

Carmarthen and District Harriers Committee Meeting – Ivy Bush Hotel – Carmarthen Monday April 3rd 2017

Present: Hedydd Davies, Kevin Evans, Nathan Jones, Jake Morgan, Neil Thomas, Steve Glynn and Alison Thomas

Apologies: from Jane Batten, Edward Morgan, Hayley John, Carol Jones, Cressy Morgan and Rhian Glynn

The minutes of meeting held on 9th January 2017 were accepted as a true record.

Minutes arising from the meeting

- *Welsh Athletics / Carmarthen Town Awards 2017 – Number of Harriers members involved a few months back and winning / runners up. Nominations from other sporting clubs, especially the Carmarthen Town Awards were very poor.*
- *The portacabin cost over £6,000 to repair and a £2,000 grant was approved By Carmarthenshire County Council.*
- *Harriers Dinner 2017: The first date of 3rd November might change for this year's dinner and the end of October was suggested or the 13th (Ivy Bush will be contacted over suitable dates away from half term)*
- *Transport continues to be provided to all the matches and was used rather well during the cross country season. Money was saved by not taking buses to the Singleton Park and Pembrey fixtures.*
- *Hire of track: Training fee continues to come in well on Tuesday Evenings from the track and sportshall, Thursdays can still be an issue with the older athletes while there are no issues with the younger group.*
- *The track does need relining and will probably take place after the track season has been completed this year. Dave Jessett will be asked to come and inspect the track as has been done over the last few years. It was reported that one of the steeplechase barrier was rotten and the High Jump/Pole Vault beds were not in the best condition. Hedydd was meeting the Leisure Centre manager to discuss the year's activities.*
- *Membership forms are still slowly coming in, despite the year starting on 28th February. All athletes should be reminded that they are not insured and therefore coaches shouldn't be coaching them. Coaches should also take responsibility for the issue and check they are all members before starting. Lists of full members are available online for coaches and team managers. With safeguarding in mind, all information of athletes are kept confidential by coaches/TM.*

Memorial Carmarthen Throws Fixtures

It was agreed that the first Carmarthen Harriers Throws meeting on 27 April 2017 would be called the Richard Wyr Memorial Throws meeting and the third one on 29 June 2017 to be known as the Ossie Morgan Memorial Throws competition

Also agreed this year is that two disciplines will take place on the evening (3 events was too much for the short number of officials with the event going on late) Javelin as the most popular event will be included in all four meetings with Discus, Shot and Hammer alternating.

Financial Report

Current Account £27,992.06 Treasurers Deposit Account £16,459.49 Total in Bank £44,451.55

Income includes Membership fees, Bus Fares, Sale of Vests, Grants and Training Levy. There have been much sponsorship given to the club throughout the years and these include grants or sponsorship from Ffoshelig, Welsh Athletics, McDonalds, West Wales Freemasons and Howards

Expenditure includes Equipment, Medals, WA Registration fees, Vests and Hire of Buses. Expenditure also comes from hiring the sportshall and track for training evenings along with booking the competition venues.

Chairman's Report

Excellent reports in local papers

Good cross country season

Average performances in West Wales and Welsh indoor Championships Why?

Thanks to all the coaches and team managers for their excellent work during the winter season

Membership applications are very slow coming in (300 letters posted out)

Need many more volunteers to help

Work in next two weeks

Meet Leisure Centre manager on Tuesday to discuss arrangements for the Track this summer

Clean the two portacabins

Do audit of equipment. Order new equipment

Inspection of Track

Order new vests

Prepare for events in next six weeks

Welsh U17/U20/Senior league at Newport on Sunday 23 April 2017 (I am away)

Welsh Air Cadets at Carmarthen on Sunday 23 April 2017 (I am away)

WJL/Louise Arthur League at Carmarthen on Saturday 29 April 2017 (hosting arrangements)

Catering arrangements at the Track throughout the summer season

2017 Louise Arthur League Team managers (as agreed at the AGM)

Girls Hayley John (U11); Cressy Morgan (U13/15)

Boys Nathan Jones (General); Jake Morgan (U11); Neil Thomas and Steve Glynn (U13/15)

Welsh indoors masters championships at NIAC Cardiff on Sunday 15 January 2017

Jake Morgan competed in the M45 age group and won two gold medals. He won the 200m in 26.43 and the 800m in 2.12.55

West Wales indoor championships at Swansea on Saturday 21 January and Sunday 22 January 2017

Carmarthen Harriers members won a total of nine medals- 7 gold and 2 bronze

Gold

U17M Haydn Davies 60H (9.07)

SM Glen Elsdon 60H (8.33)

