

Carmarthen and District Harriers

Annual General Meeting – Ivy Bush Hotel –

Carmarthen - Caerfyrddin

Monday February 13th 2017– Dydd Llun Chwefror 13eg



Present:

Hedydd Davies, Kevin Evans, Nathan Jones, Cressy Morgan, Jane Batten, Jake Morgan, Steve Glynn, Neil Thomas, Alison Thomas, Ralph Siggery & Hayley John

Welcome:

Hedydd opened the meeting by noting that it was another well attended AGM and welcomed all those present.

Apologies:

Received from Edward Morgan, Carol Jones, Joan Goldsmith & Rhian Glynn

Minutes of previous AGM held on 8th February 2016

The minutes were accepted as a true record.

Matters arising from the minutes

- Portacabin – the main cabin was repaired by Carmarthenshire County Council contracted firm after water was leaking through. It cost the Club £4200.
- Buses – an area where money is being lost, however this is important as some athletes would be unable to get to events without transport arranged by the club. A small number has travelled during the cross country season.
- Website – Nathan Jones for the past few year has been in sole charge of this resource. Facebook & Twitter pages have been introduced.
- Membership – numbers have once again been stable (around 250)
- Refurbishment of the stand – Used very well in events and useful for bad weather conditions. Track has been cleaned by the County Council and leaves removed from the areas around the stands.
- The club has a new tent and flag. It was suggested that a new tent was bought, which was easier to transport and put up. Who has the responsibility to make sure that the tent is brought to events?
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Chairman's Report

The paper was circulated with thanks to Hedydd for the comprehensive report

Any voluntary club or organisation is only as good as its leadership and the contribution of its officers, committee, volunteers, coaches, team managers, parents and athletes to the success of the Club

We are very fortunate in Carmarthen Harriers to have a very few dedicated and committed people who have given very many years of un paid service to the Club
It was sad to report in October and November 2016 the deaths of two of our long serving coaches Ossie Morgan (hurdles) and Richard Wyer (throws)

The many successes of the Club since its formation in April 1948 is a testament to the work of the volunteers and its athletes

Achievements of the Carmarthen Harriers teams in 2016

- Third in the 2016 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Fourth in the 2016 Welsh Senior (U17/20/Senior) League Cup Final
- Third in the 2016 Gerald Codd Trophy (9-15) competition
- Fifth in the 2016 Welsh Junior (9-15) Junior League Cup Final
- Won the 2015/16 under 13 girls and under 15 boys Gwent Cross Country League team competition. Third in the under novice boys team competition
- Won the 2015 Welsh under 13 boys, under 13 girls and under 15 boys cross country relay championships
- Won the 2016 Welsh under 13 boys cross country relay championship
- Won the 2016 Welsh U15 road relay championship
- Third in the 2015/6 Gwent League George Crump MBE Trophy competition
- Fifth in the 2016 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 in 2008

- Winner of the 2008 Welsh Junior League Cup Final (14th time in 15 years)

1 Carmarthen 1640; 2 Cardiff 1531; 3 Swansea 1348; 4 Deeside 1009; 5 Wrexham 875
6 Cwmbran 841; 7 Newport 655; 8 Bridgend 607

- Winner of 3 2008 Welsh junior cross country team championships and 3 2008 Welsh junior road relay championships
- Winner of the 2008 George Crump MBE Trophy (top junior club in the Gwent cross country league) winner also of the trophy in 2005, 2006 and 2007
- For the fourth year in succession winner of the Wilkinson Sword Trophy (for winning the most gold medals in the Welsh senior and junior athletics championships)
- Won a total of 64 medals in the Welsh outdoor athletics championships (30 gold, 12 silver and 22 bronze)

Success of the Carmarthen and District Harriers Athletics Club since November 2016

