

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

Present: Hedydd Davies, Kevin Evans, Nathan Jones, Carol Jones, Delyth Brown, Rebecca Gatt

Apologies: received from Rhian Glynn, Steve Glynn, Joan Goldsmith, Jane Batten, Neil Thomas

The minutes of meeting held on 30th November 2015 were accepted as a true record despite there only two present.

Matters arising from the minutes: 30th Nov

- *A number of past items were reminded once again – including the club's article in Athletics Weekly and to Delyth Brown & Ivor Hopkins, who have both been unwell.*
- *Numbers on a Tuesday evening (indoors and outdoors) are very good, many train outside for cross country but don't see them all competing regularly.*
- *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 750 likes which is great 3 months in. Over the coming weeks, a club Twitter Page will be set up – this will be used well for links with schools in Dyfed and West Wales.*
- *The gazebo is being used well in events – with the weather so bad in Builth Wells no attempt was made to put it up. The flag travels well too and will be present at the upcoming school events.*
- *As previously mentioned in the past weeks, the club held another successful dinner in November 2015 where 217 turned out for a fantastic evening and to hear guest speaker Fred Bell. Fred and wife is a regular follower on our facebook page and they do comment on a regular basis on how happy they are how the club is doing lately. There is plenty of pictures and a report on the social media platforms. Gwynne Griffiths, a GB International runner and present at the dinner for the past 2 years will be asked to be the speaker for 2016 – provisional date 4/11/16.*
- *Portacabins – Carol recently mentioned that there has been problems with the door for the equipment room (it won't shut properly/electrical) Ralph has been asked to have a look. New equipment is always kept in the other shed.*
- *Officials – if enough interest is shown from club members, assistance course/coaching could be arranged in Carmarthen. More by speaking to Rebecca.*

Report on events held since last Committee Meeting **Carmarthen Harriers Chairman's Report 11 January 2016**

2015 Dinner

Many thanks to Rhian Glynn for organising the Dinner 217 attended and there were 2 other dinners in the Ivy Bush Hotel that evening

Thanks to the staff of the Ivy Bush Royal Hotel for an excellent meal

Nathan is to be congratulated on publicising the event and for his excellent report on the event

Thanks to Gwyn Edwards for his many photographs which were on the Harriers web site late on that night

Competitions since September 2015

Carmarthenshire primary schools cross country championships at the Showground on Thursday 25 September 2015

1009 competitors competed. Very few new members joined the Club as a result of the competition

Brianne secondary schools cross country league

Three events held so far (Dyffryn Taf on 29 September, Bro Myrddin on 20 October and Bro Dinefwr on 26 November 2015). Carmarthen Harriers members have done well in all three matches. Final match to be held in March 2016

Carmarthenshire primary schools sportshall athletics championships at the Carmarthen Leisure Centre on Thursday 22 October

Only 8 schools took part this year which is disappointing (clashed with other school events). Many thanks to Nathan for typing up the results so quickly

Carmarthenshire secondary schools Y7/8 sportshall athletics championships at the Carmarthen Leisure Centre on 3 November 2015

A very good turnout from the eight schools that competed. A team will be chosen after Xmas for the Welsh sportshall final in Cwmbran on 13 March 2016. Thanks to Nathan for typing the results

Gwent cross country league match at Blaise Castle Bristol on Saturday 6 December 2015

Carmarthen Harriers individuals and teams have had a very good start to the season and after three matches are placed as follows

Individuals

1 Daisy Thompson (U13G); 2 Frank Morgan (novice B); 2 Ben Thomas (U15B), 5 Phoebe Davis (U13G)

Teams

1 U13 Girls, 1 U15 Boys, 3 Novice Boys, 3 U20 Men, 4 U13 Boys

Welsh combined events championships at NIAC Cardiff on Sunday 8 November 2015

Lauryn Davey finished second in the U18 event and has been selected to compete for Welsh schools in the schools international combined events match in Glasgow on Saturday 12 December 2015

Welsh inter schools cross country championships at Brecon on Saturday 14 November 2015

Event cancelled the day before due to a poor weather forecast

Welsh cross country relays championships at Bridgend on Sunday 22 November 2015

Carmarthen Harriers won three team races. A very good result

U13 Girls (Phoebe Davis, Maddie Morgan, Siwan Jones-Evans, Daisy Thompson)

U13 Boys (Bedwyr Thomas, Liam Edwards, Joseff Rhys –Ellis, Iwan Glynn)