SM Glen Elsdon 60 (7.05)

U17W Danielle Jones SP (11.04)

U20W Olivia Haines TJ (9.85)

U15G Lili Church HJ (1.58)

U13G Zara Evans LJ (4.06)

Bronze

U17M Zak Daly 60 (7.54)

U20W Olivia Haines LJ (4.52)

Cardiff Cross challenge at Blackfriars Cardiff on Sunday 22 January 2017

22 Carmarthen Harriers members competed in Cardiff with Ben Thomas running for Wales in the Celtic U17 race

Carmarthen Harriers again won the boys primary race retaining the trophy they won last year . This year the team finished 1 point ahead of Cardiff Archers

Primary school boys 3 Jack Thomas; 5 Iwan Thomas; 17 Steffan Davies; 32 Jake Lynock; 44 Brynmor Peters

Primary school girls 22 Emma Brazier; 23 Bessy Hill
U13 girls 5 Daisy Thompson; 22 Phoebe Davis
U13 boys 6 Liam Edwards; 8 Dafydd Jones; DNF Frank Morgan
U15 girls 47 Beca Roberts; 54 Siwan Jones-Evans
U15 boys 6 Tomos Rees; 14 Archi Morgan; 22 Gareth Thompson
U17 women 30 Ellie Kiff
U17 men 12 Ben Thomas; 36 Thomas Jones
Senior Women 1 Louise Jones-Evans (F45)
Senior Men 5 Gordon Orme (M55)

Former Carmarthen Harrier Dewi Griffiths running for Wales won the senior race repeating his success in the event from last year

Carmarthen Town Awards Presentation evening at the Carmarthen Quins Club in Carmarthen on Friday 27 January 2017

Winners

Danielle Jones U16 Female
Ben Thomas U16 Male
Lauryn Davey U19 Female
Ryan Jenkins U19 Male
Dewi Griffiths Senior Male
Kevin Evans Coach/Organiser/ Volunteer

Runners Up

Daisy Thompson U12 Female
Junior team
Thomas Jones U16 Male
Ellie Kiff U16 Female
Carys Jones U19 Female

Welsh Senior championships at NIAC Cardiff on Saturday 28 January 2017

Carmarthen Harriers won three medals

Silver

William Edwards SM HJ 2.04
Glen Elsdon SM 60H 8.20

Bronze

Danielle Jones U17W SP 10.53

Welsh Masters indoor championships at NIAC Cardiff on Sunday 5 February 2017

Carmarthen Harriers won 2 gold medals

Paul Clarke M35 1500m 4.25.49
Jake Morgan M45 400 57.02

**Dyfed secondary schools cross country championships at Dinefwr Park on Tuesday
7 February 2017**

Y7 Girls

15 Magda Singh; 22 Zara Evans

Y7 Boys

1 Frank Morgan; 2 Ion Cressy- Rodgers; 3 Scott Price; 4 Jac Walters; 15 Morgan Lloyd

Junior Girls

1 Daisy Thompson; 2 Deryn Cressy-Rodgers; 3 Phoebe Davis; 6 Siwan Jones-Evans; 7
Beca Roberts; 12 Louise Mear; 13 Maddie Morgan; 15 Tirion Lloyd; 18 Gwawr
Davies; 24 Ellie Loweth; 26 Ellie Tromans

Junior Boys

2 Liam Edwards; 3 Iwan Glynn; 5 Dafydd Jones; 6 Llyr Davies; 7 Dylan Davies; 11 Jac
Chapman; 18 Josh Tarling; 24 Gwion Owen

Middle Girls

4 Eva Edwards; 6 Cerys Davies; 8 Non Morgan; 10 Grace Page; 15 Mali Weston; 22
Lisa Cowdy

Middle Boys

1 Ben Thomas; 2 Rhys Davies; 3 Tomos Rees; 5 Gareth Thompson; 6 Archi Morgan; 9
Callum Lovatt; 10 Trystan Leech

Senior Girls

2 Ellie Kiff; 3 Ceris Davies

Senior Boys

1 Thomas Jones; 2 Morgan Llewelyn

Welsh junior indoor championships at NIAC Cardiff on 11/12 February 2017

Carmarthen Harriers won 3 gold medals and 2 bronze medals

Gold

Frank Morgan U13 1500 4.47.49

Lili Church U15 HJ 1.55

William Edwards U20 HJ 2.05

Bronze

Iestyn Williams U17 1500 4.25.49

Olivia Haines U20 TJ 10.17

Welsh cross country championships at Singleton Park Swansea on Saturday 25 February 2017

Carmarthen Harriers won a total of 18 medals (5 gold, 4 silver and 9 bronze)

