113; 3 Afan Nedd Tawe 68; 4 Eryri 54; 5 Powys 53
6 North East Wales 50; 7 South East Wales 48; 8 Glamorgan Valleys 38**

Eighty five Dyfed school athletes travelled to represent Dyfed in the 51st annual championship and at Brecon Dyfed athletes won a total of 44 medals (18 gold medals, 25 silvers and 1 bronze medal)

Sixteen Dyfed schools athletes have been selected to compete for the Welsh schools team in the schools international cross country match in Dinefwr Park Llandeilo on Saturday 23 March 2013

Year 7 Girls (Fourth)

23 Non Morgan

Junior Girls (Y8/9) (First)

18 Sioned Glynn; 26 Mared Owen; 51 Nia Griffiths

Middle Girls (Y10/11) (Second)

18 Amber Howell

Senior Girls (Y 12/13) (First)

11 Kari O'Neill; 25 Lowri Heckler

Year 7 Boys (First)

5 Ben Thomas; 14 Iestyn Williams; 15 Wil Thompson; 55 Jack Beech

Junior Boys (Y8/9) (Second)

14 Aled Phillips 18 Thomas Jones; 29 Ioan Thomas

Middle Boys (Y10/11) (Second)

7 Nikita Neary; 22 Brychan Williams; 23 Achraf Liles; 28 Cerith Evans; 54 Nicholas Johnson

Senior Boys (Y12/13) (Second)

13 Ronan Llyr; 20 Emlyn Lewis

UK junior indoor athletics championships at Birmingham on 23 and 24 February 2013

Four Carmarthen Harriers members competed in this year's championship

Kyran Roberts won a bronze medal in the under 20 1500 with a time of 3.58.13. Carys Jones came 5th in the under 15 girls pole vault with a clearance of 2.80. Rhys Granville narrowly failed to make the final of the under 20 800 when he finished 5th in his heat with a time of 1.56.05

Welsh U20 long jump champion Aled Price failed to record a valid jump in the under 20 long jump

Dyfed primary schools cross country championships at the United Counties Showground Nantyci Carmarthen on Thursday 7 March 2013

Boys Year 3

1 Ifan Knott, 2 Frank Morgan

Boys Year 4

4 Liam Edwards; 11 Dafydd Waters; 13 Morgan Batten

Boys Year 5

1 Iwan Glynn; 6 Rhys Smith; 8 Deian Morgan

Boys Year 6

1 Tomos Rees; 2 Archi Morgan; 5 Mabon Evans; 7 Owain Williams; 13 Aled Thomas

Girls Year 4

1 Phoebe Davis; 3 Daisy Thompson

Girls Year 5

1 Sioned Jones-Evans; 4 Beca Mai Roberts; 15 Isabel Moore

Girls Year 6

2 Taylor McArthur; 7 Olwen Batten; 11 Eva Edwards; 15 Elin Jones

Under 20 indoor international match with England at the Welsh National Indoor Athletics Centre on Sunday 10 March 2013

Six Carmarthen Harriers athletes competed for Wales in the match with England

Kyran Roberts finished second in the 800m in 1.53.29 with fellow Harriers member Rhys Granville third in 1.57.57. Daniel Blain came fourth in the 60m hurdles in 8.22 and Enfys Jones also fourth in the pole vault with a clearance of 2.70m

Aled Price in the long jump came fourth with a jump of 6.80m. Shaun Pearce was a member of the Welsh 4x200m relay team that finished third. He finished fifth running as a guest in the 60m in 7.07 seconds and second in the guest 200m race with a time of 22.96

Welsh Sportshall Athletics Final at Cwmbran on Sunday 3 March 2013

Carmarthenshire schools teams competed for Dyfed in the annual Welsh sportshall athletics final in Cwmbran. Eight Welsh school districts took part and Dyfed finished second in the under 15 boys age group and third in both the under 13 girls and under 15 girls age groups. This is the first time that Dyfed have not qualified for the UK final in Birmingham since sportshall athletics events were first held in Carmarthen in 1992

Individually the team did very well winning a total of 32 medals (12 gold, 12 silver and 8 bronze)

Under 13 girls

Gold

Alicia Samuel 2 lap

Under 15 Girls

Gold

Lauryn Davey long jump

Silver

Bethan Lewis shot putt

Bronze

Amy Humble shot putt

Under 15 Boys

Silver

Achraf Liles and Nikita Neary 2 man paarlauf

Bronze

Achraf Liles 4 laps

British Veterans Cross Country championships at Sunderland on Saturday 16 March 2013

Carmarthen Harrier Gordon Orme won the Masters 70 category event at the British championships. He finished in a time of 27.23 and was only two seconds ahead of the next competitor. This season he has also won the Gwent cross country league over 70 title

2013 Welsh Road Relays Championships at Llandow on Sunday 17 March 2013

Carmarthen Harriers had a reasonably successful day winning two events and finishing second in another event

