



Carmarthen and District Harriers Committee Meeting – Ivy Bush Hotel – Carmarthen

Wednesday 20th September 2017 19:00-22:00

Present: Hedydd Davies (Chairman), Kevin Evans (President) Nathan Jones (Secretary), Cressy Morgan (Treasurer), Jake Morgan, Ralph Siggery, Dorrien Thomas, Hayley John, Carol Jones, Delyth Brown, Kathryn Rees, Alison Thomas, Neil Thomas and Andrew Lloyd-Hughes (WA Network Officer)

Apologies: from Edward Morgan, Jane Batten, Steve Glynn and Rhian Glynn

The minutes of meeting held on 24th May 2017 were checked for accuracy. In agreement, the minutes were accepted as a true record.

Minutes arising from the meeting:

- ***Carmarthen Harriers Dinner 2017***
- *Replies have been slow to come in so far (just the 15 at the time of writing) More should be sent quicker when award letters have gone out. The dinner is held on Friday 3rd November at the Ivy Bush Hotel in Carmarthen with Dewi Griffiths as the guest speaker.*
- *Thursday night training was reported as going well with a good small group of around 12-15 attending weekly. These sessions are only through invite to those who compete for the club.*
- *Track condition: will need resurfacing as some places are starting to go. The track might undergo relining next year but this will have to go through a process as the cost is likely to be around £200,000. April-July period would be good as the weather will be better.*
- *The high jump and pole vault is in bad shape. Pole Vault stands are a problem. Dave Jessett is invited down to the track ahead of the track season to inspect the venue.*
- **Action:** *Looking at facilities and submitting a report to the county council. Also, it would be useful to consult with the HJ & PV coaches along with Sarah Jones and the Leisure Centre.*
- *There were problems with the relining of javelin and discus sector lines throughout the summer, as they were going over the incorrect football lines. The council was contacted several times ahead of the upcoming events. A course could perhaps be arranged that someone knows how to mark out. Andrew can check any options in relation to the javelin/discus/hammer lines.*

- **Network Officer**
- *Rebecca Gatt left in January and it has taken around six months for a new person to come in. Andrew Lloyd-Hughes is now the new Dyfed Network Officer.*
- *It was pointed out that a track certification high level would be needed for hosting bigger events which would require a level 3, the club currently has level 1. Action: An assessment to take place to put corrections in place before.*
- *Carmarthenshire Primary Schools Cross Country: Taking place on Thursday 21st September at the Showground. The Highway agency met with event volunteers over car parking and traffic control. A new system is in place for 2017 with 17 marshals and radio equipment used.*
- **Gwent League:**
- *A good event back in March, and the venue will be used again in December. The Welsh Road Relay Championships was also a success during September. Thanks were given to Neil Thomas for the main organization of the championships along with others who contributed. It was positive to see local athletes supporting their home events and many seniors commented on the encouraging course and quality. It is hoped that the event will come back again, the question being would it be March or September?*
- **Catering**
- *Thanks to Edward and his volunteers for their help during the summer season. A profit of £1100 was made and worked well. Athletes not involved in the Louise Arthur League etc were present to help on the stand outside the shed.*
- *Dyfed Schools in June: Event called off during the morning due to poor weather conditions.*
- *No invoice as yet from St John Ambulance. This will be received at the end of the month.*
- **Australian athletes:**
- *3 athletes turned up in June along with a mother and Neville Sillitoe. Due to the cancellation of the schools, they joined up with club members to train on the track on Saturday afternoon and Pembrey.*
- **Use of football games in centre of the athletics track**
- *It is a school pitch; however there was a meeting with the area manager about strict rules about playing games on the field. A Carmarthen senior and team have agreed to a limit of 8 games but if pitch is unsuitable then they do not use. They bring their own equipment on the day. The drainage on the field is not great.*
- **T-Shirts:**

- *Have been arranged by Alison. All coaches and team managers/officers have one now and looks good particularly out at events, with good comments coming especially at the Louise Arthur in Swansea, where the club colors were obvious to see.*
- **Notice Board:**
- *No further progress. The club does have a notice board inside the leisure centre, however it is situated at the further end near the old entrance. Action: Jake to enquire moving the board closer to where visitors can see.*
- **Alfie Pics**
- *involved in many of our events by now. He's involved again in the upcoming Carmarthenshire Primaries and has donated £50 to the club. Photographs go onto the Alfie Pics website with the link also on the Harriers Website.*

Financial Report

Current Account: £28,435.90

Treasurers Deposit Account: £16,459.49

Total: £44,895.39

(As on 20th September 2017)

Income includes Membership & Registration Fees, Sale of Vests, Training Levy, Sale of Refreshments, Grants, Gate Money and Entry fees collected at events.

