

Carmarthen and District Harriers Committee Meeting – Ivy Bush Hotel – Carmarthen Monday January 9th 2017

Present: Hedydd Davies, Kevin Evans, Nathan Jones, Cressy Morgan, Jake Morgan, Edward Morgan, Hayley John & Ralph Siggery

Apologies: from Rhian Glynn, Jane Batten, Steve Glynn, Neil Thomas, Carol Jones, Joan Goldsmith & Rebecca Gatt (Dyfed Network Officer)

The minutes of meeting held on 30th November 2016 were not accepted as a true record at the meeting because of the number present.

Minutes arising from the meeting

- *Welsh Athletics Awards Evening: Ron Mounsey of McDonalds attended on behalf of Carmarthen Harriers to accept the 2016 Welsh Athletics Harriers / McDonald's Partnership Award. Kevin Evans for the second year in succession received the Welsh Athletics High Performance Coach Award and former Harrier member Dewi Griffiths won the best Welsh male endurance award.*
- *Carmarthen Town Awards: It has been confirmed that the Harriers Junior Team & Kevin Evans has been shortlisted for the awards evening at the Carmarthen Quins Rugby Club on Friday 27 January 2017*
- *Cost of repairs to the roof of the Carmarthenshire County Council owned Portacabin: The total cost was over £6100. An application has been made to the Council for a grant or assistance towards the cost of repairs.*
- *Welsh Athletics Club Conference: Jane Batten represented the Club at the Conference. She enjoyed the conference and gave a written report afterwards.*
- *2016 Harriers Dinner: By all accounts the Dinner went well. Not having soup as a starter helped to speed up the proceedings. Rhian Glynn was thanked once again for her work in arranging the Dinner. It was agreed that Dewi Griffiths former Carmarthen Harrier and British international athlete would be the chief guest and guest speaker at the 2017 Annual Dinner to be held on Friday 3rd November 2017.*
- *Harriers Website: Nathan Jones continues to run the Carmarthen Harriers website and the social media pages (Facebook & Twitter) reporting on club events and updating live from venues. There were problems recently when the website was down between Tuesday Evening 3rd and Sunday 8th January however this problem has now been solved. It was suggested to improve and look at getting a new design to the website which will be decided soon after going to do an enquiry with names and companies.*

- *Cardiff Cross Challenge 2017 on 22nd January: Those wishing to compete have to enter themselves online- this counts towards the selection for the 2017 London Mini Marathon race – Primary schools athletes will be entered by Carmarthen Harriers and athletes made aware of the event.*
- *Providing buses to competitions have continued to be a problem with cost. If there's no transport provided then many athletes would not be able to attend events. Providing a hired minibus was an option as not many travel however it was felt to keep the arrangements as it is now as sponsorship comes in from Ffoshelig. Perhaps looking at car sharing and arranging meeting points between runners and parents (this also has its problems) ?*
- *Hire of Track on Tuesday and Thursday Evenings – it was brought up that not everyone pays their training levies every week. On the whole under 11 athletes always pays their coach however this is not always done with the older middle distance group. Of course this is not fair on those who always follows the rules with training fees. Maybe we need to look at a better system in making sure that everyone does the same?*
- *Track Layout – There are signs near the entrances to the track stating that the inside 2 lanes of the track should not be used for training as it starts to wear pretty quickly. However coaches felt that with the number of athletes that use that track especially between the times of 6.30-7.15, where there isn't enough room to keep to the 4 outside lanes to accommodate everyone and as a result can become dangerous.*

Memorial Carmarthen Throws Fixtures

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

- It was also agreed that there would be two new awards at the Carmarthen Harriers Dinner on Friday 4 November 2017
- The Ossie Morgan Award (best hurdler of the year)
- The Richard Wyer Throws Award (to replace the Wilf James Award)

Richard was the anonymous donor of a substantial sum of money to the Club in 2016 for the purpose of giving grants to the 11 Carmarthen Harriers athletes who were ranked No 1 in Wales in 2015

Maurice Wyer, Richard's brother has arranged to visit the track on Tuesday Evening.

Matters Arising

Hedydd reported that there were three very urgent areas of concern to Carmarthen Harriers which needed to be addressed immediately.