The Under 15 boys won their competition and the under 11 boys also won their team race. The under 11 girls finished second and both the under 15 girls and under 17 mens team came fourth

Nikita Neary recorded the fastest lap in the under 15 boys event and Tomos Rees and Phoebe Davis were both second in the under 11 races

Under 11 boys 1500m (first)

2 Tomos Rees 5.01; 6 Liam Edwards 5.20; 7 Aled Thomas 5.23; 16 Rhys Smith

Under 11 girls 1500m (second)

2 Phoebe Davis 5.18; 9 Taylor McArthur 5.40; 17 Eva Edwards 5.56

Under 15 boys relay (first)

Achraf Liles 9.15; Dwayne Griffiths 9.44; Nikita Neary 8.59

Under 15 girls relay (fourth)

Amber Howell 7.58; Elin Gordon 8.20; Emma Gordon 8.31; Victoria Davies 8.23

Under 17 men relay (fourth)

Christian Lovatt 8.30; Cerith Evans 9.46; Nicholas Jones 10.00

Under 13 girls relay

Ellie Kiff 8.24; Non Morgan 8.48; Mared Owen 8.06

Under 13 boy relay

Iestyn Williams 7.20

Schools (junior and middle) and Home Countries (seniors and under 20) international cross country match at Dinefwr Park Llandeilo on Saturday 23 March 2013

This event was the result of 18 months of hard work involving the Chairman Hedydd Davies and Welsh Schools and Welsh Athletics

Dinefwr Park was almost the only place in the UK not to have snow and even though it was very cold the ten races went on as scheduled and all the visitors were very complimentary of the course and all the arrangements

Particular thanks to the four Liaison Officers with the teams

Eric Evans (Ireland), Steve Glynn (Wales), Ivor Hopkins (England) and Bob Dowdeswell (Scotland)

Sharon Leech and Delyth Rees were two of the Welsh schools team managers

11 Carmarthen Harriers members competed for Dyfed primary schools in the match with West Glamorgan primary schools

Boys

1 Archi Morgan (4.26); 3 Tomos Rees (4.33); 4 Iwan Glynn (4.36); 15 Owain Williams (4.52)
20 Rhys Smith (4.58); 22 Deian Morgan (4.59)

Dyfed 27 West Glamorgan 70

Girls

2 Taylor McArthur (4.50); 11 Phoebe Davis (5.10); 13 Siwan Jones-Evans (5.15)
16 Beca Mai Roberts (5.17); 18 Eva Edwards (5.19)

Dyfed 31 West Glamorgan 56

Five Carmarthen Harriers members competed for Welsh schools in the international schools match

Middle Boys

7 Christian Lovatt, 30 Nikita Neary

Senior Boys

14 Lloyd Heckler, 38 Ronan Llyr

Senior Girls

39 Kari O'Neill

Dinefwr Park will be the venue on Saturday 15 February 2014 of the 2014 Welsh cross country championships

London mini marathon on Sunday 20 April 2013

Two Carmarthen Harriers members competed for the Welsh schools team in this year's event. Christian Lovatt finished 23rd in the under 17 race and Nikita Neary 20th in the under 15 event

Former Carmarthen Harrier Jessica Parry Williams now living in Cardiff and a member of Les Croupiers Running Club won the Welsh ladies marathon championship held in conjunction with the main London Marathon race. Her time of 2.52.33 was over 9 minutes better than her previous best time

Welsh Masters Athletics Championships at Newport on Saturday 15 June 2013

Four Carmarthen Harriers competed in Newport and did very well winning four gold medals and 3 silver medals

Gordon Orme M70 won gold medals in the 800 and 1500 events
Sian Bradshaw M35 won gold in the 800 and silver in the 1500
Peter Moody M65 won a gold medal in the 1500 and silver in the 400
Mark Kallenburg M50 won silver in the 1500 event

Welsh and Welsh schools combined events championships at Newport on Saturday 15 June 2013

Dyfed schools and Carmarthen Harriers members did reasonably well in the annual championships held at Newport

Dyfed won the junior girls team event and the two team scorers were Lauryn Davey and Rebecca Hartson

Lauryn won the Welsh schools gold medal in the event and also the Welsh Athletics U15 girls gold medal

Aled Phillips won a bronze medal in the Welsh under 15 event and came fourth in the Welsh schools championship.