Expenditure includes Coaching, Hire of buses, Hire of track for training at the track, sportshall and primary school events at the Showground, St John Ambulance, Purchase of vests and Welsh Athletics Registration Fees.

There are bills to be paid between now and the end of the year including dinner and track hire. Every event in Carmarthen is sponsored. Buses cost going to events, it was suggested that parents could do more car sharing, this to be discussed.

A time was spent on **Membership**.

There are many non-registered athletes training on a Tuesday Evening . No membership fee, no participation. It was proposed that coaches should do regular spot checks on Welsh Athletics cards which are sent to athletes. A proposal was to prepare a paper which would be circulated to discuss this matter. This links into safeguarding issues.

Alison, Cressy and Kathryn plus coach support to discuss this. Hayley also agreed to hand children small slips/information that would be passed onto parents as we do not see many parents at the track (they are dropped off.)

Chairman's Report **Results since last Committee Meeting**

Welsh senior league at Brecon on Saturday 3 June 2017

In the Welsh Masters championships Carmarthen Harriers members won three medals

Jake Morgan (M45) gold in 200 and 400

Paul Clarke (M35) silver 1500

1 Brecon; 2 Swansea 616; 3 Cardiff 548; 4 Neath 431; 5 Carmarthen 391; 6 Pembrokeshire 324; 7 Aberdare 285; 8 Cardiff Archers

Dyfed secondary schools championships at Carmarthen on Friday evening 9 June 2017 and all day Saturday 10 June 2017

Fine evening for the competition on Friday 9 June but rained all day on Saturday 10 June 2017 resulting in the championships being cancelled at 9.30am

The Dyfed secondary schools team to compete in the Welsh schools championships in Cardiff on Saturday 1 July 2017 was selected from the results of the four area championships

Welsh senior championships and some U15 championships at Cardiff on Saturday 10 June 2017

Carmarthen Harriers members won 3 medals (2 gold and 1 bronze)

Gold

William Edwards HJ 2.00

Glen Elsdon 110 H 14.93

Bronze

U15 Daisy Thompson 1500 4.54.50

Dyfed primary schools championships in Carmarthen on Wednesday 14 June 2017

Boys

100 6 Owain Hari-Davies 14.8

70H 1 Harri Howells 13.9

800 1 Ifan Bowen 2.34.6; 2 Jack Thomas 2.40.5; 7

Iwan Thomas 2.46.1; 11 Steffan Davies 2.49.1; 12

Liam Upton-Boorman 2.49.3

HJ 1 Dion James 1.25



SP 2 Casper Krecewicz 7.10

Girls

100 1 Keira Carmody 14.1; 2 Megan Roberts 14.1; 3 Sophie Reid-Thomas 14.4; 7 Ceindeg Evans 15.4

800 3 Erin Morgan 2.47.8; 4 Faye Jones 2.48.5; 5 Amy Greatrick 2.52.2; 7 Bessy Hill 2.52.4; 8 Milly John 2.56.2

LJ 1 Jessica Lee 3.94; 2 Hanna Evans 3.42

Dyfed NASUWT Cup Final in Haverfordwest on Wednesday 21 June 2017

JB 2 Bro Myrddin; 3 Dyffryn Taf

JG 1 Bro Myrddin; 2 Bro Dinefwr

MB 3 Llandovery College; 6 Bro Myrddin

MG 2 Dyffryn Taf; 3 Bro Dinefwr

World Youth Mountain Running Championship in Gagliano Del Caprio Italy on Saturday 24 June 2017

Three Carmarthen Harriers competed for Wales with Delyth Brown of the team managers

29 Iestyn Williams; 44 Ellie Kiff; DNF Thomas Jones



Welsh and Welsh schools combined events championships in Swansea on Saturday 24 June 2017

Under 13 Girls

7 Zara Evans 1343 SP 5.75 (5); 70H 14.08 (8); LJ 4.22 (2); 800 3.02.99 (12)

Under 15 Girls

3 Beca Roberts 2541 LJ 4.81 (2); 75H 13.07 (10); HJ 1.42 (2); SP 6.42 (6.42); 800 2.33.86 (4)

7 Lili Church 2240 LJ 4.28 (12); 75H 13.23 (12); sp 8.50 (4); hj 1.65 (1); 800 3.28.26 (28)

Under 15 Boys

14 Dafydd Waters 1178 80H 15.67 (15); SP 6.78 (13); HJ 1.14 (16); Lj 3.75(15) 800 2.41.05 (12)

Welsh schools championships in Cardiff on Saturday 1 July 2017



70th Welsh schools national athletics championships

Dyfed schools again had a good team and individual result at the championship at Cardiff