Catering in 2017 at the two big events at the Showground Carmarthen (Carmarthenshire and Dyfed primary schools cross country championships) and at the Carmarthen Athletics Track in the summer.

Showground

It is very important that refreshments are provided at these events for officials, parents and athletes. Cegin Fach Y Wlad have been approached and are very keen to help out as they provide excellent food and has experience from rugby competitions

They will provide the refreshments at the forthcoming Dyfed Primary schools Cross Country event on March 16th. Cambria ice cream will be asked to attend as well

It was suggested as a source of income we re introduce the £1 car parking fee

£1 per car to be tried out again in September. We would need to position a sign as far back as possible to tell drivers to be ready to avoid big queues at the entrance.

It would not be possible for the upcoming Dyfed Championships in March as the entry form had already been sent out to schools

Track

Midshire company (who provide the refreshments at the Carmarthen Leisure Centre) had been approached but were not interested in catering at events on the track

Cegin Fach Y Wlad has again shown their interest towards providing refreshments at the track during the summer.

It was mentioned that sandwiches can be bought ready instead of starting early to buy the fillings and make them - This causes a less food safety risk. Swansea Harriers & Brecon AC buy sandwiches in while making tea/coffee and bacon rolls are much easier to provide with help.

The question was asked: should we bring in Cegin Fach Y Wlad or do it ourselves?

It was felt that the club should give it a go by buying in the sandwiches and providing the tea/coffee and hot food in the cabin on match days. Edward Morgan kindly agreed to give the refreshments coordinator role a go and to promote/encourage parents of the club to give a hand, if only for an hour or two while their children are competing.

It is important that we plan well in advance and ensure that everything is in place. There might be a problem if parents decide not to attend because their children aren't involved in that competition. It was felt that many parents would offer their support in the kitchen if they were approached and asked well in advance (prepare a rota)

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

The refreshments sales to the public in the last 15 years have given the Carmarthen and District Harriers Athletics Club an income of between £3000 and £5000 a year, without which the club would have been bankrupt.

Parents now need to be approached to see if there's anything they are able to offer with the refreshments side during the track and field season.

Officials at the Club

It has been hard for the club to provide qualified officials at events. At every Welsh Athletics events Carmarthen Harriers is required to provide 1 track judge, 1 timekeeper and a field team of 5. We have been for a long time not providing out quota of qualified officials. There is always course available and the club pays for all fees.

Neil Thomas and Alison Thomas will be approached to coordinate a sub officials committee to find ways of getting parents and others to help out at events. The Louise Arthur League in Carmarthen on Saturday 29th April is the first big event for officials.

Carmarthen Throws Competition Officials: Ralph commented on the upcoming series in the summer. The Throws date has now all been added onto the Welsh Athletics calendar and does see many top throwers attend every month. Ralph and Sue Alvey have discussed to bring down the number of disciplines each night from 3 to 2 (javelin will be held everytime and the shot, discus and hammer will alternate)

It is important that more qualified officials and volunteers help out at these events so that Power of 10 can accept results each time.

Coaching at the Club

Unfortunately the club has lost a number of specialist coaches and has been hard over the years to attract parents to join in; however it has been very positive to see Alan Walker join the coaching team. Alan is currently coaching the shot in the sportshall on Tuesday Evenings.

Jane Batten has agreed to continue as the coaching coordinator where she will try to introduce new coaches and assistant coaches/volunteers. The committee felt that this was right choice and she was already doing a fantastic job. A subcommittee will be arranged perhaps every month where coaching decisions will be made along with latest reports. Jake was prepared to support this and report back into the committee meetings.

In her absence, Jane prepared a coaching report for the latest meeting, mainly for the 6pm Tuesday groups. The older middle distance group seems to be going well, with high numbers attending each week.

Coaching Latest 9 January 2017

Tuesday evenings in the sports hall seem to be working ok, with Simon, Ralph, Alan and I in the hall and Jake outdoors. Between us we seem to be working the coaching OK. From my point of view and I am sure that Jake will agree, having the DofE volunteer athletes helping has been a huge help.

I am hoping that Rhydian and Ffion from the college will return to help out. Rhydian helped me last term, he is competent and enthusiastic and happy to take his own group when necessary.