Amelia Davey finished fourth in the U15 1000m walk

51st Boys' and Girls' UK National Athletics Championships at Cardiff on Saturday 15 June 2013

Under 11 girls

1 Siwan Jones-Evans 100m 15.2
5 Courtney Edwards 100m 19.3
3 Ellie Tromans 200m 33.4
4 Phoebe Davis 200m 37.4
1 Phoebe Davis 800m 2.44.8

2 Ellie Tromans 800m 2.57.6
2 Lili Church LJ 3.16
4 Lili Church SP 3.83

Under 13 girls

3 Mabli Davies 100m 15.0
2 Mabli Davies 200m 30.5
2 Ellen Hawkins 800m 2.50.4
3 Rebecca Morgan 800m 2.53.5
1 Taylor McArthur 1500m 5.39.2
3 Mabli Davies LJ 3.31
1 Danielle Jones SP 7.60

U15 girls

2 Megan Rowe 100m 14.0
3 Sioned Glynn 800m 2.44.8
1 Ellie Kiff 1500m 5.37.0
1 Bethan Lewis SP 9.85
1 Bethan Lewis DT 23.19

Under 17 women

1 Kimberley Abodunrin 100m 14.1
1 Kimberley Abodunrin 200m 30.1
2 Amber Howell 1500m 5.54.4
2 Kimberley Abodunrin LJ 3.49
1 Bronwen Lewis SP 9.37
1 Bronwen Lewis DT 25.09

Under 11 Boys

2 Jac Doel 100m 15.1
3 Rhys Smith 100m 15.2
2 Jac Doel 200m 31.5
2 Rhys Smith 200m 31.5
3 Iwan Glynn 800m 2.40.6
5 Joseff Rhys-Ellis 809m 2.81.1
1 Joseff Rhys- Ellis LJ 3.84

Under 13 Boys

1 Owain Williams 100m 15.0
2 Jamie Jones 100m 15.0

2 Owain Williams 200m 31.6
4 Teilo Davies 200m 32.9
2 Wil Thomson 1500m 5.17.6
1 Jamie Jones HJ 1.27
3 Owain Williams HJ 1.10
2 Jamie Jones LJ 4.24
1 Josh Thomas SP 6.19
2 Leon Davis SP 5.86

Under 15 Boys

3 Caleb Williams 100m 15.0
3 Rhun Edwards 200m 28.4
3 Thomas Jones 800m 2.24.0
2 Ioan Thomas 1500m 5.13.4
3 Caleb Williams LJ 4.00
1 Aeron Bickerdike JT 31.15

Under 17 Men

1 Tim Williams 100m 12.4
1 Tim Williams 200m 24.5
1 Achraf Lyles 400m 56.2
1 Dwayne Griffiths 800m 2.11.3
1 Achraf Lyles 1500m 4.34.4
3 Cerith Evans 1500m 4.52.2
2 Dwayne Griffiths TJ 10.35
1 William Mepham SP 10.92
3 Sam Bleach SP 10.63
1 William Mepham DT 31.15
3 Sam Bleach DT 29.30
1 Sam Bleach JT 45.61

Under 20 Men

1 Achraf Lyles TJ 11.50

Welsh athletics championships at Cardiff on 29 and 30 June 2013

Carmarthen Harriers won a total of nine medals, four gold, two silver and three bronze

Gold

Joshua Thomas U13 javelin 29.31
Carys Jones U15 pole vault 3.11

Aled Price SM long jump 6.96
Bethan Lewis U15 shot putt 10.32

Silver

Kyran Roberts SM 800 1.52.89
Bethan Lewis U15 discus 24.75

Bronze

Iestyn Williams U15 800 2.25.43
Sophie Pick SW high jump 1.60
Emma Woodhead U15 javelin 27.52
Ffion Rees SW long jump 5.00

Other positions

4 Lauryn Davey U15 75 hurdles 12.37
5 Ben Thomas U13 1500
5 Lauryn Davey U15 300 44.89
6 Jamie Jones U13 75 hurdles 15.40
7 William Thompson U13 1500 5.12.57
8 Elinor Matthey U15 100 14.06
12 Thomas Jones U15 1500 4.52.45
17 Ellie Kiff U15 1500

Carmarthen Harriers finished fourth this year in the Wilkinson Sword Trophy competition behind Cardiff, Swansea and Cwmbran. Carmarthen Harriers won the trophy in the period 2004-2008. This year Carmarthen Harriers won a total of twenty medals in this year's Welsh championships- eight gold, six silver and six bronze

35 Clubs won medals

	Club	Gold	Silver	Bronze	Total
1	Cardiff AAC	44	37	26	107
2	Swansea H	32	20	30	82
3	Cwmbran H	9	6	6	21
4	Carmarthen H	8	6	6	20
5	Birchfield H	7	1		8
6	Deeside AAC	5	6	2	13
7	Newport H	4	10	7	21
8	Bridgend AC	4	5	3	12
9	Brecon AC	4		3	7
10	Pembrokeshire H	3	4	6	13
11	Llanelli AC	3	2		5

Welsh Schools Athletics Championships at Cardiff on Saturday 6 July 2013

Dyfed schools athletics team win once again

Dyfed Schools again had a very good day at Cardiff winning the overall title once again by 35 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 553; 2 Cardiff and Vale 523; 3 Afan Nedd Tawe 402; 4 South East Wales 325; 5 Glamorgan Valleys 318; 6 Eryri 320; 7 Powys 271; 8 North East Wales 253