Dyfed won the overall team title once again, the twenty fourth time since 1989 (Cardiff and Vale schools are the only other district to have won the Charlie Hughes Trophy in that period). They beat Dyfed into second place in 1996, 2007, 2009 and 2014

80 athletes competed for Dyfed at Cardiff and this year the Dyfed team was up against a very strong Cardiff and Vale team, a home match for them, Afan Nedd Tawe and five other Welsh school districts

This year the Dyfed schools championships on Saturday 10 June 2017 had to be cancelled on the due to the heavy rain that started at 8am and it rained all day. Selection of the Dyfed schools was a problem this year

This year Dyfed schools were not expected to win as Afan Nedd Tawe (Swansea and Neath/Port Talbot) were the favourites closely followed by a very strong Cardiff and Vale schools team. Both these school districts have a concentrated population and excellent training and competition facilities

Dyfed were behind the Afan Nedd Tawe schools team for most of the day but came through strongly to win by 17.5 points.

1 Dyfed 529; 2 Afan Nedd Tawe 511.5; 3 Cardiff and Vale 471; 4 South East Wales 311.5; 5 Glamorgan Valleys 309; 6 Eryri 2447;7 North East Wales 233; 8 Powys 225

Dyfed also won the senior girls and senior boys team trophies.

In the junior boys and middle boys team sections Dyfed came second and third in the Junior and middle girls sections

At Cardiff the overall team trophy was presented to the two Dyfed schools captains Matthew Williams Milford and Carys Jones Bro Dinefwr by Gareth Oldham Chairman of Welsh school's athletic association

At Cardiff Dyfed school athletes won a total of 65 medals (15 gold, 29 silver and 21 bronze)

Senior Girls (Captain Carys Jones Bro Dinefwr) First

Gold

Carys Jones Pole Vault

Bronze

Ellie Kiff 3000

Ellie Kiff 800

Olivia Haines Triple Jump

Amy Evans Javelin

Middle Girls (Captain Alicia Samuel Dyffryn Aman and Amy Rothero STP)

Gold

Danielle Jones Discus

Bronze

Alicia Samuel Dyffryn Aman 100

4x 100 Relay Alicia Samuel, Celyn Williams, Lisa Cowdy

Junior Girls (Captain Lili Church Aberaeron)

Gold

Lili Church High Jump

Silver

Daisy Thompson 800

Bronze

Lili Church Javelin

Senior Boys (captain Matthew Williams Milford)

Silver

Thomas Jones 3000

Bronze

Morgan Llewellyn 1500

Middle Boys (Captain Joe Worrall Emlyn)

Gold

Ben Thomas 1500 steeplechase
Joshua Thomas Javelin

Silver

Joe Worrall Discus
Iestyn Williams 1500
Haydn Davies 100 Hurdles
4 x 100 Relay Haydn Davies

Junior Boys (Captain Harry Davies St Michaels)

Gold

Iwan Glynn 800

Hedydd Davies the Dyfed schools secretary and senior team manager for the last 21 years thanked all the Dyfed school athletes who made the effort to compete for the District in Cardiff.

Their efforts upheld the fine tradition of Dyfed in these championships and the success of Dyfed schools once again was due to the commitment and efforts of all the members of the team. Several members on the day volunteered at short notice to fill in gaps in the team

A real solid effort once again

A special thanks to Pembrokeshire Harriers members, Jo Salmon, Jane Wheeler, Liz Rowland, Gareth Elliott, Jonathan Phillips and Carmarthen Harriers members Nathan Jones and Delyth Rees for assisting with the administrative duties and field event officiating on the day.

Louise Arthur League match in Swansea on Sunday 9 July 2017

60 Carmarthen Harriers competed and Carmarthen did well to finish in second place

1 Swansea 1351; 2 Pembrokeshire 1052; 3 Carmarthen 1024; 4 Bridgend 804; 5 Brecon 788; 6 Barry and Vale 584; 7 Neath 557; 8 Llanelli 541 9 Pontyclun 292



U20 international in Cardiff on Wednesday 12 July 2017

3 Carmarthen Harriers members competed in Cardiff
William Edwards competing for Wales U20 came 2nd in the High Jump (1.96)

Carys Jones and Lauryn Davey competed for the Welsh schools

Carys was 1st in the pole vault (3.35) and Lauryn also came 4th in the High Jump (1.58) and also ran in the relay

Welsh schools NASUWT Cup and Plate Final at Brecon on Thursday 13 July 2017

JB Cup 3 STP; JG Cup 6 Bro Myrddin
MB Cup 3 Preseli; MG Cup 7 STP
JB Plate 4 Bro Myrddin; JG Plate 1 Bro Dinefwr
MB Plate 2 STP; MG Plate 3 Dyffryn Taf

