

# **Carmarthen and District Harriers Committee meeting / Latest Updates Sheet – Ivy Bush Hotel – Carmarthen Monday April 11th 2016**

**Present:** Hedydd Davies, Kevin Evans, Nathan Jones, Cressy Morgan, Joan Goldsmith, Steve Glynn, Hayley John, Carol Jones, Delyth Brown, Rebecca Gatt

**Apologies:** Jane Batten, Neil Thomas, Rhian Glynn

The minutes of meeting held on 11th January 2016 & AGM 8<sup>th</sup> February 2016 were accepted as a true record.

## ***Matters arising from the minutes: 11<sup>th</sup> Jan***

- *Numbers on a Tuesday evening are good – new athletes are likely to join during the summer months.*
- *The club Facebook page is going well, making links with many other clubs & athletes – the page is updated live from events during several competitions. At the time of writing it has over 950 likes. The new Twitter page set up last month it busy and schools are being kept up to date.*
- *The gazebo has been used well in cross country events. The flag travels well too and will be present at the upcoming school events.*
- *Gwynne Griffiths has agreed to be the guest speaker at this year's dinner. There were 220 people present last year and discussions will be made on whether it will be 2 or 3 course due to the time available and number of guests to go round with limited staff.*
- *Portacabins – 2 new doors have been fitted on the 2 portacabins which seem to be coping well. Hammers & Javelin equipment now kept in the shed.*
- *Officials Course – Rebecca mentioned courses that were being arranged in Carmarthen after interest shown from number of club parents. Provisional dates include: 24<sup>th</sup> May Track, 31<sup>st</sup> May Time, 7<sup>th</sup> June Field, 14<sup>th</sup> June H & S. With half time an issue, dates might change and will be advertised well.*
- *Picton Sports look after the club kit – it has a page for the club to make it easier to order – link also on club website (hoodies, bags & kit available) New stock of club vests will be down the track weekly.*
- *The track has been cleaned and the new hammer cage put up recently, thanks to Jake for chasing it up quickly.*
- *Holding a Gwent League in Pembrey – this would be great for the West however it is unlikely it will be able to go ahead due to the number of volunteer numbers. No progress.*

### **Further matters arising from the AGM: 8 Feb**

- *The portacabin roof has been fixed and new field equipment has arrived for the season. New hurdles have been ordered, half paid by the club. Thanks again to Ralph*
- *There is a need to get parents more involved on training nights and competition days.*
- *The election of the 2016 officers & team managers/captains were made in February – Hayley John is to be added to assist with the U11 Girls LA Team.*
- *Membership fees have been increased by £2.50 as Welsh Athletics introduced the new charges.*
- *The leisure Centre staff have done a good job looking at the problem with the drains and the track in general.*
- *There have been plenty of award achievements over recent months – Carmarthen Town Awards & Sports Personality Awards two to mention.*
- *4 clubs met with Welsh Athletics staff in Cardiff to discuss issues within the organization. On the morning of 10 May, these along with the board of WA will meet again at the Ivy Bush Hotel. This is an informal but structured meeting with a paper being discussed and reviewed – there are a number of points been outlined.*
- *4 Australian athletes will be coming this year and will attend the Dyfed Secondary Schools Athletics event.*

### **Financial Report**

**Current Account £26,782.73 Treasurers Account £16,233.97 Total in Bank £43,233.97**

#### **Main items of income since 1 January 2016**

##### **Sponsorship**

West Wales Freemasons Council (£3000); Ffoshelig Coaches (£1000); McDonalds (£1000) Howards (£250)

##### **Grants**

Welsh Athletics (grass roots development grant) £1000

#### **Main items of expenditure since 1 January 2016**

Hire of Sportshall (£412); Hire of Track (£824); Hire of Showground (£510); Repair of equipment room roof (£456); Nolan 2 new doors (£845); Insurance (£475.30); Neuff discoi, hammers (£482.50)

# **Chairman's Report**

## **Report on events held since last Committee Meeting**

### **54<sup>th</sup> Welsh cross country championships at Brecon Wednesday 10 February 2016**

#### **Dyfed schools again won the overall inter district team trophy**

Dyfed have won the overall team trophy every year since 1991 except in 2013 when they finished second to Cardiff and Vale schools

At Brecon Dyfed won the Y7 boys, middle girls and senior boys age group races and finished second in the senior girls team events and third in the junior boys age group race