- A very successful 2016 Annual Dinner with 170 in attendance at the Ivy Bush Royal Hotel. Many thanks to Rhian Glynn for organizing the annual Dinner so well once again
- Many thanks to Gwyn Edwards for the excellent photographs taken at the Dinner
- Nathan Jones has done a superb job with the Carmarthen Harriers website. Our website is probably one of the best of all the athletics clubs in the UK. The introduction of a face book and twitter page has helped to publicize the activities and success of the Club
- An excellent ten pin bowling event was held on 10 December 2016. Thanks to Hayley John and Rhian Glynn for organising the event
- A very successful bag packing and sale of raffle tickets at the Carmarthen Tesco Store on Sunday 18 December 2016. Thanks to Cressy Morgan for organizing the event. A sum of £834 was raised on the day
- Winner of 13 boys Welsh cross country relay championship in Monmouth on 23 October 2016
- Carmarthen Harriers are doing very well in the 2016/17 Gwent cross country league season, both individually and as teams
- The U11 boys cross country team in particular are doing very well winning the team events at Brecon (November),Brecon (10 December 2016) and at Cardiff (22 January 2017)

- Ben Thomas competed for Wales in the Celtic cross country match in Cardiff on Sunday 22 January 2017.
- In the 2017 Welsh junior and senior indoor athletics championships at NIAC Cardiff Carmarthen Harriers won a total of 11 medals (6 gold, 2 silver and 3 bronze)
- Club won 10 awards at the Carmarthen Town Council presentation evening at the Carmarthen Quins Club on Friday 27 January 2017
- Many Carmarthen Harriers members are in the Dyfed schools team competing for Dyfed schools in the Welsh schools cross country championships in Brecon on Saturday 18 March 2017. Dyfed are hoping to do well again having won the overall team trophy every year except once since 1991
- Kevin Evans, Carol Jones, Delyth Brown, Sharon Leech and Joan Goldsmith have been team managers of Welsh or Welsh schools teams

Financial situation of the Club

The Club is financially stable at the present time with about £40,000 in the bank. 15 years ago the Club was almost bankrupt

However in 2016 we had to spend over £6000 to repair the roof of the Carmarthenshire County Council owned porta cabin. Application for a grant towards the cost of the repairs was made on 21 December 2016. A reply to the application has not been received

Carmarthen Harriers has received £4500 in sponsorship so far this year (£3000 West Wales Freemasons Provincial Council, £1000 McDonalds, £250 Tovali, £250 Carmarthen Accident Repair Centre). An application has been made to Welsh Athletics for a WA Grassroots grant

Who is going to raise money for the Club in the future?

In the last 25 years we have relied on grants and sponsorship to support the Club in the many annual events the Club has organized every year (15-20 a year for the last 30 years)

Grants and sponsorship money obtained (£12000-15000 a year) is ring fenced. Any grant or sponsorship has to be applied for and a comprehensive report made afterwards

Who is going to going to apply for grants and sponsorship in the future?

We are depending too much on grants and sponsorship (£12-15,000 a year in the last 20 years)

Club to survive must generate different forms of income

Welsh Athletics athletes registration fees was increased by £2.50 per athlete in the year beginning 1 April 2016

Over £45000 profit has been made in the last 13 years through the sale of refreshments at events held at the Carmarthen Athletics Track and at the Showground

After 13 years of hard work Eiddwen Davies has retired as the Catering Organiser

Sale of Refreshments at Athletics events at the Carmarthen Athletics Track and at the Showground in 2017

Edward Morgan has agreed to take on the role of Catering manager but he will need the full support of the Club at all the Harriers organized events in 2017

We should have had a fund raising committee years ago rather than rely on one person to raise money for the Club

Also there is a need for an active Ladies Committee to plan and prepare for the provision of refreshments on events day at the Carmarthen Athletics Track and at the Showground

A few years ago the refreshment Portacabin at the Carmarthen Athletics Track was used every Tuesday evening to serve teas and coffee.

Is there someone in the Club willing to take on this provision once more?

Pembrokeshire Harriers and Swansea Harriers have a very thriving café on training nights which is also used for the collection of training fees and sale of Club kit

Strengths of the Club at the present time

We are doing reasonably well at the present time at cross country and middle distance .However not as good as 10-15 years ago(Look at the Carmarthen Harriers club records)

We have a few dry dedicated coaches and officers who spend countless hours giving back to the Club a little of what they received when they were competing athletes

Weaknesses of the Club at the present time

Very few Carmarthen Harriers entered the 2017 West Wales and Welsh indoor athletics championships. Why?

The standard of our athletes has gone down Why? (Look at the 2016 Carmarthen Harriers Annual Report and the Welsh Power of 10 lists)

We have very few qualified coaches in the club. Why?