Teams

1 U13 boys

2 U11 boys

3 U15 boys and U17 women

4 U11 girls

5 U15 girls

Individuals

U11 boys 3 Ifan Bowen 6.13; 7 Jack Thomas 6.27; 10 Iwan Thomas 6.35

U11 girls 8 Emma Brazier; 5.56; 16 Milly John 6.07; 19 Jessica Lee 6.16

U13 boys 2 Frank Morgan 11.05; 5 Liam Edwards 11.22; 6 Dafydd Jones 11.29; 22

Morgan Lloyd 12.44; 30 Scott Price 13.45

U13 girls 5 Daisy Thompson 12.36; 12 Phoebe Davis 13.15; 38 Caitlin Jones 15.23; 39

Magda Singh 15.24; 41 Kelsey Thomas 15.27; 49 Zara Evans 16.44

U15 boys 6 Tomos Rees; 16 Gareth Thompson 15.44; 17 Archi Morgan 15.50; 37

Dylan Davies 17.16

U15 girls 23 Beca Roberts 19.34; 25 Maddie Morgan 20.03; 27 Louise Mear 20.25; 31

Gwennan Wright 20.57

U17 women 11 Ellie Kiff 23.16; 17 Cerys Davies 25.06; 18 Non Morgan 25.23; 20

Grace Page 25.52

U17 men 6 Thomas Jones 18.10; 9 Ben Thomas 18.50; 11 Morgan Llewelyn 18.57;

U20 men 9 Sion Lewis 28.42

Senior women MW45 5 Andrea Thompson 30.03; MW40 Lisa Forest 36.50

Senior men 22 David Jones 41.04

M70 1 Gordon Orme

Final Gwent Cross country league match at Pembrey Country Park on Saturday 4 March 2017

The fifth and final match of the season was hosted and organised by Carmarthen Harriers in conjunction with Carmarthenshire County Council at Pembrey Country Park

It was good to see many Carmarthen Harriers parents and coaches helping with the marking of the course in the morning and marshalling in the afternoon

50 Carmarthen Harriers athletes turned up to compete

During the afternoon presentations were made as a result of the 2016/7 Gwent League cross country season

Individual places

Novice boy 2 Ifan Bowen; 5 Iwan Thomas
U13 boy 2 Liam Edwards; 5 Dafydd Jones

Team positions

1 U13 boys; 2 novice boys; 4 U15 boys; 5 U17 men; 7 novice girls; 7 U15 girls ; 7 U17 women; 16 U13 girls

Welsh sportshall athletics final in Cwmbbran Leisure Centre on Sunday 5 March 2017

U13 girls Dyfed 4th

Ellie Loweth 2 2laps; 16 SLJ
Phoebe Davis 1 4 lap; 6 TJ
Nia Williams 7 2 laps; 5 SP
Zara Evans 3 LJ

U13 Boys Dyfed 4th

Ben Proctor 10 2 lap; 6 TJ
Shon Jones 8 4laps

U15 Girls Dyfed 4th

Elin Jones 11 2 lap; 16 LJ; 12 SB

Toby Baldwin won the U15 Boys all-rounder competition and goes on to represent Wales in the UK final in Manchester Sports City on Saturday 22 April 2017

Wales U20 v England U20 indoor international at NIAC Cardiff on Sunday 5 March 2017

2 William Edwards in the high jump with a height of 1.99

UK inter county cross countries championships at Prestwold Hall Loughborough on Saturday 11 March 2017

U13 boy 71 Liam Edwards
U15 girls 273 Eva Edwards
U17 women 254 Cerys Davies
Senior Man 283 Huw Davies

Dyfed primary schools cross country championships at the Showground at Nantyci on Thursday 16 March 2017

Year 5 boys

1 Ifan Bowen; 2 Iwan Thomas; 10 Jake Lynock; 13 Huw Cressy-Rodgers

Year 6 boys

3 Jack Thomas; 9 Harri Howells; 10 Steffan Davies

Year 5 girls

1 Erin Morgan; 2 Seren Davies; 3 Bessy Hill; 13 Fflur Thompson

Year 6 girls

5 Faye Jones; 7 Jessica Lee; 8 Milly John; 9 Amy Greatrick; 13 Sophia Reid-Thomas

Welsh secondary schools cross country championships at Brecon on Saturday 18 March 2017