#### **Overall Inter District team Result**

**1 Dyfed 106; 2 Eryri 100; 3 Cardiff and Vale 93; 4 SE Wales 82; 5 Glamorgan Valleys 75; 6 Powys 70; 7 Afan Nedd Tawe 68; 8 NE Wales 66**

#### **Year 7 Boys (first)**

1 Dyfed 58; 2 Cardiff and Vale 115; 3 NE Wales 129; 4 Glamorgan Valleys 151; 5 Eryri 192; 6 Afan Nedd Tawe 206; 7 Powys 215; 8 SE Wales 221

4 Liam Edwards; 15 Jac Chapman; 23 Gwion Owen; 27 Steffan Turner; 33 Morgan Batten; 43 Dafydd Jones; 56 Joshua Tarling; 68 Sion Evans

#### **Junior Boys (third)**

8 Iwan Glynn ; 11 Tomos Rees; 21 Archi Morgan ;32 Deian Morgan ; 39 Gareth Thompson; 67 Joseff Rhys-Ellis

1 Eryri 97; 2 Glamorgan Valleys; 3 Dyfed 122; 4 SE Wales 161; 5 Powys 170; 6 Cardiff and Vale 174; 7 NE Wales 203; 8 Afan Nedd Tawe 206

#### **Middle Boys (fourth)**

5 Ben Thomas; 12 Morgan Llewelyn i; 32 Iestyn Williams; 47 Trystan Leech

1 Afan Nedd Tawe 76; 2 Eryri 85; 3 Powys 92; 4 Dyfed 124; 5 Cardiff and Vale 163; 6 Glamorgan Valleys 214; 7 SE Wales 240; 8 SE Wales

#### **Senior Boys (first)**

; 4 Ashraf Liles Dyffryn Aman; 8 Ryan Jenkins; 15 Sion Lewis; 36 Dwayne Griffiths

1 Dyfed 42; 2 Eryri 120; 3 Cardiff and Vale 131; 4 SE Wales 162; 5 Powys ; 6 Afan Nedd Tawe; 7 Glamorgan Valleys; 8 NE Wales

### **Y7 Girls (fifth)**

1 Daisy Thompson; 3 Phoebe Davis; 28 Clara James; 44 Gwawr Davies

1 Cardiff and Vale 84; 2 SE Wales 93; 3 NE Wales 107; 4 Eryri 113; 5 Dyfed 133; 6 Powys 229  
7 Glamorgan Valleys 284; 8 Afan Nedd Tawe 320

### **Junior Girls (fifth)**

28 Siwan Jones-Evans; 31 Molly Cressy- Rodgers; 49 Ffion Lloyd; 57 Kiri Gallenders  
66 Deryn Cressy-Rodgers

1 Afan Nedd Tawe 57; 2 NE Wales 90; 3 SE Wales 134; Cardiff and Vale 149; 5 Dyfed 168  
6 Glamorgan Valleys 206; 7 Eryri 234; 8 Powys 306

### **Middle Girls (first)**

12 Ellie Kiff; 14 Sioned Glynn; 40 Non Morgan; 61 Elen Hawkins; 62 Cerys Davies

1 Dyfed 75; 2 Cardiff and Vale 86; 3 Glamorgan Valleys 94; 4 SE Wales 168; 5 NE Wales 187  
6 Eryri 190; 7 Powys 262; 8 Afan Nedd Tawe 372

### **Senior Girls (second)**

9 Amber Howell Dyffryn Aman

1 Eryri 80; 2 Dyfed 97; 3 Powys; 4 Cardiff and Vale; 4 Glamorgan Valleys; 6 SE Wales  
7 Afan Nedd Tawe; NE Wales

### **Carmarthenshire Sports Personality Awards at the Furnace Theatre Llanelli on Friday 12 February 2016**

Kevin Evans Carmarthen Harriers President won the High Performance Coach Award and the junior team were runners up in the Young team award. Ben Thomas, Gareth Thompson, Iestyn Williams and Tomos Rees represented the Club

Steve Perks Carmarthen Harriers coach and coach to the 2004 Olympic gold medal winning relay team was inducted into the Hall of Fame

**Welsh cross country championships at Singleton Park Swansea on Saturday 27 February 2016**

**Under 13 Boys (second)**

12 Deian Morgan; 13 Liam Edwards; 19 Jac Chapman; 25 Gwion Owen; 27 Bedwyr Thomas; 28 Steffan Turner; 34 Dafydd Jones; 35 Morgan Batten; 44 Sion Evans; 51 Leon Champion

