

Carmarthen and District Harriers Committee meeting – Ivy Bush Hotel – Carmarthen Monday June 8th 2015

Present: Hedydd Davies, Nathan Jones, Joan Goldsmith

Apologies: were sent in by Rhian Glynn, Steve Glynn, Jane Batten and Edward Morgan

The minutes from the meeting on Monday April 27th were accepted as a true record from the three present.

Matters arising from the minutes:

Annual Dinner – Fred Bell has accepted the invitation to be our guest speaker this year on November 6th. Many middle distance runners will be present this year. Tim Bee, who was present last year to award the RB Evans Award has passed away.

No new news has come through involving the camping trip organized by Rhian and Kathryn in the summer in France. Plans will probably be made on another bowling event later on in the year.

The new stand is being used well and has been able to accommodate more seating for spectators. Unfortunately a few seats were damaged in the smaller stand during the Ceredigion schools area athletics event in May.

Volunteers have developed slightly, especially on helping with administration and the refreshments at the track on match days. The volunteers who helped out at the Dyfed Primary and Dyfed Secondary Athletics events were excellent. Around £1100 of food was sold and £760 collected on the gate on 6th June.

The club is thrilled to see Delyth Brown back at the track on training nights on a Tuesday and Thursday after her recent illness.

The main portacabin is much tidier after Helen kindly cleaned them out. Field equipment such as rakes and take off boards are kept in the back room. There is a leak in the equipment room where there is a small hole in the roof leaving some water through. Ralph will be checking this out.

Website keeps going from strength to strength where as much information and results as possible are added. Links have been made with Carmarthenshire Herald newspaper, where they would like details and club news to be sent to them for publishing.

Membership have been coming in, where we are now up to about 200 members. Coaches will continue to check that everyone training is a member.

It is great to see more new Under 11 athletes competing in the LA this year.

The club tent is still available for events. We are still looking into getting a club flag and perhaps a gazebo, especially for the cross-country events later in the year. £200 has been donated to be used on this.

Financial Report

The account balance at present is £47,953. It was around £42,000 this time in 2014. This is a very good situation for the club financially. A number of expenses are to be paid including the hire of the track.

A profit of £3,300 has been made on the sales of refreshments at the track and at the Showground. Training levy has been up this year.

Chairman's Report

The new vests are going very well; with athletes they look very smart during training and at all competitions. £15/£18

No news on the age group changes.

Back in April, there was no reply from the Australians until Hedydd received a letter. They were due in at 5pm on 4th June but arrived earlier. 6 athletes and 2 team managers spent 4 days in Carmarthen. Their activities here included: visiting school, bowling social event in Xcel Bowling and competing at the Dyfed Schools and LA Neath. Sincere thanks to the hosts and everyone in the club who helped make their visit to Carmarthen an enjoyable experience. Report can be found on the website.

SIAB was a good experience for all the athletes selected.

Very few records were recorded in the 2015 Dyfed Schools Athletics.

Combined Events in Swansea 20th June – 16 have been entered from Dyfed, no SG team due to athletes being unavailable.

There was an increase this year on the number of Harriers members that entered the West Wales Championships in Neath. 43 competed with 45 medals collected.

Carmarthen Open Throws – 2 good competitions held so far with over 30 competitors. The club currently sit 6th in the Senior league for U17 +. The ones that have attended have produced a number of excellent results and should qualify for the final in August.

The Louise Arthur so far has seen an excellent response from athletes and support from parents. Good start at the home match in Carmarthen and this fine form continued in Neath. Photo-finish is Being used at the Louise Arthur and has worked fine so far. Carmarthen have had two thirds in the first two matches behind Swansea and Pembrokeshire. (Web Reports available)

The number of competitors have improved. 72 were at the first match and 68 were in Neath, with over 20 having competed the day before in Carmarthen, so a big thank you to all who made a big effort over both days.

Overall numbers have been down in the West Section however. The East recorded a record number at their recent event in Newport where over 520 competed.

2015 Summer athletics events

Boys and Girls Clubs UK Athletics is Saturday 13th June in Cardiff. Timetables will be handed out to those attending. This event clashed with the LA in 2014, being the reason why no Carmarthen Harriers members were entered.

Dyfed Cup Final is at Haverfordwest on 17th June. Bro Dinefwr, Bro Myrddin, Dyffryn Aman and QE High will represent Brianne in Pembrokeshire.

The entries for the WA/WSAA Combined Events in Swansea have been low. Good teams from Dyfed will be attending, only the SG will not have a Dyfed team.

Carmarthen Throws continues to attract throw athletes from all West and East clubs. 25th June is the next event

Welsh U13/17/Senior Champs and the YDL West Wales U17/20 is taking place on Saturday and Sunday 27/28 June, unfortunately there is a clash here. Most U17 events takes place in Cardiff on the Saturday.

Letters have been sent out to the Dyfed Schools team selected for the champs in Cardiff on 4th July.

Tuesday 7th July will see McDonald's annual sports day in Carmarthen from 10am onwards. It is organized by Ron Mounsey and refreshments will be sold by Carmarthen Harriers.

The Endurance event on July 8th has been moved from Barry to Newport. The Jumps Open Meeting on June 10th had to be cancelled due to a shortage of officials.

Wednesday 15th July – Dyfed v West Glamorgan annual match in Carmarthen.

Athletes should send their availability forms to Hedydd. Help will be needed with officiating and refreshments.

Coaching Report by Jane Batten

The new structure of U11 dedicated coaching is now in place, which ensures that all U11's are rotated through all U15 league events, with Nikita and myself taking responsibility for this coaching. Nikita is a huge asset to the coaching structure and I could not do this without him, and delivers all sessions with good grace and humour, regardless of numbers of athletes.

Though it is too early in the season to know if the structure is enhancing U11 performance, so far we feel that it is working. It does seem a bit chaotic at times, but we have now rotated all U11 athletes through an introduction to all events, so that they are now on the second cycle through the events, with the aim being to get them all at a level where they are all able to compete in all the events. So far, the results are encouraging, with all the U11 girls who competed in the 75M in Neath achieving personal bests. The structure also means that it is easier for the

team managers to find their athletes and target specific athletes for specific events.

Jake and Steve continue to coach the endurance athletes and the U11's for middle distance events and support the U11 coaching in general.

The U13's and U15's are now coached by Simon, though I am aware that Simon would probably benefit from some other coaching support, which I am hoping Aled Phillips will provide when he returns to the track after his GCSE's. Specific support continues to be provided by Ivor, Ralph, Richard and Ossie for those who want to focus on specific events.

Carol continues to have large groups to coach, but with Neil's help and the return of Delyth, is hopefully less stretched. Carol also, very kindly, offers sprint coaching to those who need it on a Thursday night, which I will help out with, if necessary.

Track safety is still a concern of coaches, and there is a feeling that the U15 league athletes should have priority from 6-7pm on a Tuesday. Sam Bleach is now throwing the javelin at the top end, which interferes with the large long jump groups. My plan is to inform him a week in advance when long jump coaching is planned in the hope that he will be kind enough to come down closer to 7pm to train on those Tuesdays.

Date of next meeting

Wednesday 2nd September 2015 – 7.30pm Ivy Bush Hotel