We do not have sufficient coaches to coach athletes in the hurdles, jumps (long jump, triple jump and high jump) and throws (hammer, shot and discus)

At present we have 250 athlete members (500 parents!)

Surely we can find at least 10 parents who are willing and able to help in one way or other

The same applies to judging (Track, field and time keeping). Very soon the Club may well be disqualified if it does not provide its quota of qualified officials at event all events the club competes in

The Club will pay and always has paid the course fees for members to attend Welsh athletics coaching and officials courses

The future of the Club

Club urgently needs now to plan for the future. A small group met a few years ago to review the situation

How are we going again to be a major force in Welsh athletics?

Treasurer's Report

The chairman prepared the financial report for the 2016 calendar year and circulated to all the committee members. The account balance at present on 13th February is £39,711.42 which is reasonably healthy. The total is slightly down to the number at the time in 2014. Sponsorship helped bring in income from McDonalds, Ffoshelig Coaches, West Wales Freemasons and Welsh Athletics. Other income has come in from some of the following: Membership & Registration Fees, Bus Fares, Sale of Vests, Gate Money, Public Address System and Refreshments.

Expenditure cost has come from Coaching, Hire of Buses, Purchase of Medals, St John Ambulance, Cost of Refreshment Food and Hire of the Track for training and competition days.

Coaching costs was discussed. It was suggested that the coaching subcommittee will decide who goes on coaching courses and the cost towards attending these courses. This is a way of meeting, discussing and agreeing and this will be reported back into the committee meeting.

The subcommittee can also find ways of bringing in senior and masters' athletes.

Coaches receive a contribution from the Harriers for their coaching of Carmarthen Harriers athletes.

Election of Officers: (2017)

President: Kevin Evans MBE
Chairman: Hedydd Davies MBE
Vice Chair: Neil Thomas
Secretary: Nathan Jones
Treasurer: Cressy Morgan
Registration Officers: Hedydd Davies / Nathan Jones
Website Officer: Nathan Jones
Safeguarding Officers: Hedydd Davies / Joan Goldsmith – remains the same
subject to confirmation of the roles of the appointees.

Joan as Vice Chair for many years was thanked for her service to the club. A letter of thanks would be sent to Joan for her substantial services to the Club over very many years

Team Managers:

Welsh Senior League: Hedydd Davies & Other
Louise Arthur League Boys: Nathan Jones (Gen) Jake Morgan, Neil Thomas (U11/13) Steve Glynn (U13/15)
Louise Arthur League Girls: Hayley John (U11) Cressy Morgan (U13/15)
Cross Country: Hedydd Davies, Delyth Brown, Carol Jones, Nathan Jones, Jake Morgan & Neil Thomas – To be confirmed

Team Captains:

Louise Arthur League Boys: Iwan Glynn (U15)
Louise Arthur League Girls: Maddie Morgan (U15)
Welsh Senior League: Paul Clarke
Cross Country: Ben Thomas

Other Appointments:

Catering Manager: Edward Morgan
Coaching Secretary: Jane Batten
Officials Secretaries: Neil Thomas / Alison Thomas

Delegate to attend West Wales Committee, Louise Arthur League AGM, Welsh Athletics AGM: Jake Morgan

Subscription Fees

In 2016, Welsh Athletics announced that athlete' membership fees for the year beginning 1 April 2016 was being increased by £2.50 therefore the committee decided that the Carmarthen Harriers athletes membership rates will also go up by £2.50

In 2017, the annual subs will remain the same – Athletes nine and under 15 age £27.50; Athletes over 15 but under 20 age £32.50; Athletes over 20 age £37.50; Family membership £52.50; Student membership £27.50. The membership form used last year will remain the same. Membership is from March 1st – February 28th 2018