**Under 13 Girls (fourth)**

5 Daisy Thompson; 7 Phoebe Davis; 36 Maddie Morgan; 37 Clara James; 44 Gwawr Davies  
45 Tanwen Moon

**Under 15 Boys (seventh)**

15 Tomos Rees; 29 Gareth Thompson; 35 Callum Lovatt; 44 Will Thompson; 48 Caspar Farquhar

**Under 15 Girls**

23 Non Morgan; 36 Eva Edwards; 37 Cerys Davies

**Under 17 Men (fourth)**

14 Morgan Llewelyn; 15 Thomas Jones; 22 Cellan Williams; 28 Ioan Thomas

**Under 17 Women** 8 Ellie Kiff **Under 20 Women** 8 Amber Howell

**Under 20 Men (second)**

6 Ashraf Liles; 8 Ryan Jenkins; 12 Sion Lewis; 16 Dwayne Griffiths

Vet 45 10 Huw Davies Vet 70 1 Gordon Orme

**Primary school races**

**Y5 Boys** 16 Steffan Davies; 23 Owen-Hari Davies **Y5 Girls (fourth)** 7 Milly John; 19 Emma Brazier  
20 Jessica Lee

**Y6 Girls** 21 Caryl-Haf Lloyd **Y6 Boys (third)** 4 Frank Morgan; 6 Ioan Cressy-Rodgers; 24 Finlay Hayes

### **2015/2016 Gwent cross country league**

After matches in Bridgend, Llandaff Fields Cardiff, Blaise Castle Bristol, Monmouth Showground and Brecon Carmarthen Harriers ended the season with 2 team wins and 1 third

#### **Team positions**

1 Under 13 girls; 1 Under 15 boys; 3 Novice Boys 4 Under 13 Boys; 4 under 20 Men

#### **Individual positions**

1 Ben Thomas U15 Boy; 3 Daisy Thompson U13 Girl 5 Ifan Bowen Novice Boys  
5 Liam Thompson U13 Boys; 5 Thomas Jones U17 Man

### **UK inter counties cross country championships in Birmingham on Saturday 12 March 2016**

U13 B 47 Iwan Glynn; 2013 Liam Edwards  
U13G 81 Phoebe Davis; 227 Siwan Jones-Evans; 249 Maddie Morgan  
U15B 87 Ben Thomas; 183 Tomos Rees  
U15G 277 Non Morgan; U17W 112 Sioned Glynn; U20M 28 Ryan Jenkins; 99 Sion Lewis

Former Carmarthen Harrier member Dewi Griffiths won the senior mens race

### **Welsh sportshall Athletics Finals in Cwmbran on Sunday 13 March 2016**

Alicia Samuel won the U15 2 lap race and was second in the standing long jump

### **Dyfed primary schools cross country championships on Thursday 17 March 2016**

Y4G 2 Seren Davies Y4B 1 Ifan Bowen; 4 Iwan Thomas  
Y5G 2 Jessica Lee; 8 Sara Cond; 9 Milly John; 11Keira Carmody  
Y5B 6 Steffan Davies; Y6B 1 Frank Morgan; 11 Rhufon Phillips

### **Schools and Home Countries international cross country match in Callender Park Falkirk on Saturday 19 March 2016**

3 Carmarthen Harriers members competed for Welsh schools

**Junior Boys 21** Iwan Glynn **Middle Boys 31** Ben Thomas **Under 20 29** Ashraf Liles

**Dyfed v West Glamorgan primary schools cross country match at Parc Dinefwr  
Llandeilo on Wednesday 25 March 2016**

Dyfed athletes and team won all the medals

Girls 6 Seren Davies; 11 Jessica Lee

Boys 1 Frank Morgan; 10 Ifan Bowen; 16 Harry Billingham

**IAAF/Cardiff University World half marathon championship at Cardiff on Saturday  
28 March 2016**

Sharon Leech 3 F45 (1.27.42)

Former Carmarthen Harrier Dewi Griffiths was 3<sup>rd</sup> of the GB team to finish in 27<sup>th</sup> position in a personal best time of 64.10

