

Carmarthen and District Harriers Committee Meeting – Ivy Bush Hotel – Carmarthen Wednesday September 14th 2016

Present: Hedydd Davies, Kevin Evans, Nathan Jones, Cressy Morgan, Rebecca Gatt, Edward Morgan, Carol Jones, Hayley John, Rhian Glynn, Steve Glynn,

Apologies: from Joan Goldsmith, Jane Batten, Mike Rees, Delyth Brown, Dorrien Thomas, Ivor Hopkins & Neil Thomas

The minutes of meeting held on 4th July 2016 were accepted as a true record.

Matters arising from the minutes: 4 July 2016

- *Tuesday Night Numbers have been good in general throughout the summer and many competing for the club for the first time. After a quiet spell during the holidays, there have been several new members joining in the first few weeks of the September term.*
- *The refreshments portacabin needed work due to the roof collapsing the day after the McDonalds Sportsday on 19th July and was in a dangerous state. The roof has now been fibre glassed and repaired - Towy Electrics company have come out to re install the light system and the rubbish has been taken away. Ralph has helped in maintaining both cabins.*
- *7 parents/members went on the WA Officials L1 Course during the summer at the track cabin – track, timekeeping, field and the health and safety module. They will now need to get experience to get the licence. Rebecca mentioned that Llanelli AC have asked for a course to be held again in the near future.*
- *The first West Wales Endurance Day went well at the Carmarthen Leisure Centre with another day booked at Swansea Indoor University Track on Saturday 24th September. The athletes have been chosen based on Po10 performances and letters sent out. Carol and Delyth are involved with this and there will be a residential course during the October Half term which is again invite only.*
- *Gazebo and club flag is still used at the events/home matches.*

Financial Report

Balance in Bank as of 13 September 2016

**Current Account ££28,819.08 Treasurers Account £16233.97 Total in Bank
£45053.05**

Income include Membership fees, Bus Fares, Sale of Vests, Grants and Sale of Refreshments.
Expenditure includes Equipment, Medals, Hire of Track and WA Registration fees.

Chairman's Report

Key Points since July: All the Reports available on the Carmarthen Harriers Website.

- Despite only small numbers in the first 3 matches, A good turnout in the Welsh Athletics League U17/20/Seniors Cup Final at Swansea saw Harriers come fourth.
- West Wales Composite U17/20 Athletics team retained their place in the top West Division of the Youth Development League after a great team effort – they will again be up against the best next year again which includes Cardiff and newly promoted Swansea, who were runners up of the West 1 division in 2016.
- There has been good numbers in the Louise Arthur League U11/13/15 this year particularly in the four matches at Carmarthen, Neath, Swansea and Brecon. Teams were weaker in the Gerald Codd and the Cup Final due to other activities and the school holidays, however those present performed very well to finish 3rd and 5th respectively to bring the summer season to a close, same results as in 2014 and 2015.
- Carmarthen H again hosted the McDonalds SportsDay for the 16 Inter Stores across South Wales. Ron Mounsey the owner organized the day and has always supported the club in cross country and athletics schools events.
- Ralph Siggery is once again congratulated for putting on the Carmarthen Open Throws over the summer. Numbers have been very good and competition of high standard including some of the best including Paralympic athlete Aled Davies during the May meeting. Events are likely to be brought down to 2 instead of 3 in one night due to the evening length of the competition / number of officials.
- International representation in the SIAB (England) & Celtic Games (Wales) involving countries from Wales, England, Ireland and Scotland.
- West Wales won the Welsh Inter-Regionals once again after a very close battle with the South Region. Four out of the seven trophies came back to the West and was a great day all round.



Thank you to all those who have helped out during the summer season – whether it was helping as a field official in the Louise Arthur and Senior League competitions, team manager, coach or cooking in the refreshment cabin – it is much appreciated.