I have also found a couple of parents who are happy to help out if they are around. I haven't found anyone who wants to take on a coaching role, but if they will help out then that will help. Hopefully, Rhydian will still be with us for the outdoor season, he can then take a sprint group, which will free me to focus on other events for the Juniors.

Going into the summer. Alan and I will coach the discus and hammer athletes between us. There won't be many, but maybe we can encourage a few more.

I also plan to run a novice hurdles group on a Thursday night. We currently only have a couple of hurdlers and no new juniors, so a Thursday night group might work better. I can only do this if the committee agrees and supports.

Would it be possible to have a calendar on the website, so that we can put training times onto the calendar on a week by week basis, that athletes can access and see, but only Nathan can change.

Financial Report

A draft copy of the final 2016 end of year accounts were circulated. The balance in the Bank as of 31 December 2016 is as follows:

Current Account £19,671.94 Treasurers Account £16,459.49 Total in Bank £36,131.43

Income include Membership fees, Bus Fares, Sale of Vests, Grants and Sale of Refreshments. There have been many 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 Refreshment food. Expenditure also comes from hiring the sportshall and track for training evenings along with booking the competition venues.

Major cost to Carmarthen Harriers in 2016 was the repairs to the Portacabin (the refreshment cabin's roof had collapsed the day after the McDonalds Inter Stores Sports Day in July and needed to be repaired, this cost just over £6,000)

Assets as at 1 January 2017

Vests, starting blocks, indoor and outdoor throwing equipment, public address system, pavilion.

January & February Fixtures 2017 Confirmed

Thursday 12th: Brianne secondary schools CC league (Llandoverly)

Thursday 19th: Carmarthenshire Y9/10 sec Sportshall (Carmarthen LC) (prov)

Saturday 21st: West Wales Indoor champs (Swansea) Sunday 22nd: West Wales Indoor champs

Sunday 22nd: Cardiff cross country (Dyfed Schools) (Cardiff)

Wednesday 25th: Pembrokeshire schools area cross country

Saturday 28th: Welsh senior indoor champs (Cardiff)

Tuesday 31st: Llanelli schools area cross country (Pembrey)

Wednesday 1st: Brianne secondary CC Champs (Old Bro Dinefwr) 12 noon

Wednesday 1st: Ceredigion cross country champs (Llangrannog)

Tuesday 7th: Dyfed secondary CC Champs (Dinefwr Park Llandeilo)

Saturday 11th: Welsh Junior indoor champs (NIAC) Sunday 12th: Welsh Junior indoor champs (NIAC)

Sunday 12th: Gwent League cross country (Newport)

Saturday 25th: Welsh cross country champs (Swansea)

Fund Raising Reports



Christmas Party 2016: Saturday 10th December

A total of 37 athletes and many parents attended and it was an excellent social evening. Several of the club's runners headed back from Brecon to Johnstown following the Welsh Inter Regional Championships. It was a great night of bowling, food and fun. Thanks to Hayley John, Cressy Morgan and Rhian Glynn for making all the arrangements before and on the evening.

Bag Packing Day 2016: Sunday 18th December

After a number of years out, the Harriers re-introduced the bag packing day (the Tesco store was rather quiet on a Sunday before Christmas) Around 30 of the club's members and parents helped pack customers bags and assisted at the tills. A raffle was also sold at the front of the store all day. For those that did buy a ticket, they would have been able to have a look at the pictures and write-ups included in the 2016 Harriers Annual Report book of the club's successes over the last 12 months. Thanks to the team effort, we were able to raise a magnificent total sum of £834. The raffle prize was won by a former Harrier member, Michael Thomas.

Morning: Eva Edwards, Liam Edwards, Olwen Batten, Morgan Batten, Dafydd Jones, Amy Greatrick, Freya James & Owain Baxter
Afternoon: Keira Carmody, Annabella Leahy, Amelia Leahy, Fflur Thompson, Daisy Thompson, Ella Davis, Phoebe Davis, Archi Morgan, Jack Thomas, Sophia-Reid Thomas, Cerys Davies & Gareth Thompson

Assisted by the following coaches & parents: Gill Edwards, Jane Batten, Edward Morgan, Andy Thompson, Cressy Morgan, Katy Davis, Liz Davies & Carol Jones
Selling Raffle Tickets (9.30-4): Hedydd Davies, Eiddwen Davies & Nathan Jones



A letter of thanks was sent to Ian Little the manager of the Carmarthen store. He said we would be welcome again in 2017 (riding stationary fitness bikes?) Cressy Morgan and Rhian Glynn were thanked for arranging the day.