Dyfed won the overall team title

1 Dyfed; 2 Cardiff and Vale 99; 3 Eryri 98

Year 7 boys (fourth) 1 Frank Morgan; 12 Jac Walters; 47 Morgan Lloyd
Junior boys (second) 9 Liam Edwards; 23 Dafydd Jones; 43 Jac Chapman
Junior Girls (fourth) 7 Daisy Thompson; 33 Siwan Jones-evans; 37 Beca Roberts;
Middle boys (third) 4 Tomos Rees; 6 Ben Thomas; 17 Archi Morgan; 23 Gareth Thompson; 51 Callum Lovatt; 60 Trystan Leech
Middle girls (sixth) 30 Non Morgan; 35 Eva Edwards; 61; Grace Page
Senior boys (first) 6 Thomas Jones; 8 Morgan Llewelyn
Senior girls (second) 13 Ellie Kiff

SIAB , Home Countries international and inter county primary schools match at Margam Park on Saturday 25 March 2017

Dyfed primary schools v West Glamorgan primary schools

Girls

1 Dyfed 26; 2 West Glamorgan 55; 3 Dyfed 102

3 Seren Davies 6.45; 7 Bessy Hill 7.02; 8 Milly John 7.03; 11 Amy Greatrick 7.09; 25 Sophie Reid-Thomas 7.49

Boys

1 Dyfed 39; 2 West Glamorgan 39; 3 West Glamorgan 105; 4 Dyfed 118

1 Ifan Bowen 5.54; 8 Iwan Thomas 6.17; 10 Jack Thomas 6.21; 18 Harri Howells 6.42; 19 Huw Cressy-Rodgers 6.43; 23 Jake Lynock 6.54

Four Carmarthen Harriers competed for Welsh schools in the SIAB match and one in the Home Countries U20 match

SIAB match

Junior Girl 22 Daisy Thompson
Junior Boy 25 Liam Edwards
Middle Boy 30 Tomos Rees; 32 Ben Thomas

Home Countries U20 mens match

29 Thomas Jones

Final match of the Brienne secondary schools league at the Ammanford Recreation Ground on Tuesday 28 March 2017

Medal positions after the four matches

Y7 girls 2 Magda Singh
Year 8 girls 1 Phoebe Davis; 3 Gwennan Wright
Year 9/10 girls 1 Deryn Cressy-Rodgers; 2 Mollie Cressy-Rodgers; 3 Maddie Morgan
Year 7 boys 1 Frank Morgan; 2 Ioan Cressy- Rodgers
Year 8 boys 1 Liam Edwards; 2 Dafydd Jones; 3 Jac Chapman
Year 9/10 boys 1 Tomos Rees

Preperation for the 2017 sumer athletics events

Catering: Edward Morgan is the catering manager and the first big event is the Louise Arthur League match on Saturday 29th April. A team of volunteers required to ensure the smooth running of providing food for athletes, officials and spectators.

The competition dates were confirmed of when and where the big events in the summer were being held at the Carmarthen Athletics Track

Date	Event	Time
29 th April	Louise Arthur League U11/13/15	11.00-6.00
3 rd May	Dyfed Secondary School Relays	4.30-7.00
8 th May	Carmarthenshire Primary Schools Athletics	5.00-7.30
14 th May	West Wales Athletics Championships	11.00-6.00
10 th June	Dyfed Schools Athletics Championships	10.00-6.00
14 th June	Dyfed Primary Schools Athletics	4.30-7.00

Officials: Neil and Alison Thomas are in charge and have reported that they have a list from Welsh Athletics of who are officials in the club and are in the process of collecting volunteers who will write down their availability and commitments. There is a field assistant course taking place in Llanelli on 22nd April with another on 29th May. The matches include the Louise Arthur and Welsh Senior League.

It was brought up that those who give up their time should be recognized (Team Managers, Coaches, Officials) from the club by having a T-Shirt/Top while at the events to show that they are important and they know who's who and value all members (free packed lunch, free travel on buses just a few ways of saying thank you)

Jumpers to team managers were discussed a few years back, on that occasion it was passed however Neil and Alison will be looking into this. Parents need to be encouraged from U11 up and a good way of contributing towards the success.

Coaching: Jane has reported that there has been improvement with some parents prepared to support the coaching team on a Tuesday. With the summer quickly approaching, it was agreed that a sub coaching committee needs to be held soon to discuss a few things including decision making which will be brought back to future committee meetings.

There was no latest coaching report; however the number attending each week is good and choice of groups available. Alan on the throws sees an increase on athletes interested in doing the shot or discus.