Events held since last Committee meeting

Sunday 10 July 2016 Louise Arthur League in Brecon

Carmarthen 3rd

Wednesday 13 July 2016 Dyfed v West Glamorgan Primary at Swansea

2nd to West Glamorgan

Saturday 16 July 2016 SIAB international in Ashford Kent

5 members competed for Welsh schools
Ben Thomas, Thomas Jones, Danielle Jones, Carwyn Morris and Joe Worrall

Sunday 17 July 2016 Welsh U17/20 and senior league match in Carmarthen

Carmarthen 6th

Tuesday 19 July 2016 McDonalds sports in Carmarthen

16 stores took part. Eiddwen and Hedydd provided refreshments

Saturday 23 July 2016 Gerald Codd (3 per event) at STP School Haverfordwest

Carmarthen 3rd

Sunday 31 July 2016 Welsh U17/20/senior cup final in Swansea

23 athletes competed for the Club. Harriers 4th

Sunday 6 August 2016 Celtic (U16 and U18 Games in Swansea

5 Carmarthen Harriers competed for Wales
Ben Thomas, Lauryn Davey, Carwyn Morris, Danielle Jones and Joe Worrall

Saturday 13 August and Sunday 14 August 2016 Welsh U13/15/17/20 championships in Newport

10 athletes competed and 5 medals won (3 gold and 2 bronze)

Sunday 21 August 2016 Welsh U11/13/15 Cup Final in Newport

Carmarthen 5th as in 2014 and 2015

Saturday 27 August 2016 Welsh inter regional (West U15/17/20/seniors) championships at Brecon

West Wales won by 51 points from South Wales. 18 members in the West Wales team

Coaching Latest 14 September 2016

We are in urgent need of new coaches for the technical events (hurdles, long and triple jump, hammer, shot and discus)

There was a latest coaching update sent by Jane. The summer has gone well with athletes getting the chance to try out new disciplines that they would not have tried before. The junior coaches are happy with the current coaching arrangements.

There is an issue that is pressing and that is the departure of Ivor who has done a sterling job with the advanced sprinters for the past couple of years, but his group is now left with no coach at the moment.

There are a few young athletes who could, potentially, be hurdlers but hurdles requires a small, able group and there aren't enough coaches to offer that at the moment within the main session on a Tuesday night.

It has been mentioned that those doing the Duke of Edinburgh award, Olwen Batten for one and there may be some others, who have opted to coach as part of their award and could get involved as an assistant.

It has been suggested utilizing the Thursday night session a little more, as it is quiet at the moment and some of the coaches are there on a Thursday anyway. The U11 sprint group with Jake has benefited enormously from this session, only open to athletes who compete for the club regularly. Maybe discussing to have event specific coaching on Thursdays for the more technical events for Juniors?

Winter Term – Fixtures 2016 Confirmed

Saturday 17th September: Iron Kids Wales Cymru Triathlon (Tenby)

Sunday 18th September: Swansea Bay 10K & Junior Races (Swansea)

Sunday 18th September: IronMan Wales Cymru Triathlon (Tenby)

Thursday 22nd September: Carmarthenshire Primary Schools Cross Country (Showground)

Sunday 25th September: Pembrokeshire Half Marathon

Sunday 25th September: West Glamorgan League (Gower)

Wednesday 28th September – Gwendraeth Valley Schools Cross Country (Drefach)

Friday 30th September – Brianne Schools XC League (Whitland)

Saturday 1st October: Welsh 1 mile road championship (Cardiff)

Sunday 2nd October: Cardiff Half Marathon (Cardiff)

Sunday 2nd October: Amman Valley Sprint Triathlon HLA (Ammanford)

Sunday 16th October: Gwent League cross country (Bridgend)

(including West Wales Champs)

Tuesday 18th October: Carmarthenshire Secondary Y7/8 Sportshall (Carmarthen LC) (prov)

Sunday 22nd October: Welsh cross country relays (Monmouth Showground)

Saturday 29th October: Welsh Athletics AGM (Metropole Llandrindod)

Brianne Schools XC League (TBC)

2016 Annual Dinner – Information now out online

The Committee spent time during the meeting deciding on the awards to be given out at this year's event. Letters will now be sent out for the evening. All athletes present at the dinner will receive an award.



Athlete Medalists, Bursary Awards, 2016 Welsh Champion and International (New & Repeat), 2016 Welsh Champion (New & Repeat), 2016 Welsh International (New & Repeat), 2016 Welsh Cross Country/Road Relay Champions, 2016 Wilf James Memorial Award, 2016 Effort and Endeavour Award, 2016 Club Service Awards, 2016 Ernie Jones Memorial Award, 2016 J Eirwyn Walters Memorial Award, 2016 RB Evans Award & 2016 Special Awards.