Any Other Business **Points discussed during the meeting**

- The bag packing activity before Christmas was very successful; despite a small number contributing it was pleasing to see a large sum raised. Ian Little, the manager of Tesco will welcome the club back, perhaps this time using fitness bikes in store? Jane, Cressy, Alison & Hayley will team up to find suitable dates / activity set up.
- Raffle Tickets - £500 worth of tickets were bought by the club for the Carmarthen Town Football Club raffle. A total of £375 profit will be made if they are all sold and all athletes should be encouraged to purchase. It has been reported that there are good prizes to be won and letters will be sent out. Cressy Morgan has been in charge of this, and if needed then these can be sold at the Gwent League event – draw is on the 10th of March.
- Rebecca Gatt – the Dyfed Network Officer – has retired. She has gone back to full time teaching in Bridgend and she was thanked by letter for her hard work over the last year and a half. The new post has not been advertised yet.
- 4 clubs were represented at an informal meeting with members of Welsh Athletics to discuss with them a number of weaknesses within the organization. No new news to report from this meeting
- Training Fees of £3 Tuesdays and £2 Thursdays – suggestions were made in paying a monthly fee training however it was decided to keep things simple, perhaps something to look at in the future. Some are still not paying fees all the time when the same ones do, particularly on Thursdays.
- The club will soon will be using Trinity for online registrations to Welsh Athletics. While discussing this matter, committee members raised their concern about athletes who travel on the bus and on their own when they do not have contact with home. The database will need to be available at home and away matches and in the event of an accident, parents can be contacted.
- Jane Batten reported that during the week of the AGM, she will be visiting CAVS to see if she can find volunteers who could come and help out on training events.

- Reminder: Picton sports, where we get our team wear from, now have an online page where Carmarthen Harriers members can order and buy clothing when they want instead of the three times a year order that Rhian did before. This will be an easier way to purchase. The new page on the Picton sports website is :
[http://www.pictonsports.co.uk/?estore&cat=ClubShops|Athletics|Carmarthen Harriers](http://www.pictonsports.co.uk/?estore&cat=ClubShops|Athletics|CarmarthenHarriers)

Neil Thomas circulated information on Sport Wales' Club Solutions Assessment Tool. In just 22 simple questions, they can help the club think about what the club does well, what it doesn't do so well and areas where it can improve. It focuses on five key areas 1. Managing your club 2. Your club finances 3. Promoting your club 4. People in your club 5. Your facilities
 This will be a good way of finding out ways to change and explain the roles of various responsibilities and roles within the club – juniors, seniors & volunteers / parents.

Gwent League comes to Pembrey on Saturday 4th March...Neil also reported that the competition preparation is coming on well. The course has been finalized and Gwent League officers have been in touch to support. Jake had sent out an e-mail to collect volunteers and he said he has already had 15 helpers. It will be important to have 3 or 4 of them in key positions, especially after there was a mix up on one point at the Newport Gwent League. Steve will look into getting radios that talk through can be used throughout. E-mail communication will continue over the next days and weeks.

The Gwent League will return to Pembrey and West Wales for the first time in many years and it is hoped that as many endurance runners from the club will attend, run and help out. First race will be at 12.15pm and the course set up on the Friday.

The middle distance group visited Pembrey a few weeks back to train there and test the course out – it was commented that the course is in great shape and it is visible from all areas. Pembrey Country Park & Carmarthenshire County Council has been very supportive and is looking good ahead of the day.

Garry Smith (Alfie Pics) has confirmed that he will be attending the event to take general photographs for our social media – Gary from Llandeilo attended some of the track events last year and has already been to the Dyfed Schools Cross Country in Llandeilo lately along with the upcoming Dyfed Primary Schools at the Showground. Course Map & Timetable / Information for Pembrey will be published soon and the Carmarthen Harriers Website will have all the information.

Hedydd closed the AGM at 9.15pm. The AGM was not followed by a short committee meeting due to the time.

Date of next Committee Meeting:

Monday 03 April 2017, 7.30pm at the Ivy Bush Royal Hotel, Spilman Street, Carmarthen

Events Recently Held since last Committee Meeting:

Brianne Schools Cross Country League - Meeting 3 @ Llandovery

The third meeting of the 2016/17 Brianne Schools Cross Country League continued on Thursday 12th January when the latest round went to Llandovery College for the first time and there were a total of 192 finishers on a wet and windy day. The schools featured are the reigning champions Dyffryn Aman, Maes Y Gwendraeth, Bro Myrddin, Bro Dinefwr, Dyffryn Taf, QE High and Llandovery College.