U15 Boys (Tomos Rees, Gareth Thompson, Iestyn Williams, Ben Thomas)

Iwan Glynn, Daisy Thompson Ben Thomas had fastest laps. Phoebe Davis second fastest

Events in December 2015

Gwent cross country league matches at Blaise Castle Bristol on Saturday 5 December 2015

Carmarthen Harriers individuals and teams have had a good season so far and after three matches are placed as follows

Individuals

1 Daisy Thompson (U13G); 2 Frank Morgan (novice B); 2 Ben Thomas) U15B), 5 Phoebe Davis (U13G)

Teams

1 U13 Girls, 1 U15 Boys, 3 Novice Boys, 3 U20 Men, 4 U13 Boys

Welsh inter regional cross country championships at the Showground Builth Wells on Saturday 12 December 2015

South Wales 193; West Wales 168; East Wales 130; North Wales 127

128 out of 154 athletes selected competed in the Builth Wells Showground

Carmarthen Harriers athletes did very well on the day

Primary school races

Y5 Boys 1 Harry Billingham; 11 Steffan Davies; Y6 Boys 1 Frank Morgan; 3 Ioan Cressy-Rogers

Y5 Girls 5 Emma Brazier; 19 Ella Davis; Y6 Girls 6 Caryl-Haf Lloyd

U13 Girls 4 Daisy Thompson; 5 Phoebe Davis; 14 Siwan Jones-Evans; 15 Maddie Morgan

U13 Boys 3 Iwan Glynn; 13 Joseff Rhys Ellis; 15 Liam Edwards; 28 Bedwyr Thomas; 38 Nicholas Evans; 41 Dafydd Jones

U15 Girls 21 Non Morgan; 36 Mali Weston; 39 Cerys Davies; 40 Elen Hawkins

U15 Boys 1 Ben Thomas; Tomos Rees; 17 Archi Morgan; 23 Gareth Thompson; 28 Callum Lovatt; 32 Will Thompson; 41 Caspar Farquhar

U17 Women 10 Ellie Kiff

U17 Men 25 Thomas Jones

U20 Women 6 Amber Howell

U20 Men 6 Ryan Jenkins; 9 Ashraf Liles; 11 Sion Lewis; 16 Dwayne Griffiths

SM 2 Lloyd Heckler

V45 Women (included in SW and V35 race) 31 Louise Jones-Evans

V40 Men (included in SM and M50 race) 88 Huw Davies

V50 Men (included in SM and M40 race) 114 Gordon Orme

Ten pin bowling at the Xcel Bowls Arena on Saturday evening 12 December 2015

Excellent evening enjoyed by all present. Many thanks once again to Rhian Glynn for organising the evening

Financial Report

Money in bank on 31 December 2015 £40,463.68

The income and expenditure account for the 2015 year was discussed and approved for presentation at the AGM on 8 February 2016

Coaching and Officials Report

Please see Jane Batten's report. There is an urgent need for a meeting of all coaches to be held early in January 2016

If the Club is to progress further we must have more qualified specialist coaches
Also urgent need for qualified officials to officiate at Welsh league matches (both junior and senior- see recent memo from Darran Williams)

Meeting with Leisure Centre Manager on Wednesday 2 December 2015 to look at the requirements for the Carmarthen Athletics Track in 2016 (see attached paper)

January 2016 events

Saturday 16 January and Sunday 17 January 2016 Welsh junior indoor championships at NIAC Cardiff

Tuesday 19 January 2016 Dyfed secondary schools cross country championships at Dinefwr Park Llandeilo (11 am start) (Y7, Y8/9, Y10/11.Y12/13)

Thursday 28 January 2016 Carmarthenshire Y9/10 sportshall athletics championships at the Carmarthen Leisure Centre (10am)

Friday 29 January 2016 Carmarthen Town Council Awards evening at 7pm at the Carmarthen Quins Club (9 Carmarthen Harriers athletes to receive awards)

Carmarthen Harriers AGM at 7.30pm on Monday 8 February 2016 at the Ivy Bush Royal Hotel

Things to do in January 2016

Order more vests (done)

Apply for sponsorship (already applied for 4 grants/sponsorship)

Clean both portacabins

Check all throwing equipment (some damaged by water)

Order new throwing equipment for the 2016 summer athletics season

Prepare for all the cross country and sportshall events in January/February 2016

Prepare for Carmarthen Harriers AGM on Monday 8th February 2016

Weekend of Saturday and Sunday - January 9-10

Three Carmarthen Harriers members were selected to represent Wales at the Celtic Cross Country International races which were incorporated in the Great Edinburgh Cross Country today (Saturday) and the athletes at U23, U20 and U17 level raced against teams from Scotland, Ireland and Ulster. The event itself held at the Iconic Holyrood Park also featured Welsh Athletes representing Great Britain including well known Carmarthenshire local Dewi Griffiths who finished 6th after a ...good race with the leading pack.