In Cardiff Dyfed won the senior girls team title and came second in the junior girls, middle girls, middle boys and senior boys age groups. They finished third in the junior boys age group

The Charlie Hughes MBE Trophy was presented at Cardiff to the two Dyfed senior captains Stacey Webber Coleg Sir Gar and Ronan Llyr Bro Myrddin

Dyfed athletes competed superbly in Cardiff winning a total of 57 medals, 20 were gold, 19 silver and 18 bronze

Every single Dyfed school member selected (a team of 75 members) turned up to compete in Cardiff

Nine Dyfed School athletes have been chosen for the Welsh schools team for the middle age group international schools match in Dublin on Saturday 20 July 2013

Junior Girls

Gold

Rebecca Hartson 300 41.92
Lauryn Davey high jump 1.55
Carys Jones pole vault 3.05

Silver

Bethan Lewis shot 10.17

Bronze

Bethan Lewis discus 22.92

Junior Boys

Gold

Aled Rees high jump 1.71

Silver

Jack Joseph discus 32.11

Daniel Davis triple jump 12.50

Middle Girls

Silver

Rachel Donnison 4x100 relay 55.32

Bronze

Amber Howell 3000 11.58.95

Middle Boys

Gold

Shaun Pearce 100 10.93

Shaun Pearce 200 22.16

Christian Lovatt 3000 9.05.20

Silver

Dwayne Griffiths 2000 walk 14.15.73

Gethin Gibby, Tim Williams, Shaun Pearce 4x 100 relay 44.97

Bronze

Tim Williams 100 hurdles 14.74

Achraf Liles 400 hurdles 60.44

Achraf Liles 1500 steeplechase 4.52.46

Sam Bleach javelin 46.82

Sam Bleach discus 36.42

Senior Girls

Silver

Enfys Jones pole vault 2.70

Senior Boys

Gold

Rhys Granville 800 1.58.46

Aled Price javelin 51.64

Ronan Llyr 2000 walk 14.15.27
Mathew Davies, Llyr Jamieson, Daniel Blain, Aled Price 4 x100 relay 44.25

Silver

Daniel Blain 110 hurdles 15.37
Daniel Blain 200 22.97
Ronan Llyr 3000 10.26.60
Gareth Thompson javelin 49.08

Bronze

Emlyn Lewis 1500 4.34.06

World Mountain Running Youth Cup in Gap France on Saturday 6 July 2013

Two Carmarthen Harriers members competed for Wales

29 Nikita Neary; 31 Kari O'Neill

Delyth Brown was the Welsh Ladies team manager

Schools international athletics match in Dublin on Saturday 20 July 2013

Seven Carmarthen Harriers members competed for the Welsh schools team in the annual match in Dublin this year

The outstanding performance was by the Welsh boys captain Shaun Pearce who finished second both in the 100m (10.97), 0.02 seconds behind the winner and also second in the 200m in a time of 21.62. He was a member of the Welsh schools 4 x 100m relay that finished second in 42.67

Results of the other Harriers members in Dublin

6 Carys Jones pole vault 2.90
6 Christian Lovatt 3000 9.00.89
8 Nikita Neary 1500 steeplechase 4.40.67
8 Sam Bleach discus 33.98
8 Lauryn Davey high jump 1.50
4 Rebeca Hartson in the 4 x 400 relay 2.46.19

Celtic Games in Colwyn Bay on Saturday 3 August 2013

Four Carmarthen Harriers competed for Wales in this annual match

Under 16

2 Sam Bleach JT 46.81

Under 18

- 1 Shaun Pearce 100 10.98
- 2 Carys Jones PV 2.91
- 3 Rhys Granville 800 2.00.77

World Mountain Running Championship trial race on 11 August 2013 at the Whinlatter Forest Visitor Centre

5 Lloyd Heckler

First reserve for the GB junior team to compete in the World Mountain Running Championship in Poland

UK Athletics championships at Bedford on 31 August /1 September 2013

Two Carmarthen Harriers athletes competed and won medals at the top athletics competition in the UK in 2013

Sixteen year old Shaun Pearce won the under 17 100m in a wind assisted 10.42 seconds. In the competition he had won his heat in 10.73 and semifinal in 10.67

On the second day he had three races in the 200m. He won his heat in 21.87, was third in the semifinal in 21.60 and in the final against very talented athletes he finished a creditable fifth in 22.48

Fourteen year old Carys Jones set a new personal best of 3.20m in winning the silver medal in the under 15 pole vault competition. Her brother Emyr won the senior pole vault competition on the same day at the Welsh inter regional athletics championships in Newport

Welsh inter regional athletics championships at Newport on Sunday 1 September 2013

West Wales again won the overall team championship, winning by 138 points from the South Region

1 West Wales 961; 2 South Wales 823; 3 East Wales 700; 4 North Wales 506

West Wales also won the male and female overall team trophies. In the individual team competitions West Wales won all six age groups

At Newport the trophies were presented by John Penny the Welsh Athletics President to Caryl Granville and Jonathan Williams the two West Wales team captains

West Wales have an outstanding record in the Welsh inter regional athletics championships winning the overall team title 13 times since 1998.