In the first age group in the Year 7's - Emma Brazier (Llandovery College) and Frank Morgan (Bro Myrddin) both won comfortably for the third time well ahead of the rest of the field. Sara Price (Bro Dinefwr) and Magda Singh (Dyffryn Taf) were the next in for the girls while in the boys, Ioan Cressey-Rodgers (Llandovery College) was second and Scott Price (Bro Dinefwr) in third with Sam Potter (Maes Y Gwendraeth) fourth.

The Year 8's ran two laps of the cross country playing fields. The boys' race was dominated with the familiar winner of Liam Edwards (Bro Myrddin) where he stretched his lead in the individual competition and his school mate Dafydd Jones continued his great form in runner up spot. Dyffryn Aman duo Jac Chapman and Cian Williams filled the next two spots. Daisy Thompson (Bro Myrddin) and Phoebe Davis (Bro Dinefwr) could not be separated again in the Year 8 girls race as they stormed away to finish at the top end of the field. Those to follow over the finish line were Kasia Cook (Llandovery College) Gwennan Wright (Dyffryn Taf) and Ellie Loweth (QE High) in a ding-dong battle.

For the Year 9 & 10s, it was a combined race with success for two Llandovery sisters - Deryn Cressey-Rodgers and Molly Cressey-Rodgers who came 1st and 3rd respectively. Carmarthen Harriers' Maddie Morgan (Bro Myrddin) came in second and club friends Eva Edwards (Bro Myrddin) and Siwan Jones-Evans (Bro Dinefwr) was fourth and fifth.

The final age group of the six race programme were the Year 9 & 10 boys who had to contend with the hardest underfoot conditions. Tomos Rees (Dyffryn Aman) is the favourite to be the winner of the category as he succeeded again carrying on from the first two matches. Returning from injury, Archi Morgan (Bro Myrddin) ran well to finish just behind his Harriers teammate. Dyffryn Aman & Llandovery College were the next to cross the end line thanks to Cameron Davies, Callaghan Smith & Macsen Llywelyn.

Carmarthenshire Schools Year 9 & 10 Indoor Sportshall Athletics - 2017 @ Carmarthen

Following on from the well-attended and popular Year 7/8 and primary schools indoor athletics, Over 150 pupils from eight secondary schools across Carmarthenshire battled it out on Thursday (19th) at the Carmarthenshire Schools Sportshall Indoor Athletics for years 9 and 10 which took place at the familiar venue of Carmarthen Leisure Centre. The competition was a multi-event championship where athletes had to compete in one track and two field events. 2 laps, 4 laps, standing long jump, standing triple jump, shot put, speed bounce and vertical jump were the disciplines completed.

Schools from Dyffryn Aman, QE High, Bro Myrddin, Strade, Llandovery College, St Michaels, St John Lloyd, Bryngwyn and Coedcae were all represented.

Strong winter track Showing from Harriers at the National Indoor Stadium -

At the Welsh Athletics Junior Open, the year started the same way as the old one finished for Daisy Thompson who was the fastest junior open in the under 15 girls 800m finishing in 2.25.83 in the fastest heat of four. On the same day, promising year 6 athlete Sophia-Reid Thomas ran in the under 13 girls 60m and in her first big outing, she finished in an impressive 4th position in the overall category which featured 10 heats.

In one of the key indoor athletics meetings of the season 6 Carmarthen Harriers made the trip to the National Indoor Athletics Centre in Cardiff for the second Grand Prix of the season that this time incorporated the Welsh Masters indoor Championships.

In possibly the highest standard race of the day Carmarthen hurdler Glen Elsdon competed in the 60 metre sprint against a high quality field that included world championships medalist and Olympic finalist Dwain Chambers. Finishing 6th in a strong final he missed his PB by only 3 hundredths of a second with the clock stopping at 7.03 seconds.

In the other sixty metre sprint of the day Celyn Mai Williams tried the distance for the first time and won her heat to finish midway through the field. This was a very good run for the under 17 athlete competing against more experienced runners.

In the masters races Carmarthen Harrier Jake Morgan was the only representative of the club. Winning his age group categories in two races he took two Welsh Masters National Titles in the 200 metres (26 seconds) and the 800 metres (2 min 12 seconds).

In the field events high jumper William Edwards jumped an excellent personal best to record 2 metres and 5 cm finishing 4th against a strong field.