2 Thaia Davies 100 13.66 (P)
5 Nia Williams 200 30.19 (P)
1 Daisy Thompson 800 2.27.11(C)
1 Phoebe Davis 800 2.33.91(P)
2 Phoebe Davis HJ 1.40 (P)
1 Nia Williams SP 10.19 (P)
3 Liam Edwards 800 2.25.18 (P)
1 Frank Morgan 1500 4.42.42 (P)
3 Dafydd Waters 75H 13.92 (P)
5 Dafydd Jones HJ 1.35 (P)



Dyfed v West Glamorgan primary schools match in Carmarthen on Thursday 13 July 2017

1 Dyfed 179 2 West Glamorgan 100

Boys

70H 1 Osian Roberts 13.7 4 Harri Howells 14.5
800 2 Ifan Bowen 2.32.9; 3 Jack Thomas 2.36.1
HJ 2 Dion James 1.25
SP 1 Kasper Kraciewicz 7/95

Girls

100 1 Sophie Reid-Thomas 13.7; 2 Megan Roberts 13.9; 3 Keira Carmody 13.9

800 3 Erin Morgan 2.42.4; 6 Bessy Hill 2.56.8
LJ 6 Hanna Evans 3.44

SIAB Schools international in Dublin on Saturday 15 July 2017

Six Carmarthen Harriers members competed for Welsh schools with Joan Goldsmith as one of the team managers and Delyth Brown as a coach

2 Ben Thomas 1500m steeplechase 4.29.31
4 Joe Worrall DT 48.49
5 Danielle Jones DT 35.08
7 Lili Church HJ 1.55
8 Joe Worrall SP 11.43
8 Joshua Thomas JT 50.12
3 4x100 Relay Alicia Samuel 49.46
2 Non scoring Alicia Samuel 100 12.86

Welsh U17/20/senior league match in Neath on Sunday 16 July 2017

Louise Arthur League match in Brecon on Saturday 22 July 2017

1 Swansea 1126; 2 Pembrokeshire 1059; 3 Brecon 942; 4 Carmarthen 811; 5 Bridgend 651; 6 Llanelli 608; 7 Neath 572; 8 Barry and Vale 359; 9 Pontyclun

Final Louise Arthur League Team scores after 3 matches

1 Swansea 27 (3749); 2 Pembrokeshire 22 (2856); 3 Carmarthen 20 (2688); 4 Bridgend 19 (2370); 5 Brecon (2457); 6 Barry and Vale 10 (1619); 7 Neath 9 (1761); 8 Llanelli 8 (1589); 9 Pontyclun 3 (756)

Fourth and final Welsh U17/20/senior League match in Swansea on Saturday 29 July 2017

1 Swansea 1415; 2 Cardiff 945; 3 Brecon 756; 4 Neath 685; 5 Pembrokeshire 617; 6 Carmarthen 511; 7 Run4All Neath 477; 8 Newport 473; 9 Aberdare 380; 10 Barry and Vale 234; 11 Cardiff Archers; 12 Bridgend 86

Overall 2017 Welsh Athletics League team positions (U17/20 and senior)

1 Swansea 47(4143); 2 Brecon 41 (2806); 3 Cardiff 39 (3011); 4 Neath 32(2056); 5 Pembrokeshire 32 (2048); 6 Aberdare 29(1870); 7 Carmarthen 21 (1361); 8 Newport 18 (1362); 9 Run4All Neath 17 (1159); 10 Barry and Vale 17 (9960); 11 Cardiff Archers 14 (780) 12 Bridgend 5 (434)

Gerald Codd Trophy competition in Haverfordwest on Sunday 30 July 2017

1 Pembrokeshire 594; 2 Swansea 538; 3 Carmarthen 442; 4 Llanelli 372; 5 Neath 107





Celtic Games in Dublin on Saturday 5 August 2017

Three Carmarthen Harriers members competed for Wales. All three won medals

- 2 Lili Church HJ 1.65
- 2 Ben Thomas 2K steeplechase 6.16.98
- 3 Danielle Jones DT 33.90

Delyth Brown was the endurance coach with the team

Welsh Junior League Cup Final in Newport on Sunday 6 August 2017

1 Cardiff Archers 1131; 2 Cardiff 1092; 3 Swansea 1074; 4 Rhymney Valley 781; 5 Newport 644; 6 Bridgend 589; 7 Pembrokeshire 577; 8 Carmarthen 402

Under 11 Girls

1 Cardiff Archers 130; 2 Bridgend 106; 3 Rhymney Valley 101; 4 Swansea 101; 5 Newport 95; 6 Cardiff 93; 7 Pembrokeshire 56; 8 Carmarthen 25

8A	75	Ruby Skone	13.89
7B	75	Luisa Reid-Thomas	15.67
2A	SP	India Skone	5.99
5B	SP	Ruby Skone	4.43
8A	JT	India Skone	8.05
8B	JT	Ruby Skone	5.93