Results of Carmarthen Harriers Members at Newport

Under 15 girls

6 Megan Rowe 100 13.97; 6 Sioned Glynn 1500 5.30.37; 3 Lauryn Davey HJ 1.56; 2 Lauryn Davey LJ 4.99
2 Bethan Lewis SP 10.40; 2 Bethan Lewis DT 25.20; 2 Emma Woodhead JT 25.40

Under 17 Women

1 Rachel Donnison 100 12.89; 1 Rachel Donnison 200 26.72; 3 Bronwen Lewis SP 8.28
4 Bronwen Lewis DT 21.12

Senior Women

5 Sian Bradshaw 1500 5.54.44; 1 Sophie Pick HJ 1.60

Under 15 Boys

7 Aled Phillips 300 45.14; 4 Tomas Jones 1500 4.47.31; 4 Aled Rees HJ 1.55
2 Christopher Davies SP 10.41; 3 Jack Joseph 27.35; 3 Keiran Evans JT 39.84

Under 17 Men

3 Nikita Neary 800 2.04.02; 6 Dwayne Griffiths 800 2.09.15; 5 Brychan Williams 1500 4.37.22
7 Dwayne Griffiths 1500 4.49.68; 1 Christian Lovatt 3000 9.32.29; 2 Achraf Liles 400H 60.88
1 Nikita Neary 1500Sc 4.50.61; 2 Achraf Liles 1500Sc 4.53.96; 3 Fola Dauro TJ 11.94
4 William Mepham SP 10.08; 3 William Mepham DT 32.10; 4 Sam Bleach DT 31.54
4 HT William Mepham 31.74; 5 HT Sam Bleach 15.58

Senior Men

2 Glen Elsdon 100 11.32; 5 Daniel Blain 100 11.62; 4 Daniel Blain 200 23.48
5 Glen Elsdon 200 23.63; 1 Glen Elsdon 110H 16.03; 4 Aled Price HJ 1.80
1 Aled Price LJ 6.71; 3 Aled Price JT 48.46

Welsh Junior League Cup Final in Brecon on 15 September 2013

Carmarthen Harriers qualified for the Final by finishing third in this year's Welsh junior league West Division/Louise Arthur League

48 Carmarthen Harriers travelled to Brecon on a very wet and windy day to compete for the Club. From the results of all the events this year Carmarthen would at Brecon be competing against four clubs that had been outstanding during the year

And so it was even though Carmarthen probably had its best team out this year

All the Harriers members did well at Brecon and the team finished in fifth place

Carmarthen Harriers had 6 A string winners and 4 B string winners and the under 11 boys team kept their unbeaten record in winning their relay race

Thanks are due to Ivor Hopkins, Neil Thomas, and Jane Jones. Lucy Jones and Natasha Jiwa-Walji for judging all the six javelin competitions in the terrible weather in Brecon

This year Dyfed secondary schools won the Welsh inter district athletics team championship at Cardiff by 35 points and West Wales the Welsh inter region athletics team championship by 139 points

**1 Swansea Harriers; 2 Cardiff AAC 1143; 3 Cardiff Archers 1094; 4 Pembrokeshire Harriers 928
5 Carmarthen Harriers 879; 6 Newport Harriers 677; 7 Wrexham 259**

Under 11 Girls (4th)

4A	75	Phoebe Davis	11.62
1B	75	Siwan Jones-Evans	11.21
2A	150	Ellie Tromans	24.08
7B	150	Lucy Davies	28.07
1A	800	Phoebe Davis	2.42.66
1B	800	Ellie Tromans	2.51.80
1A	LJ	Phoebe Davis	3.70
3B	LJ	Lili Church	3.28
6A	SP	Lili Church	5.34
6B	SP	Lucy Davies	3.39
7A	JT	Lili Church	8.29
6B	JT	Lucy Davies	5.16
3	Relay	Phoebe Davis, Lucy Davies, Ellie Tromans, and Siwan Jones-Evans	64.7

Under 11 Boys (3rd)