Any other Business

- Gwent League at Pembrey on 4th March: the day was hailed as a great success. Welsh Athletics were also impressed with the arrangements and venue and it is hoped that they will agree on putting on a series of events in Pembrey including the Road Relays in September, the Welsh Cross Country Championships in the future and/or SIAB International & Home Countries in 2021. There were many Carmarthen Harriers volunteers involved and turned out to be great teamwork. Pembrey was put back on the map in West Wales as a venue.
- Cressy Morgan was thanked for selling the raffle tickets received from Carmarthen Town AFC which was sold to parents and members (big prizes on offer)
- Notice Board outside the track: The windows are still locked and some information not updated. It was agreed by the entrance that the board needs a brighter look that will attract people as they enter the Leisure Centre. The Harriers do have a publicity board inside the Leisure Centre however this is situated right at the back where no one passes, Leisure Centre manager will be approached to move closer to the new and current entrance.
- Australian Athletics Tour 2017: Neville Sillitoe, the Team Manager has already been in contact over the summer arrangements. Some concern has been raised over his wellbeing as he now cannot walk, however six athletes will be coming over along with an assistant. They will stay on June 9th-11th in the Ivy Bush.
- Following on from the last meeting where description of each job role within a club was discussed, Neil reported he had a list of all the roles with hyperlinks in addition, he will e-mail these around.
- Alfie Pics (Garry Smith) is involved with the club in taking photographs at events. Dyfed Secondary Schools, Gwent League and Dyfed Primary Schools are just some of the events this year so far.
- There is still no sign of Welsh Athletics recruiting a new Dyfed Network Officer, this post has been empty since the end of January.
- The portacabin has a wall of international athletes over the years and athletes are reminded to send in their photograph that they can be included on the walls.
- Annual Dinner 2017: Rhian Glynn has asked all those in 2017 to ensure that attendees include on their forms: who they'd like to be seated to, name and age group, dietary requirements and a printed mobile / e-mail address.

Dyfed Primary Schools Cross Country Championships – 16/03/17

Very big turnout at the Showground a few weeks back with a total of 1,453 runners. Cegin Fach Y Wlad and Cambrian Ice Cream provided the refreshments and donated to the club. (they seemed to be in the wrong place on the day and as a first time, this can be improved) Hedydd said that he will be meeting the car park marshals to discuss whether there's anything that can be done to minimize traffic disruption entering of the A40, traffic went back to the B&Q roundabout. There was a discussion over car park charges of £1 however the outcome was to increase the entry fee to £5 per team and free for individuals. £770 was taken this year on entry fees.

London Mini Marathon Selection Criteria – 23/04/17

Neil in length discussed the selection for the above event this year. There are 4 selection races which is written in the criteria however this year, it seems that there has been an athlete chosen that has not done all the selected events while there are runners who have been consistent / done all the races and have been put on the reserve list. It was agreed that this event needs to be consistent on athletes and to know at the start of the season what the races are and what is expected from them? They have committed their time to compete in the criteria selection races but some events are confusing as age groups are different. The Welsh Schools officers / selection committee have already been made aware of this and a draft e-mail will be done to express opinions and the way of selecting athletes. A comment agreed was that the November race qualifier can be too early and athletes find their form towards the end of the cross country season. A possibility was to hold a Carmarthenshire Road Relay selection race. Athletes need to know – what are they going to be selecting from – top placings in one or two events or consistent results over 4?

The SIAB qualifier proved to be a good set of races at the Welsh Schools as athletes were aware of what the selection would be this year. The Welsh Schools is normally the final decider ahead of London Mini Marathon selection however this was held a month later than normal this year.

Date of next meeting:

Wednesday 24th May 7.30pm at the Ivy Bush Hotel

www.carmarthenharriers.co.uk

<https://www.facebook.com/CarmarthenHarriers/>

<https://twitter.com/CarmsHarriers>

Sunday 9th: Swansea Harriers Open Meeting (University)

Sunday 23rd: London Marathon/Mini Marathon (London)

Sunday 23rd: Welsh U17/20/Senior League (Newport)

Wednesday 26th: Welsh Athletics jumps open meeting (Swansea)

Thursday 27th: Carmarthen Open Throws meeting (Carmarthen) Richard Wyer
Memorial Event

Saturday 29th: WJL Louise Arthur U11/13/15 league (Carmarthen)

May/Mai 2017

Wednesday 3rd: Dyfed secondary relays champs (Carmarthen)

Monday 8th: Carmarthenshire primary athletics champs (Carmarthen)

Wednesday 10th: Ceredigion schools champs (Carmarthen)

Thursday 11th: Brianne schools champs (Carmarthen)

Sunday 14th: West Wales athletics champs (Carmarthen)

Brianne / Ceredigion / Llanelli / Pembrokeshire schools champs (TBC)

Saturday 27th: WJL Louise Arthur U11/13/15 league (Neath)

Thursday 25th: Carmarthen Open Throws meeting (Carmarthen)