Under 13 Girls

1 Cardiff Archers 207; 2 Swansea 177; 3 Pembrokeshire 161; 4 Cardiff 155; 5 Newport 139; 6 Carmarthen 130 7 Rhymney 113; 8 Bridgend 92

1A	100	Thaia Davies	13.95
2B	100	Sophia Reid-Thomas	14.58
2A	200	Keira Carmody	29.56
2B	200	Megan Roberts	30.08
3A	LJ	Megan Roberts	4.04
7B	LJ	Sophia Reid-Thomas	3.32
8A	SP	Elen Williams	6.15
7B	SP	Cordelia Walker	6.03
2A	DT	Cordelia Walker	17.02
3B	DT	Holly Jeff	12.78
2A	JT	Cordelia Walker	26.20
3B	JT	Holly Jeff	16.77

Under 15 Girls

1 Cardiff 264; 2 Swansea 254; 3 Cardiff Archers 251; 4 Newport 157; 5 Pembrokeshire 130; 6 Rhymney Valley 112; 7 Carmarthen 64; 8 Bridgend 53

7A	100	Emma Adams	14.45
7A	200	Emma Adams	29.89
3A	1500	Phoebe Davis	5.14.35
5A	1000W	Emma Adams	7.52.44
4A	HJ	Phoebe Davis	1.35
2A	SP	Nia Williams	9.41
3A	DT	Nia Williams	21.17

Under 11 Boys

1 Cardiff Archers 147; 2 Newport 106; 3 Swansea 104; 4 Cardiff 94; 5 Bridgend 88; 6 Rhymney Valley 7 Carmarthen 47; 8 Pembrokeshire 34

7A	75	Tygan Davies	11.94
7B	75	Oliver Dawson-John	13.15
8A	150	Ifan Bowen	26.59
2A	800	Ifan Bowen	2.35.45
2B	800	Tygan Davies	2.50.28
8A	LJ	Oliver Dawson-John	2.71
2A	SP	Tygan Davies	6.07
7B	SP	Ifan Bowen	3.81

Under 13 Boys

1 Cardiff Archers 201; 2 Cardiff 193 3 Swansea 174; 4 Rhymney Valley 158 5 Bridgend 145; 6 Pembrokeshire 122; 7 Carmarthen 82; 8 Newport 63

6A	100	Owen Hari-Davies	15.17
6A	200	Owen Hari-Davies	30.71
3A	1500	Jack Thomas	5.17.55
3B	1500	Steffan Davies	5.59.07
5A	75H	Jack Thomas	16.86
6A	LJ	Owen Hari-Davies	3.99
2A	SP	Josh Morse	8.27
1A	DT	Josh Morse	24.19
5A	JT	Josh Morse	21.94

Under 15 Boys

1 Cardiff 293; 2 Swansea 264; 3 Rhymney Valley 217; 4 Cardiff Archers 195; 5 Bridgend 105; 6 Newport 84; 7 Pembrokeshire 74; 8 Carmarthen 54

8A	100	Rhydian Morgan	14.13
8A	200	Rhydian Morgan	28.36
5A	80H	Rhys Homffray	13.41
4A	HJ	Ryan Thomas	1.50

6A	SP	Rhydian Morgan	7.60
5A	DT	Morgan Batten	22.58
3B	DT	Rhydian Morgan	19.40
3A	JT	Morgan Batten	32.57

Welsh mountain running trial race at Devils Bridge on Sunday 6 August 2017

2 FU20 Ellie Kiff
 5 FU17 Grace Page
 6 FU17 Cerys Davies
 10 MU17 Casper Farquahar

AAA of England U15 combined events championships at Manchester Regional Arena on Saturday 12 and Sunday 13 August 2017

2 Beca Roberts in Welsh championships (15th overall in competition) 2778 points
 75H 12.81 (8); LJ 4.54 (8); JT 17.74 (14); SP 6.81 (190); HJ 1.50 ((14); 800 2.45.21 (15)

Welsh junior championships in Wrexham on Saturday 19 August and Sunday 20 August 2017

14 medals – 5 gold, 5 silver and 4 bronze

Gold

Olivia Haines U20 400H 82.73
 Olivia Haines U20 TJ 9.61
 William Edwards U20 HJ 1.95
 Carys Jones U20 PV 3.40
 Lili Church U15 HJ 1.65

Silver

Thaia Davies U13 100 13.90
 Cordelia Walker U13 JT 23.53
 Iestyn Williams U17 1500 4.13.51
 Iwan Glynn U15 800 2.06.29
 Megan Rowe U20 800 2.37.54