2A	75	Rhys Smith	10.74
5B	75	Dafydd Waters	11.74
4A	150	Rhys Smith	23.42
4B	150	Dafydd Waters	24.94
3A	800	Iwan Glynn	2.47.07
5B	800	Deian Morgan	3.00.52
4A	LJ	Rhys Smith	3.78
2B	LJ	Joseff Rhys-Ellis	3.73
4A	SP	Deian Morgan	5,56
2B	SP	Joseff Rhys-Ellis	5.35
2A	JT	Iwan Glynn	23.27
6B	JT	Dafydd Waters	4.12
1	Relay	Iwan Glynn, Rhys Smith, Dafydd Waters, and Joseff Rhys-Ellis	60.88

U13 Girls (6th)

6A	100	Hawys Evans	14.93
5A	200	Rosie Bennett	30.20
5B	200	Hawys Evans	32.32
5A	800	Taylor McArthur	2.49.88
5A	1500	Non Morgan	6.21.66
6A	70H	Elin Jones	13.09
3A	1KW	Cerys Davies	6.11.65
2B	1KW	Mirain Davies	6.52.36
6A	LJ	Ellen Morris	3.93
6A	SP	Danielle Jones	7.70
6B	SP	Rosie Bennett	6.49
3A	DT	Danielle Jones	19.72
4B	DT	Rosie Bennett	11.39
6A	JT	Danielle Jones	17.16
6	Relay	Elin Jones, Ellen Morris, Rosie Bennett, and Hawys Evans	61.75

U13 Boys (5th)

5A	100	Owain Williams	14.85
4B	100	Ben Thomas	14.77
4A	200	Owain Williams	31.57
3B	200	Iestyn Williams	29.93
1A	800	Iestyn Williams	2.37.37
1B	800	Tomos Rees	2.38.39
3A	1500	Ben Thomas	5.07.43
1B	1500	Will Thompson	5.19.67
3A	75H	Brandon Williams	15.72
4B	75H	Jamie Jones	15.76
3A	HJ	Callan Davies	1.35
4B	HJ	Owain Williams	1.25
1A	LJ	Jamie Jones	4.40
4B	LJ	Iestyn Williams	3.60
5A	SP	Josh Thomas	7.12
5B	SP	Leon Davis	5.46
2A	DT	Josh Thomas	20.90
5B	DT	Leon Davis	12.64
2A	JT	Josh Thomas	28.48
5B	JT	Leon Davis	22.53
3	Relay	Jamie Jones, Ben Thomas, Iestyn Williams, and Will Thompson	62.46

U15 Girls (4th)

3A	100	Elinor Matthey	13.51
2B	100	Megan Rowe	13.57
3A	200	Elinor Matthey	28.45
3B	200	Megan Rowe	28.74
2A	300	Rebeca Hartson	44.95
3B	300	Megan Beech	48.94
3A	800	Mared Owen	2. 32.94
3A	1500	Sioned Glynn	5.29.44
2B	1500	Ellie Kiff	5.36.87
3A	75H	Megan Beech	13.00
2B	75H	Lauryn Davey	12.31
2A	1KW	Amelia Davey	5.55.45
2A	HJ	Lauryn Davey	1.50
1A	LJ	Lauryn Davey	4.97
4B	LJ	Emma Whitehead	4.12
2A	SP	Anwen Howells	8.30
2B	SP	Rachel Davies	6.46
2A	DT	Anwen Howells	20.40
4B	DT	Rachel Davies	14.86
1A	JT	Emma Whitehead	23.86
4	Relay	Lauryn Davey, Megan Rowe, Elinor Matthey, and Megan Beech	56.16

U15 Boys (5th)

3A	100	Rhys Moses-Layton	11.90
6B	100	Ollie Murison	12.67
2A	200	Rhys Moses-Layton	24.40
6B	200	Ollie Murison	25.93
6A	300	Caleb Williams	45.67
5A	800	Aled Phillips	2.20.37
4B	800	Caleb Williams	2.28.41
5A	1500	Thomas Jones	4.57.37
3B	1500	Daniel Evans	5.05.06
6A	80H	Matthew Glaze	16.12
5A	HJ	Aled Phillips	1.45
2A	SP	Christopher Davies	10.32
1B	SP	Keiran Evans	9.87
2A	DT	Christopher Davies	20.11
2B	DT	Keiran Evans	18.99
3A	JT	Keiran Evans	38.53
5B	JT	Daniel Evans	22.70
6	Relay	Rhys Moses-Layton, Ollie Murison, Thomas Jones, and Daniel Evans	54.10

British Masters Athletics Championships at Birmingham on 14/15 September 2013

Gordon Orme won two medals in the M70 class. In the 5000 race he finished second in a time of 20.17.27 and came third in the 1500 in 5.48.47

Swansea Bay Races on Sunday 22 September 2013

Carmarthen Harriers athletes did very well in the junior races

In the 1K race (8 and over) nine year old Liam Edwards (3.28) finished first and team mate eleven year old Gareth Thompson (3.30) finished second. In the same race nine year old Daisy Thompson was the first girl to finish (3.31). Eva Edwards was the fourth girl to finish (3.46) and Siwan Jones-Evans came sixth in 3.50. Rhys Smith was ninth overall in the race (3.44)