Finally there were solid new year competitive outings for Trystan Leech who gained a new personal best in the 800 metres (2 min 13) and Iestyn Williams in the 1500 metres where he finished in 4 min 32.

West Wales Indoor Athletics Championships 2017 - Swansea University Indoor Athletics Track

A record number of athletes entered for the 2017 West Wales Indoor Championships - a total of 315 sent in their entry forms ready to battle it out with their local friends from Swansea Harriers, Carmarthen Harriers, Pembrokeshire Harriers, Neath Harriers, Llanelli AC & Run4All. The championships were open to all age groups - from the young under 11 perhaps making their debut in a competition to the experienced and elite

under 17/20s and seniors. West Wales medals were awarded to the top three in each event/age group.

Carmarthen won a total of 9 medals

GOLD

U17M 60m Hurdles: Haydn Davies (9.07)

SM 60m Hurdles: Glen Elsdon (8.33)

SM 60m: Glen Elsdon (7.05)

U17W Shot: Danielle Jones (11.04)

U20W Triple Jump: Olivia Haines (9.85)

U15G High Jump: Lili Church (1.58)

U13G Long Jump: Zara Evans (4.06)

BRONZE

U17M 60m: Zak Daly (7.54)

U20W Long Jump: Olivia Haines (4.52)

Other performances came from:

Under 13 Girls 60m:

Sophia-Reid Thomas (6th in the final 9.04)

Jessica Lee (9.55 heat)

Mia Lloyd (10.42 heat)

Under 13 Boys 60m:

Harri Howells (9.30 heat 7th)

Owain-Hari Davies (9.30 heat 8th)

Under 15 Girls 60m:

Siwan Jones-Evans (4th in the final 8.59)

Under 15 Boys 60m:

Stephen Reed (8.60 heat)

Under 17 Men 60m:

Haydn Davies (5th in the final 7.65)

Under 13 Girls Shot:

Jessica Lee (4.94)

Under 15 Girls Shot:

Nia Williams (8.02)

British Athletics Cardiff Cross Challenge 2017 - Blackweir Fields, Cardiff

There was a good number of Carmarthen Harriers athletes who made the journey up to Cardiff for this big occasion. There were some great performances by all who competed alongside the best in the United Kingdom, including top ten finishes for several of the youngsters. The top Welsh Athletes had been selected in the under17's up to compete at the Celtic Cross Country International. Ben Thomas was one of those selected to compete for Wales. The primary school boys team again won the overall team trophy, holding on to what they had won also in 2016.

Primary Schools Girls: 22 Emma Brazier; 23 Bessy Hill; 51 Martha Morgan

Primary Schools Boys: 3 Jack Thomas; 5 Iwan Thomas; 17 Steffan Davies; 32 Jake Lynock; 44 Brynmor Peters

Under 13 Girls: 5th Daisy Thompson; 22 Phoebe Davis

Under 13 Boys: 6th Liam Edwards; 8th Dafydd Jones; DNF Frank Morgan

Under 15 Girls: 47 Beca Roberts; 54 Siwan Jones-Evans

Under 15 Boys: 6 Tomos Rees; 14 Archi Morgan; 22 Gareth Thompson

Under 17 Women: 33 Ellie Kiff

Under 17 Men: 12 Wales International Ben Thomas; 36 Thomas Jones

Senior Women: 1 Louise Jones-Evans

Senior Men: 5 Gordon Orme

In another top individual of the day, The Senior men's result was never in doubt as local Carmarthenshire runner Dewi Griffiths (Swansea Harriers) won for the second year. (British Athletics)

Carmarthen Town Awards 2017

Carmarthen Harriers Athletics Club members were short-listed and rewarded at the Carmarthen Town Annual Awards held at Carmarthen Quins Rugby Club last Friday evening (27 Jan) picking up a total of 11 awards - 6 first and 5 second positions. . All the athletes were nominated by the club for their success and hard work during the year on the track, indoor and on the cross country fields, with athletics being the most successful sport on the evening.

There were 11 categories in all with two awards in each category, first and second, making a total of twenty-two winners and with each receiving an award. Presentations were made by members of the town council and the guest speaker was GB guide runner Steffan Hughes.