It was suggested that those who commit themselves to help and did the work should, for example, receive a voucher on club kit to thank them. Some parents might be struggling to buy new kit and this would be a rewarding way.

Raffle Books - Carmarthen Harriers have received raffle tickets from Carmarthen Town AFC which will be sold to Harriers parents and members. There are big prizes on offer. Cressy Morgan will be responsible for the sale of the raffle tickets

Gwent League Cross Country @ Pembrey Country Park

On Saturday 4th March 2017, Carmarthen Harriers will be hosting a Gwent League Cross Country. The league – formed in 1963 has continued across South Wales and South West England every year since then and attracts the best cross country runners from Wales and England.

A return to Pembrey in the final event of the year has the potential for some of Harriers teams and individuals to be on the podium. 700-1100 runners are expected to be competing.

Jake Morgan reported on the latest information which is making good progress. The course map and license has been sorted and the council is responsible for setting up the course. Gwent League pay for everything including PA, toilets etc.

Course: Small Lap, Medium Lap & Large Lap. It was added that it is a magnificent venue and course that will not be muddy. Kevin believes that it could lead onto an European event in the future, with excellent views of the Gower and for taking pictures.

Pembrey Country Park has already hosted big cyclo cross and motor biking competitions, and will be a great learning curve to host a cross country event. Neil Thomas has also done the application for an UKA license. Organisers are now in the process of marking out and very soon, a group of cross country runners from Carmarthen Harriers will visit Pembrey to run the course and see if there's any tweaks that is needing doing. Outstanding at the moment includes finalizing the race day timetable and sign up marshals/catering arrangements.

Marshals: The course is easy to marshal and there would need to be around 12 marshals out on the course to ensure that everything runs smoothly and athletes go the correct way. Parents would be asked if they are available to help and perhaps another idea is asking volunteers from Llanelli AC/Llanelli ParkRun.

It was felt that it was more important to the Club that marshals are out on the course, and catering will be brought in from outside (Cegin Fach Y Wlad?)

The park will be charging £2 per car to enter and the barrier will be kept up with volunteers collecting money from cars to avoid long queues along the park entrance at the main A484 between Kidwelly and Burry Port. The council will be in charge of the car parking arrangements and labelling. Entry to the course will be different – there will be one way for all runners/spectators while officials will park by the ski slope.

- **Notice Board outside the track**
- We have unable to open up the windows so that information can be put into the windows
There's a new design made with an e-mail from Edward. It was agreed that the notice board by the entrance needs a brighter look that will attract people as they enter the Leisure Centre car park. Final decisions will be made and Edward will look into it with information updated.
- Australian Athletics Tour 2017: Carmarthen Harriers have already been in contact with the Australian Tour for the summer time. Neville Sillitoe, the Team Manager is again planning to come along and the youngsters have a great time, however the Harriers have sent an e-mail to them raising their concern about his and the young athletes wellbeing and health.

Any other business

- Hedydd Davies again commented on the future of Carmarthen Harriers, Dyfed Schools & West Wales and all the responsibilities that he has taken on over very many years and that he is looking for people to take on some of the workload – as mentioned in the 2016 Harriers Dinner “taking on the baton”.
- The committee felt that there is slow improvement starting with the catering moving on and things will slowly go with practice and experience.
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- In Dyfed, few teachers support their own athletes in Welsh schools athletics competitions or volunteer to officiate. These days there are big pressure on PE staff and only a couple attend the Dyfed Schools AGM.
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- Jake asked if Pembrokeshire Harriers were also involved. Hedydd responded that there are a number of Pembrokeshire Club officials there who help regularly at the Welsh schools championships annually.

Date of next meeting: **Annual General Meeting**

Monday 13th February 7.30pm at the Ivy Bush Hotel
Followed by a short Committee Meeting

All Invited to attend

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