Bronze

Cordelia Walker U13 DT 19.94
 Beca Roberts U15 LJ 4.92
 Ellie Tromans U15 300 43.63
 Josh Thomas U17 JT 49.85

4 Lili Church U15 JT 26.94
 4 Beca Roberts U15 HJ 1.45

13



5 Zara Evans U13 HJ 1.20
5 Megan Rowe U20 400 66.17
5 Megan Rowe U20 100 14.09
6 Zara Evans U13 LJ 3.96
6 Holly Jeff U13 JT 15.53
9 Holly Jeff U13 DT 12.25
9 Dafydd Jones U15 800 2.16.12
9 Gareth Thompson U17 800 2.08.16
5 Zara Evans U13 200 30.31
DNF U13 Frank Morgan 1500

Welsh inter regional championships in Brecon on Saturday 26 August 2017

1 West Wales 1047.5; 2 South Wales 837.7; 3 North Wales 815.5; 4 East Wales 720.0

West Wales won six of the seven trophies

Carmarthen Harriers members won a total of 17 medals (6 gold, 5 silver and 6 bronze)

Gold

Lili Church U15 HJ 1.68
Ellie Tromans U15 300 42.96
Danielle Jones U17 DT 32.79
Alicia Samuel 4 x 100 relay
Carys Jones U20 PV 3.00
Aled Price SM 110H 15.99



Silver

Nia Williams U15 SP 9.64
Alicia Samuel U17 100 12.78
Ellie Loweth U17 300 44.55
Tomos Rees U17 1500 4.19.78
Haydn Davies U17 100H 14.30

Bronze

Dafydd Jones U15 3000 10.13.00
Ryan Thomas U15 HJ 1.52
Danielle Jones U17 SP 10.05
Olivia Haines U20 TJ 9.96
Aled Price SM SP 10.96



Aled Price SM DT 28.34

AAA of England U15 and U17 championships at Bedford on Saturday 26 and Sunday 27 August 2017

2 Ben Thomas U17 1500 steeplechase 4.22.51 (new Carmarthen Harriers record)

6 Daisy Thompson U15 800 2w.19.04 (3rd in heat 2.18.87)

8 Iestyn Williams U17 800 2.01.54 (5th heat 2.02.32)

8 Joe Worrall U17 DT 45.92

British and Irish Fell running international in Peebles Scotland on Saturday 16 September 2017

Three Carmarthen Harriers competed for Wales with Delyth Brown as one of the team managers

Iestyn Williams (23rd in the under 17 men), Ellie Kiff (21st in the under 20 women) and Thomas Jones (15th in the under 20 men)

Welsh road relay championships and primary road races at Pembrey Country Park on Saturday 16 September 2017

Carmarthen Harriers did well winning a total of 23 medals (8 gold and 15 silver)

Primary school boys (first and second)

1 Carmarthen 7; 2 Carmarthen 22; 3 Blaenau Gwent 28; 4 Bridgend 30

1 Iwan Thomas 5.40; 2 Ifan Bowen 5.44; 4 Jake Lynock 6.08; 5 Liam Upton-Boorman 6.10; 7 Tygan Davies 6.14; 10 Alexander Coles 6.29; 11 James Sloyan 6.31; 17 Aron Bowen 7.46

Primary school girls (second)

1 Cardiff 17; 2 Carmarthen 19; 3 Bridgend 24



2 Erin Morgan 6.10; 5 Bessy Hill 6.35;
12 Ella Glynn 7.14

Under 13 girls (second)

Faye Jones 10.11; Keira Carmody 10.42;
Milly John 10.19; Amy Greatrick 10.18

Under 13 boys (fourth)

Ioan Cressey-Rodgers 8.59; Steffan Davies 10.45; Brynmor Peters 11.24; Frank Morgan 8.40

Under 15 Boys (second)

Liam Edwards 10.26; Jac Chapman 11.14; Dafydd Jones 10.18

Dafydd Jones was third fastest

Under 15 girls (fourth and seventh)



A team Phoebe Davis 11.38; Siwan Jones-Evans 12.57; Daisy Thompson 11.11
B team Maddie Morgan 12.55; Beca Roberts 13.36; Megan Jones 12.51

Daisy Thompson was fourth fastest

Under 17 men (second)

Tomos Rees 9.48; Archi Morgan 10.16; Ben Thomas 9.37 B Team; Trystan Leech 10.37

Ben Thomas fastest lap and Tomos Rees third fastest

Under 17 Women (fourth)

Eva Edwards 11.52; Grace Page 13.28; Cerys Davies 13.03

Eva Edwards was third fastest

Senior Men

David Jones 16.42

Female 35

Liz Tremlett 19.00; Lisa Forest 24.42

Liz Tremlett fastest lap

Male 35 (fourth)

Paul Clarke 17.34; Dafydd Bowen 20.39; Jack Tremlett 16.49



Jack Tremlett won gold medal for the fastest lap

Female 45 (second)

Louise Jones-Evans 21.13; Elizabeth Davies 25.57; Gill Edwards 25.14

Louise Jones-Evans won gold medal for the fastest lap

Male 45 (sixth)

Huw Davies 19.44; Peter Moody 23.05; Gordon Orme 21.30

2017 Annual Dinner – Information now out online

The Committee spent time during the meeting deciding, suggesting and agreeing on the awards to be given out at this year's event. Letters will now be sent out for the evening.