The first clean sweep from the club came in the under 16's category where Ben Thomas collected the first prize with another middle distance runner Thomas Jones in second. Shot put and middle distance filled the girls list with Danielle Jones and Ellie Kiff collecting their awards. Ryan Jenkins was the only under 19 youth male short-listed therefore winning in the process. In the same age group, two field event athletes took the spoils, with jumper Lauryn Davey having been awarded the winner with pole vaulter

Carys Jones second. In the final athlete individual award, Daisy Thompson, the winner last year had to settle for runner up after her outstanding year of results.

There was no surprise to see the Harriers junior cross country teams make the final two after fantastic performances over the season where there were winning teams in the Welsh cross country championships and Welsh Relay championships. Kevin Evans, a long standing coach was a deserved winner in the Coach/Organiser/Volunteer category with one of his athletes, GB International athlete Dewi Griffiths, having just won the Cardiff Cross Challenge race, picking up the senior male award.

Dyfed Schools Cross Country Championships - Llandeilo

On a perfect day for cross country running - showery, cool and a little muddy underfoot, over 250 runners from more than 25 secondary schools from across Brianne, Pembrokeshire, Ceredigion and Llanelli made their way to the magnificent Parc Dinefwr in Llandeilo, a fantastic venue which once again attracted a large number of visitors and hosted the 2017 Dyfed Secondary Schools Cross Country Championships, organised by Carmarthen Harriers Athletics Club and sponsored by our friends at West Wales Freemasons Provincial Council.

The Dyfed Championships returned to Parc Dinefwr again in 2017, a venue that is now used to hosting big matches, especially after the Welsh Championships & SIAB Schools International cross country events have been held there in the last three years.

The course was set up on the field right in front of the excellent Newton House at the park with a small and large lap, and athletes battled well through some boggy parts after the overnight Monday wet conditions. The Year 7 Girls started things off at 11am and the Years 8/9 10/11 and 12/13 followed.

Schools from the four were all represented and on the day, there was a good number of teachers and spectators present to support the young runners.

In the Inter Area team competition (six to score) Brianne found themselves very strong in many of the junior age groups winning every team event. Pembrokeshire scored the most points in the middles. Ceredigion and Llanelli also scored well

Most of the athletes that would have taken part in Llandeilo would have competed at the schools area events between January 25-February 1. Pembrokeshire were the first to hold their event at the Racecourse in Haverfordwest and was followed on by three championships held in two days. Six Llanelli schools made the short journey to make use of the fantastic views and facilities at Pembrey Country Park, the venue for the upcoming Gwent League cross country fixture on March 4th while a day later, the Ceredigion and Brianne fixtures took place on a wet and windy day at the Urdd campus in Llangrannog and Ysgol Bro Dinefwr in Llandeilo respectively. The standard of competition was very high which produced many encouraging performances. All four championships involved all 28 schools and colleges in Dyfed open to school children in Years 7, 8, 9, 10, 11 and sixth form and in total over 1000 runners participated.

Indoor Athletics Cardiff

Indoor Athletics has continued at the National Indoor Athletics Centre in Cardiff and 3 medals were won by Harriers members at the Welsh Senior Indoor Championships, which featured several of the big names in the sport such as Aled Sion Davies. William Edwards competed in the men's high jump and won his age group by clearing 2.04m. Silver went to Glen Elsdon who made it through the heats into the final and finished runner up to Cardiff's David Omoregie in a time of 8.26. The third medal of the day came in the shot put, as Danielle Jones in the under 17 women's competition continued her consistent form throwing a best throw of 10.53m which was enough to secure third position. Siwan Jones-Evans also competed in the under 15 girls 300m, finishing 2nd in her heat in 46.60 but just missing out on a place in the final race.

Elsdon had further success in the hurdles as he clocked the fastest winning time in the Cardiff Met Grand Prix competition, this time crossing the line in 8.22 while later in the day he competed in the 60m final finishing fourth overall (6.98 seconds) Carmarthen won both the 1500 metres masters and open male races thanks to Kyran Roberts (3.51.50) and Paul Clarke (4.25.49) where he ran a blistering last 300 metres to pull back a 10 metre lead from a Newport athlete to win comfortably. Later in the afternoon, Jake Morgan won the gold in the masters men 400m. Both athletes are now in a good position to be considered for selection to represent Wales in the inter regional championships in London later in the month.