**Welsh Road relays Championships at Bargoed on Sunday 10 April 2016**

**Under 15 boys A team 1<sup>st</sup>**

Tomos Rees, Iestyn Williams, Ben Thomas

B team Archi Morgan, Callum Lovatt, Trystan Leech

C team William Thompson

**Under 13 boys team 3<sup>rd</sup>**

Liam Edwards, Morgan Batten, Dafydd Jones, Joshua Tarling

**Under 13 girls team 3<sup>rd</sup>**

Phoebe Davis (fell), Clara James, Siwan Jones-Evans, Daisy Thompson

**Under 15 girls team**

Non Morgan, Eva Edwards, Cerys Davies, Elen Hawkins

**Senior Men**

Sion Lewis, Dwayne Griffiths, Gordon Orme, Huw Davies

**Primary school boys**

Ifan Bowen, Steffan Davies, Rhufon Phillips, Iwan Thomas, Brynmor Peters

**Primary school girls**

Seren Davies, Milly John, Emma Brazier, Cordelia Walker

## **Upcoming Events:**

April 20<sup>th</sup> – Dyfed Secondary Schools Relays & 800m Races (Carmarthen)

April 24<sup>th</sup> – Welsh Athletics League U17/20/Senior (Newport) and London Marathon

April 25<sup>th</sup> – Carmarthenshire Primary Schools Athletics Championships (Carmarthen)

April 28<sup>th</sup> – Carmarthen Throws

April 30<sup>th</sup> – Louise Arthur U11/13/15 (Carmarthen)

(Every effort needs to be made that athletes in the team will travel on the team bus to the events)

May 1<sup>st</sup> – YDL U17/20 West Wales (Plymouth)

Also – Carmarthen Mayor's Races, Red Kite Challenge, Street PB meeting & West Wales Athletics Champs in May along with school events (Ceredigion 10<sup>th</sup> May, Brianne 12<sup>th</sup> May)

Fixture information will be all on the Harriers Website.

## **Coaching Report – by Jane Batten**

*There was no coaching report for this meeting, however there has been a coaches drills session organized by Delyth and Carol, and took place at the Leisure Centre on a Monday Evening. This was held after they had attended a course in Devon and seemed to be successful. A further meeting will need to be discussed in the near future to plan ahead for the next few months.*

## **Fund Raising –**

Nothing new to Report at meeting



## **Winter term events** *Latest Fixture List is available*

### **April/Ebrill 2016**

Sunday 17 Llanelli Half Marathon  
Wednesday 20 Dyfed secondary schools relays & 800m Carmarthen  
Sunday 24 London Mini Marathon / Marathon London  
Sunday 24 Welsh U17/20 senior league Cardiff  
Sunday 24 Ras Crannog Llangrannog  
Monday 25 Carmarthenshire primary schools athletics Carmarthen (5pm)  
Wednesday 27 Welsh Masters (35+) League Newport  
Thursday 28 Carmarthen Throws competition Carmarthen (6pm)  
Saturday 30 Louise Arthur WJL U11/13/15 league Carmarthen

### **May/Mai 2016**

Sunday 1 W Wales Midland U17/20 league match Plymouth  
Monday 2 Carmarthen Mayor's Race Carmarthen  
Sunday 15 West Wales championships Swansea  
Wednesday 18 Welsh Masters (35+) League Swansea  
Monday 23 Start of half term  
Wednesday 25 WA Throw/Jumps Open Swansea  
Thursday 26 Carmarthen Throws competition Carmarthen (6pm)  
Friday 27 Talley Fun Run  
Saturday 28 Louise Arthur WJL U11/13/15 league Neath  
Sunday 29 W Wales Midland League U17/20

### **June/Mehefin 2016**

Wednesday 1 Welsh Athletics Sprints Open Cardiff  
Sunday 5 Louise Arthur WJL U11/13/15 league Swansea  
Friday 10 Dyfed secondary schools champs Carmarthen (6pm) (3000,  
300H/400H/HT/PV/walks)  
Saturday 11 Dyfed secondary schools champs (Part 2) Carmarthen (10am)  
Sunday 12 Welsh senior championships Cardiff  
Wednesday 15 Dyfed Cup Final Haverfordwest

## **Any Other Business / Other News**

From Delyth - The training session on Tuesday 12 April will incorporate a charity parlauf two miler – in aid of LATCH a 12 year old girl called Isobelle Williams of Penygroes and is a Bro Dinefwr pupil in Llandeilo, she is suffering with a brain tumour and currently have treatment.

**A donation from each athlete** in the pot will be much appreciated by all

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

Monday June 27<sup>th</sup>, 7.30pm at the Ivy Bush Hotel

[www.carmarthenharriers.co.uk](http://www.carmarthenharriers.co.uk)

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