2017 Bursary Awards, 2017 Welsh Champion and International (New & Repeat), 2017 Welsh Champion (New & Repeat), 2017 Welsh International (New & Repeat), 2017 Welsh Cross Country/Road Relay Champions, 2017 Club Achievement Award, 2017 Ossie Morgan Award, 2017 Richard Wyer Award, 2017 New Club Records Award, 2017 Club Service Awards, 2017 Ernie Jones Memorial Award, 2017 J Eirwyn Walters Memorial Award, 2017 RB Evans Award & 2017 Special Awards.

This year's event takes place at the Ivy Bush Hotel on Friday 3rd November at 7.30pm. The price of the dinner is £18 (£15 under 15) and all members and friends are asked to make every effort to attend, as it is the only event in the year when we can all meet to celebrate the successes of the club and its members during the year. Nearly 200 guests attended 12 months ago. Special guests will be invited to the 2017 dinner including the Mayor and Mayoress of Carmarthen and the Chairman of Carmarthenshire County Council

Event Dinner Form can be found now on the Harriers website or at the track on a Tuesday Evening – to be returned no later than Wednesday 25th October to the Dinner Organizer Rhian Glynn. Please get them in as soon as possible and in plenty of time.

Full Coverage from the dinner will be published online throughout the evening as it happens on the Facebook & Twitter pages with Nathan.

Coaching/Committee Report

Jane Batten prepared a coaching report for the meeting.

The outdoor athletics season has come to an end with reasonable results in the LA league. The coordination between our volunteers who coordinate, organize, coax and cajole, officiate and coach is very good within the club and, in my opinion, we have a very strong team of volunteers working together at the moment. Many thanks to everyone involved for your time and hard work, it is much appreciated. The main difficulty with Tuesday night training is the number of children who come with no intention of competing. Some of them have trained every week throughout the summer, but have not competed at all. These athletes are holding the competitive athletes back, as we do not have enough coaches to split groups into

smaller sizes and event specific training. This has been addressed by Jake and Neil who have provided Thursday night training for the competitive U11 and U13 competitive athletes, which has been very successful, proving by results. The conclusion is that smaller, competitive group training is effective, but does increase the burden on coaches and relies on coaches giving up more time. Personally, the Thursday night groups make coaching worthwhile, as it is much more of a coaching challenge and more rewarding.

Ralph has met with the new WA Clubs coordinator for our region to discuss the possibility of National coaches coming to Carmarthen on club nights to deliver coaching workshops using our own athletes.

I have contacted the schools and Trinity College offering volunteer placements for Duke of Edinburgh students and sports students.

Some of us require Child Protection and First Aid training. I have contacted CAVS enquiring about courses. There is a course running on the 28th September 10am – 4pm. Booking through CAVS. Are there are other routes, such as the Council, that we could access training through, as this training may not be convenient for everyone. It is a requirement for working with children that we have up to date training.

Child Protection

This was brought up during the meeting that volunteers and coaches need DBS checked accordingly to Welsh Athletics (who is due and when renewed?) Andrew will check on the list to see who needs updating. It is expected that volunteers attend every 3 years which costs £30 (Harriers Pay) Hilary Jones will be contacted by Hayley to arrange. Coaching, judging and first aid courses are also available. It was pointed out that Hedydd and Joan were the Welfare Officers.

Jane finished off by wishing to tender her resignation as Coaching Coordinator. Jane has done a great job and has written to. This was briefly brought up due to time but no replacement has yet been made (discussion at next meeting)

Sale of Refreshments in 2017

Edward Morgan was again thanked for his tireless work with the sale of refreshments during the summer season at the Carmarthen athletics track.

Fund Raising

The Harriers have been involved in Tesco Bag Packing and Raffle activities in the past. It was suggested that if the club had enough volunteers on the day to take it on, we could do the catering and selling drinks at the Gwent League in Pembrey. Tesco Bag Packing is also a possibility towards Christmas time.

Action: Cressy and Jake to look and see if a way around can work.

Use of Carmarthen Athletics Track Equipment

Jake prepared a paper circulated to the committee members by e-mail stating a draft policy. Starting blocks was the topic in discussion. He commented that borrowing the blocks is a start to introducing under 13 athletes especially to using them ahead of major competitions. He also suggested that a book was used to book equipment out and coaches are responsible to make sure that they are brought back.