In the junior Celtic races, Ben Thomas – an under 15 who was running a older age group in the U17 category finished in 12th position in 00.22.19m, the team collected silver. Ryan Jenkins racing in the Under 20 age group battled well to cross the line also in 12th with a time of 00.21.26, and Lloyd Heckler in the U23 helped Wales to team silver by securing 9th sport in 00.28.28. Delyth Brown was one of the Wales Team Managers. 2 wins, 1 2nd, 2 silver, 3 bronze.

At the English Institute of Sport in Sheffield several Welsh athletes including Harrier Aled Price, competed in the England Athletics Senior and U20 Indoor Combined Events Championships (incorporating the Welsh Athletics Championships) and came away from the north with an impressive 4th place

overall in the U23 age group. His performances were 7.30s (60m) 6.91m (long jump) 11.28m (shot) 1.84 (high jump) 8.48s (60m Hurdles) 4.10m (pole vault) and 3.04.33 (1000m)

Upcoming Events

Events in January 2016

Dyfed Schools & Carmarthen Harriers confirmed that three of the Dyfed Schools Area Cross Country Championships - planned for 13-15 January were **CANCELLED** because of the bad weather.

Cancellations - fields and locations are too wet

- **Ysgol Bro Dinefwr** - Brianne Schools Cross Country (Wed 13/1/16)
 - **Llangrannog** - Ceredigion Schools Cross Country (Wed 13/1/16)
 - **Oakwood** - Pembrokeshire Schools Cross Country (Wed 13/1/16)

Therefore it was decided that all the competitors who would have competed in these events went on to compete in the Dyfed secondary schools cross country championships at Parc Dinefwr Llandeilo on Tuesday 19 January 2016 (first event Y7 girls at 11am)

Events at Parc Dinefwr will be Y7, Y8/9, Y10/11 and seniors (both boys and girls)

Saturday 16 January and Sunday 17 January 2016 – Welsh junior indoor championships at NIAC Cardiff

After hosting the big Welsh Championships & SIAB International cross country events in the past two years, the grounds of Parc Dinefwr will be the venue for the 2016 Dyfed Secondary Schools cross country championships.

This year's event will be held at the magnificent Parc Dinefwr in Llandeilo on Tuesday January 19 2016.

There will be eight races on the programme with the eight age groups:

Year 7, Year 8/9, Year 10/11, Year 12/13 (both boys and girls)

The timetable for the day begins at 11am with the Year 7 Girls

Race Order / Trefn

Y7 girls: (2000m). 1 small + 1 large

Y7 boys: (2000m). 1 small + 1 large

Y8/9 girls: (2400m). 2 large

Y8/9 boys: (3200m). 1 small + 2 large

Y10/11 girls: (3200m). 1 small +
2 large

Y10/11 boys: (4400m). 1 small +
3 large

Y12/13 girls: (3600m). 3 large

Y12/13 boys: (5200m) 4 large

Medals will be awarded to the
first three in each of the 8 races.

Event Selection

Straight after the
championships, 12 in each age
group will be selected that day to

compete for Dyfed schools in the Welsh schools cross country championships in Brecon on Wednesday 10 February 2016.

Selected athletes will be sent a letter to the home address the following day and replies to be back within a week.

Dyfed Schools have an outstanding record in the Welsh schools cross country championships, winning the overall team title every year except once since 1991.

Saturday & Sunday – January 23/24 – West Wales Championships @ Swansea University. Good entry so far for the Cardiff Cross Challenge & Primary (24th) London Mini Marathon selection counts towards this.

Thursday – January 28 – Carmarthenshire Y9/10 Sportshall Athletics @ Carmarthen Leisure Centre

Friday – January 29 – Carmarthen Town Awards – Quins Club

All information on the website.



Coaching Report – by Jane Batten

There is an urgent need for a meeting of all coaches to be held early in January 2016. If the club is to progress further we must have more qualified specialist coaches. Also urgent need to qualified officials at Welsh league meetings.

The winter training is well under way, and with the weather being about as unkind as it could possibly be on a Tuesday evening, all but the hardy cross country runners are indoors.