UK championships at Sheffield: Aled Price 60mH 8.53; Glen Elsdon 60mH 8.32

The Welsh Indoor Junior Championships took place at the National Indoor Athletics Centre in Cardiff, with nearly 600 athletes competing on 11th and 12th February to compete for the title of Welsh Champion. The four junior age groups all performed over the same weekend.

Only a couple entered the championships which was once again disappointing, however the number of medals won made up as the Harriers came home with a total of 5 - 3 gold and 2 bronze. Harriers run and jump for gold at Welsh Indoor championships

In an action packed weekend in the indoor Welsh Championship 3 Harriers struck gold to be Welsh Champions.

Frank Morgan had possibly the most comfortable win of the day, bettering his silver medal from last year his winning time of 4:47 gave him the 1500 metres gold by over 100 metres from his under 13 rivals. In doing so he moved top of the uk indoor rankings for his age.

Another outstanding performance was Lily Church who dominated the under 15 age group in the high jump. Jumping 1 metre 55 the bronze medallist from last year confirmed her position as one of the country's best. The teams form in the high jump then continued in sensational form with William Edwards once again passing 2 metres to win the under 20 men's title. To round of the jumps Olivia Haines made the podium to take Bronze in a best jump of 10 metres 17.

Finally in the 1500 metres for under 17s Iestyn Williams ran a dogged race to stay in contention in a fiercely contested last lap to be rewarded with a bronze medal.

Other notable performances included under 13 athlete Sophia Reid Thomas who in the younger year of her age group qualified for the B final finishing 3rd in a blanket finish in

a very quick 9.13 seconds. Zak Daly and Tomos Rees also had good runs in the 200m heat and 3000 metres.

Gwent League Cross Country - Newport

While the sprints, jumpers and throwers were inside, the cross country runners battled the bitterly cold wind and the wet at the fourth round of the Gwent Cross Country League at Newport on Sunday. The athletes who made the effort to attend did extremely well in difficult conditions on a new course for the Gwent League.

In the Novice Boys which started the programme, Ifan Bowen did not disappoint as he maintained his 2nd place finish. Iwan Thomas secured another top 10 finish and is on course for an individual medal. Jac Thomas 16th, Steffan Davies 38th and Jake Lynock in 56th competing in the same race scored valuable points for the team. There was another top 3 placing in the Under 13 boys category, this time being Liam Edwards who kept up the pace with the leading pack and he was closely followed behind by Dafydd Jones in 6th – both will now be eying an individual prize in a few weeks. The third scorer for the squad was Dafydd Thomas, who crossed the line in 21st position.

The Under 15 age group had five representatives – Archi Morgan was the first Harrier home in an improved 6th and supported him was Gareth Thompson in 12th and Casper Farquhar. In the girls, the ever reliable Eva Edwards and Maddie Morgan had good performances in 20th and 31st respectively.

In the older age groups, Ben Thomas continued his fine form running alongside talented English athletes in the U17s while in the seniors, Gordon Orme won his 70+ category with Gill Edwards and Lisa Forest also doing well in a large field.

The under 11 boys and under 13 boys teams are on course to win a team medal next month while the under 15 boys are also in with a good chance, currently just outside the top 3 in the standings.

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Latest 2017 Fixture List

Saturday 25th February: Welsh cross country champs (Swansea)

March/Mawrth 2017:

Saturday 4th: Gwent League cross country (Pembrey)

Sunday 5th: Welsh Athletics Indoor U20 international (NIAC)

Sunday 5th: Welsh sportshall athletics final (Cwmbran)

Saturday 11th: UK Inter counties cross country (Loughborough)

Thursday 16th: Dyfed primary cross country champs (Showground) 4.30pm

Saturday 18th: Welsh schools cross country champs (Brecon)

Saturday 25th: SIAB Home Countries Senior & U20 and British Schools U17 & U15 Cross Country

Saturday 25th: West Glam v Dyfed Primary CC (Margam Park)

Brianne Cross Country League Tuesday 28 March 2017 at Ammanford Rec Ground
Gwendraeth Valley Primary Schools

April/Ebrill 2017

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 Wyr Memorial Event

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