The end proposal was to take it outside of the meeting to discuss and understand the full roles/what part does everyone play. Jake and Neil will resolve and agree on a policy relating to starting blocks and re-visit. The starting blocks have now been stored in the back room of the main cabin, where they can be accessed easier at all times. The outside shed has been cleared up and now has new shelving and more space to store equipment tidily

Gwent League

Neil reported that the Gwent League was a great success back in March and that it would re-visit Pembrey Country Park on Sunday 3rd December this year. As before, he has asked for volunteers to come forward to ensure that the day goes smoothly marshals etc. Helpers would also be needed to help set up and set down the course. More information will come in the next few months and the league gets underway.

Gwent League third fixture – Pembrey on Sunday 3rd December 2017

Any other Business

- ***Carmarthenshire Sports Personality Awards 2017***
- *: Nominations have now opened and will close in a few weeks' time. There are several categories involved with the event taking place at the Ffwrnes Theatre in Llanelli on 2nd February.*
- ***Carmarthen Town Awards 2017***
- *: Nominations are open and takes place at the Carmarthen Quins Rugby Club in January. The Harriers have been very successful in this evening for the past few years.*
- ***Welsh Athletics Conference and Awards Weekend***
- *Takes place in Newport on Saturday and Sunday 21st and 22nd October. Nathan will attend the awards evening to pick up the Volunteer of the Year award.*

- **Louise Arthur League Matches**
- *Hedydd raised the main points taken from the two Competition review meetings held in Cardiff over the last few months. It is proposed that the Louise Arthur League will reduce from four matches to three next year, rotating events in the process. This is an ongoing process. It was suggested that the club could put on a club championships at the track but this will be discussed at a later stage. The problem with continued lack of officials was brought up too.*
- **Let's Run Group Carmarthen:**
- *Jake commented on the new senior social group that had begun in Carmarthen. Many have now started social running and aiming close to 3 hour time marathons in the near future. This is a group supported by Run 4 Wales and it was suggested as a group to join up with Carmarthen Harriers which has been agreed. They currently have 300 members on Facebook page and up to 40/50 regular runners every week meeting in the layby near the school before going off on a road run. Jake met with the leader Andrea and promoted the club. At the time of writing, up to 25 athletes wish to join which could see them compete in the Gwent League for example. They will have "give it a go" sessions at the club, starting next Tuesday (26th September). They will then go for a road run. The group has been given membership forms which are half price for this time of the year. Jake asked the committee and others in the club to make them feel welcome and encourage as a few feel nervous thinking of an "athletics club". This new opportunity should see the senior and vets team developed within the club and social media. Action: Andrew has offered to help in any way and a good stage to meet new people in the region. He would happily have a chat with anyone, including Jake.*
- *Kevin commented on the excellent report written by Nathan for the Welsh Athletics Website following the Welsh Road Relays at Pembrey on September 16th.*

OCTOBER / HYDREF 2017

Sunday 01.10.17: Cardiff University / Cardiff Half Marathon @ Cardiff

Sunday 01.10.17: HLA Carmarthen Sprint Triathlon @ Carmarthen Leisure Centre

Saturday 07.10.17: Welsh Athletics/Welsh Schools Indoor Combined Events Championships @ Cardiff

Saturday 07.10.17: West Wales Regional Endurance Day @ Carmarthen

Saturday 14.10.17: Gwent Cross Country League, incorporating Cardiff Cross Challenge (WW Champs)

Saturday 21.10.17: Welsh Athletics Conference and Awards Weekend @ Newport

Sunday 22.10.17: Welsh Athletics Conference and Awards Weekend @ Newport

?: Brianne Secondary Schools Cross Country @ Ysgol Bro Myrddin

NOVEMBER / TACHWEDD 2017

Friday 03.11.17: Carmarthen Harriers Dinner & Awards @ Ivy Bush Hotel

Saturday 04.11.17: Welsh Cross Country Relays @ Monmouth Showground

Sunday 05.11.17: Richard Burton 10K @ Cwmafan

?: Brianne Secondary Schools Cross Country @ TBC

Friday 10.11.17: Carmarthenshire Secondary Y7/8 Sportshall Athletics @ Carmarthen Leisure Centre

Saturday 11.11.17: Gwent Cross Country League @ Brecon

Monday 13.11.17 - Primary Schools Sportshall Athletics @ Carmarthen Leisure Centre

Saturday 18.11.17: Welsh Inter Schools Cross Country @ Brecon

Date of next meeting:

Wednesday 8th November, 7.30pm at the Ivy Bush Hotel

www.carmarthenharriers.co.uk

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