Cross country training is now the focused training and there seems to be a good number of junior runners leaving the hall every Tuesday evening to brave the elements.

Indoors the focus is on coordination and conditioning with some specific skill work added for variation for the younger athletes. The older and more established junior athletes are either outside distance running or in Ivor's sprint group, while the younger athletes train outside with the distance group or indoors in the coordination and conditioning group.

Advanced and senior athletes are still with their established coaching groups.

Early next year I think that we should have a coaching meeting to discuss the 2016 track and field season.

We need to have a coordinator in place who will work on putting some sort of training structure and athlete progression pathway in place.

I am not the person to do this as I do not have the necessary qualifications or experience for such a role. However, I am very happy to work with someone or a group to put this structure in place for the club. We had something simple in place last season and it did work. We now need to elaborate on this in order to ensure that all young athletes have the opportunity to try all events and then offer them the coaching they need if they show potential for any events. We particularly need more structure for jumps and somehow encourage more young athletes to throw.

Winter term events *Latest Fixture List is available*

January/Ionawr 2016

Tues	19	Dyfed secondary schools Cross country championships	Parc Dinefwr
Sat	23	West Wales indoor championships	Swansea
Sun	24	West Wales indoor championships	Swansea
West Wales Indoor Championships entry form 2016			
Sun	24	Cardiff cross country challenge	Blackfriars Cardiff
Thurs	28	Carmarthenshire Y9/10 sportshall	Carmarthen Leisure C (10-12)
Sun	31	Welsh senior championships	NIAC Cardiff

February/Chwefror 2016

Sun	7	Welsh U20 indoor champs Including U15/Senior 3000 champs	NIAC Cardiff
Wed	10	Welsh schools cross country champs	Brecon
	13/14	Gwent cross country league	Abergavenny
Sat	27	Welsh cross country championships	Singleton Park Swansea

March/Mawrth 2016

Sat	5	Gwent cross country league Brienne secondary league match	Brecon
Sat	12	UK inter counties cross country	Birmingham
Sun	13	Welsh sportshall athletics final	Cwmbran
Thurs	17	Dyfed primary cross country champs	Showground (4.30pm)
Sat	19	SIAB cross country Home Countries U20 match	Falkirk Scotland Falkirk Scotland
Wed	23	West Glam v Dyfed Primary CC	Swansea?
Thurs	24	End of term	

Any Other Business / Other News

- 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 up to now. This will be an easier way to purchase and an easier way for Rhian. 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|Carmarthen%20Harriers)
- The track will be undergoing cleaning and repairing before April. Things needing attention include cleaning of surface, reline, sand, hurdles and the hammer/discus cage. The council are supporting with this.
- Welsh Athletics Awards – November 2015 – congratulations to Kevin Evans, Carol Jones and Delyth Brown, category winners.
- Carmarthen Town Awards on January 29th – 9 Harrier athletes will receive an award. The harriers have also been shortlisted in 3 of the Carmarthenshire Sports Personality Awards evening in February – Kevin Evans, Junior Cross Country Team and Stephen Perks inducted into the Hall of Fame.

- Carmarthenshire are in plans to host a Gwent League Cross Country match (Pembrey) – West Wales athletes over the years have had to travel a long way to matches in England – Carmarthenshire County Council are keen to support. Hopefully the clubs in WW can come together to make the event happen smoothly. Things to be discussed.
- Carmarthen Harriers has been very fortunate to be given a sum of money to give to talented Carmarthen Harriers athletes who were ranked in the top three in Wales in 2015. The donor wishes to remain anonymous. The grant is to be used for their future development in athletics.
- Rebecca Gatt, the Dyfed Network Officer was present and reported on a few events coming up, including a cross country fixture for primary schools in Llanelli and Pembrokeshire sportshall events. Coaches are also available and should speak to Rebecca for more information.

4 Welsh clubs will next week meet representatives of Welsh Athletics Ltd

The Committee nominated the Chairman Hedydd Davies to be Harriers representative at the meeting.

Date of next meeting – Annual General Meeting:

Monday February 8th, 7.30pm at the Ivy Bush Hotel

It was decided at the Committee to hold the 2016 Carmarthen Harriers AGM at the Ivy Bush Royal Hotel Spilman Street Carmarthen at 7.30pm on Monday 8 February 2016

Please make a note of this date in your diaries now and make every effort to attend. All members and parents welcome.

www.carmarthenharriers.co.uk

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