In the junior 3K race Thomas Jones finished fourth (10.25), Ben Thomas sixth (11.06) and Tomos Rees eight (11.26). Will Thompson came 14th (11.46). In the same race Sioned Glynn was third girl (11.33) Mared Owen 7th girl (11.56) and Ellie Kiff 9th girl (12.04)

In the 5K Race Christian Lovatt won by in a time of 16.20, 91 seconds ahead of the second athlete

Peter Moody won the M70 Welsh 10K championship in a time of 43.03

Home Countries international mountain running championships in the Achray Forest near Aberfoyle Scotland on Saturday 21 September 2013

Three Carmarthen Harriers members competed for Wales in this annual competition and all three returned home with a team medal

In the under 16 boys race Nikita Neary finished 15th and the team came third

Kari O'Neil and Lloyd Heckler both competed in the under 19 races

Kari was 14th and Lloyd 8th. The under 19 girls Welsh team was third and the boys team second

Carmarthen Harrier coach Delyth Brown was the girls team manager

Carmarthenshire Primary schools cross country championships at the United Counties Showground at Nantyci Carmarthen on Thursday 26 September 2013

Year 4 Boys 1 Frank Morgan (3.30); 2 Ifan Knott (3.40)

Year 5 Boys 2 Liam Edwards (4.24); 3 Dafydd Waters (4.36); 6 Morgan Batten (4.51)

Year 5 Girls Phoebe Davis (4.31); 2 Daisy Thompson (4.33); 9 Mia Griffiths (5.29)

Year 6 Boys 1 Iwan Glynn (4.17); 2 Joni Hartson (4.22); 3 Joseff Rhys-Ellis (4.28); 6 Rhys Smith (4.31); 8 Deian Morgan (4.34)

Year 6 Girls 1 Beca Roberts (4.33); Ellie Tromans (4.35); 5 Rachel Fice (4.53); 7 Maddie Morgan (5.09)

Cardiff U11 Challenge 1 mile races and Welsh 1 mile championships at Cardiff on Saturday 5 October 2013

Under 11 Girls

1 Daisy Thompson 5.57

Under 11 Boys

3 Iwan Glynn 5.46

Welsh 1 mile championships

Under 13 Boys

1 Iestyn Williams 5.19; 2 Ben Thomas 5.20; 5 Will Thompson 5.39; 7 Tomos Rees 5.53
9 Gareth Thomson 6.02

Under 15 Girls

5 Sioned Glynn 5.45; 8 Ellie Kiff 5.56

Under 15 Boys

4 Thomas Jones 5.14

Under 17 Girls

4 Amber Howell 6.06

Under 17 Men

3 Christian Lovatt 4.42

Two former Carmarthen Harriers first claim members won the Welsh half marathon championships. Dewi Griffiths (65.01) and Jessica Parry Championships (75.58) both won in personal best times

Welsh Athletics Awards at the Welsh Athletics AGM at Llandrindod Wells on Saturday 26 October 2013

Carmarthen Harriers won three Welsh club awards

Carol Jones Club Development

Nathan Jones Club Volunteer

Carmarthen Harriers Inclusivity Award

Former members of Carmarthen and District 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 or the need to compete at a higher level of competition have performed exceptionally in 2013

The list includes the following athletes

Caryl Granville, Dewi Griffiths, Caryl Jones, Jessica Parry-Williams, Josh Griffiths, Paul Bennett, Adam Bitchell, Michael Kallenburg, Erin and Fion Walters, Awen Rosser

2013 CARMARTHEN HARRIERS AWARDS

2013 BURSARY AWARDS

IWAN GLYNN	Y DDERWEN
RHYS SMITH	Y DDERWEN
ARCHI MORGAN	TEILO SANT
WIL THOMPSON	BRO MYRDDIN
TAYLOR McARTHUR	GRIFFITH JONES
GARETH THOMPSON	BECA
DAFYDD WATERS	Y DDERWEN
DEIAN MORGAN	Y DDERWEN
JOSEFF RHYS-ELLIS	NANTGAREDIG
PHOEBE DAVIS	FFAIRFACH
TOMOS REES	SARON
ELLIE TROMANS	Y DDWYLAN
SIWAN JONES-EVANS	TEILO SANT
ELINOR MATTEY	TREGIB
KIMBERLEY ABODUNRIN	PRESELI
AMY HUMBLE	ST JOHN LLOYD

NEW AWARDS

2013 WELSH CHAMPION AND INTERNATIONAL

LAURYN DAVEY	DYFFRYN AMAN
REBECA HARTSON	LLANDOVERY COLLEGE
GORDON ORME	

2013 WELSH CHAMPION

JOSHUA THOMAS	QUEEN ELIZABETH
BEN THOMAS	STRADE
IESTYN WILLIAMS	PANTYCELYN
ALICIA SAMUEL	DYFFRYN AMAN
FRANCES NOLAN	TREGIB
RACHEL DONNISON	PENGLAIS