This year's event takes place at the Ivy Bush Hotel on Friday 4th 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. 220 guests attended 12 months ago. Special guests will be invited to the 2016 dinner including the Mayor and Mayoress of Carmarthen, the Chairman of Carmarthenshire County Council and the President of Welsh Athletics

We welcome Gwynne Griffiths as guest speaker this year. He was present at the 2014 and 2015 dinner and he was delighted to be asked to be this year's speaker. Gwynne was a former member and has achieved many successes including competing for Wales in the 1970 Commonwealth Games in Edinburgh.

Extra Information: Images

General pictures will be taken during the evening. Presentation images will be provided by Gwyn Edwards Photography and these will be available on all social media platforms hopefully after the conclusion of the event.

Extra Information: Social Media

Follow the Harriers website, Facebook and Twitter pages all evening. Here there will be live up-to-date news, updates and images of the dinner and awards. Dinner reports will be sent to the weekly Journal and Herald Newspapers for the Wednesday after.



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 26th October to the Dinner Organizer Rhian Glynn.

Important Notice:
Sale of Refreshments at the Carmarthen Athletics track and at the Showground

15 years ago Carmarthen Harriers was almost bankrupt. It was decided to sell refreshments at events at the Carmarthen Athletics track and at the Showground. In this period over £40,000 has been raised for the Harriers.

- **There will now be a need to appoint a catering organizer to undertake the duties of catering for all the events in 2017. (9 at the Athletics track and 2 at the Showground) (Selling on day of events and shopping beforehand) It would be a shame to lose this way of raising money.**

There wasn't a final decision in this meeting, and will be discussed again in the next meeting. Approaching parents and asking is one way of moving forward with this important fundraising activity.

Fund Raising

Full Information coming soon on the Harriers website.

New Information:

Christmas Party 2016: After the success last year, the Harriers Christmas Party will be held at the Xcel Bowling in Johnstown (up the road from the athletics track) on Saturday evening 10th December 7pm after the Welsh Inter-Regional Cross Country Built Wells earlier that day. All club members will be invited and the price (yet to be confirmed but in the region of £10-12) will include a game of bowling and food. A £5 deposit will be needed by each athlete by October Half Term.

Hayley John & Cressy Morgan has agreed to help out in collecting names and money for this activity in December.

Bag Packing Day 2016: A bag packing day has been arranged with the Tesco Store in Morfa Lane in Carmarthen for Sunday 18th December approaching Christmas. This way has worked well before and it is hoped that all the club members will be able to support the event. Hopefully we will be able to work out suitable slots where everybody will be available at some point during the 18th December. A good way also of promoting the club by packing bags at the till point. Thanks to Rhian for helping for this.

Any Other Business / Other News

- Carmarthen Harriers / Carmarthenshire & Dyfed Primary Schools along with McDonalds have once again been successful in winning the “Partnership of the Year Award for 2015” and will be awarded along with other category winners at the Welsh Athletics Awards Evening in Cardiff on 8th October. Ron Mounsey the owner of 16 McDonalds stores has accepted the invitation to attend to receive the award. The club will pay for the ticket if anybody else wanted to attend this evening.
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- Rebecca Gatt organized a Welsh Athletics Summer Athletics Camp in Carmarthen on 26-27-28th July – there was a good turnout of around 20 children from West Wales present and they had a lot of fun. There was also another camp held in Bridgend and Cwmbran during August. Hopefully there will be more interest shown next summer.
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- The Committee agreed to second the notices of motion submitted by other clubs for the Welsh Athletics Annual General Meeting at Llandrindod at the end of October.
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- A request was made for Dyfed Schools AA to allow athletes competing for Dyfed schools to be allowed to buy the vests. This item will be discussed at the Dyfed Schools Annual General Meeting on Thursday 3rd November (Ivy Bush Hotel)
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- An Endurance course is coming up in South West of England at Devon on 29th and 30th October – Chris Jones will be one of the speakers.
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- Health and Safety issue regarding on the track – all parents/those not officiating should be on the outside of the barriers at all times – during training and at competitions.
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- Ivor Hopkins, sprints coach is now moving to Chepstow and a letter of thanks has been sent to Ivor thanking him for his hard work over the last six years.

Eiddwen Davies to be thanked for her work over many years for organizing the sale of refreshments at the Showground and at the Carmarthen Athletics Track

Date of next meeting:

Wednesday 30th November 7.30pm at the Ivy Bush Hotel

www.carmarthenharriers.co.uk

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