REPEAT AWARDS

2013 WELSH CHAMPION AND INTERNATIONAL

ALED PRICE	MAES YR YRFA
SHAUN PEARCE	GLAN Y MOR
CARYS JONES	TREGIB
RHYS GRANVILLE	STRADE
CHRISTIAN LOVATT	DYFFRYN AMAN
NIKITA NEARY	DYFFRYN TAF
PETER MOODY	
SHARON LEECH	
SOPHIE PICK	TRINITY ST DAVIDS
RONAN LLYR	BRO MYRDDIN

2013 WELSH CHAMPION

BETHAN LEWIS	BRO MYRDDIN
ALED REES	MAES YR YRFA
GLEN ELSDON	
SIAN BRADSHAW	

2013 WELSH INTERNATIONAL

ENFYNS JONES	TREGIB
KYRAN ROBERTS	QUEEN ELIZABETH
LLOYD HECKLER	QUEEN ELIZABETH
KARI O'NEILL	TREGIB
DANIEL BLAIN	DYFFRYN TAF

WELSH CROSS COUNTRY TEAM CHAMPIONS

ACHRAF LILES	DYFFRYN AMAN
BRYCHAN WILLIAMS	LLANDOVERY COLLEGE
ALED PHILLIPS	DYFFRYN AMAN

WELSH ROAD RELAY TEAM CHAMPIONS

DWAYNE GRIFFITHS	DYFFRYN AMAN
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YOUNG VOLUNTEER OF THE YEAR

LUCY JONES	MAES YR YRFA
NATASHA JIWA-WALJI	PRESELI

WILF JAMES MEMORIAL AWARD

DANIELLE JONES	QUEEN ELIZABETH
JESSICA WILLIAMS	TREGIB

EFFORT AND ENDEAVOUR AWARDS

JAMIE JONES	EMLYN
ELLIE KIFF	TREGIB
SIONED GLYNN	BRO MYRDDIN
THOMAS JONES	BRO MYRDDIN

CLUB SERVICE AWARDS

DAI ROBERTS
NATHAN JONES
JANE BATTEN

ERNIE JONES MEMORIAL AWARD

CARYS JONES
KYRAN ROBERTS

J EIRWYN WALTERS MEMORIAL AWARD

SHAUN PEARCE
ALED PRICE

RB EVANS AWARD

SARAH HECKLER
TERRY ALCOCK

2013 List of Coaches

Jane Batten	MD	Wern Berni,Llanboidy, Whitland, Carmms	01994 448677
Delyth Brown	MD	9 Tan y Fan,Capel Hendre, Ammanford, Carmms	07814487648
Paul Clarke	MD	114 Ffordd y Glowyr, Betws, Ammanford, Carmms	07866414787
Roger Davey	MD	Craig Ddu, Yr Hen Ysgol, Aberarth, Aberaeron	01545 571619
		Ceredigion	
Hedydd Davies	MD	Frynhir, Capel Dewi Road, Carmarthen, Carmms	01267 290249
Kevin Evans	MD	33 Erw Terrace, Burry Port, Llanelli, Carmms	01554 833969
Steve Glynn	MD	Glynderwen, Bronwydd, Carmarthen, Carmms	01267 253526
Joan Goldsmith	Sp	Rhyd y Fro, Bronwydd, Carmarthen, Carmms	01267 231028
Ivor Hopkins	Gen	Crofter, Bro Sarnau, Rhydargaeau, Carmarthen	01267 253081
Carol Jones	MD	31 Bron yr Ynn, Drefach, Llanelli, Carmms	01269 843381
Simon Mansfield	MD	Cilgadan Fach, Llandyfaelog, Kidwelly, Carmms	01267 267046
Ossie Morgan	Hdls	Newlands, Llannon, Llanelli, Carmms	01269 841509
Lana Neary	Gen	Pinecrest, Llanddowror, St Clears, Carmms	01994 231164
Sophie Pick	Gen	Llyscelyn, Heol Dinefwr, Foelgastell, Llanelli, Carmms	01269 845375
Dai Pick	HJ	Llyscelyn, Heol Dinefwr, Foelgastell, Llanelli, Carmms	01269 845375
Steve Perks	Sp	Llety'r Wenallt, Bronwydd, Carmarthen, Carmms	01267 230825
Michael Rees	MD	10c Clos yr Hendre, Capel Hendre, Ammanford	01269 842270
Ralph Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carmms	01269 871538
Alison Siggery	JT	Ger y Graig , Crwbin, Llanelli, Carmms	01269 871538
Sara Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carmms	01269 871538
Richard Wyer	Th	Plas y Gwynt, Boncath, Pembs	01239 841316