

# **Carmarthen and District Harriers Committee meeting – Ivy Bush Hotel – Carmarthen Monday March 23<sup>rd</sup> 2015**

**Present:** Hedydd Davies, Kevin Evans, Nathan Jones, Rhian Glynn, Jane Batten

**Apologies:** Ivor Hopkins, Helen Williams, Carol Jones, Steve Glynn

The minutes from the meeting on Monday 7<sup>th</sup> January were accepted as a true record.

## **Matters arising from the minutes:**

£800 track and £600 indoor invoice has been paid up until the end of March 2015.

Annual Dinner: The provisional date still stands at November 6<sup>th</sup> 2015. Hedydd will speak to Fred Ball as the guest speaker this year. Many middle distance runners will be present on the evening.. Fred Bell has accepted the invitation

The tenpin bowling event in December 2014 was once again successful where many members attended. This will be arranged again.

10 families went camping in the summer as part of the Louise Arthur meeting in Brecon last year. Due to different dates this year, this will probably be arranged before the summer holidays, changing location to Pembrey for 2 nights with a date to be confirmed soon by Rhian.

The work on the stand has now been finally completed (mid February) and safe for use. Carmarthen Harriers and Carmarthenshire County Council have paid half each for the work. Mr Ron Mounsey and QEH School also supported financially

Coaching course: Jess Williams has recently been on one of the coaching courses, the club needs more willing volunteers to attend them.

Harriers Website – the communication and connection problems that occurred in January only lasted a couple of days, which is now back to normal. The website continues to provide useful club and event information, results and news on our athletes in competitions.

Coaches still remains a problem, there are a number of roles that parents and volunteers can take in helping out at training evenings.

Delyth Brown has recovered from her spell in hospital after her operation. The club continues to send our best wishes to Delyth for a quick recovery.

Due to the busy fixture calendar over the last few months, no arrangement has yet been made on the Tesco raffle (fund raising)

## **Matters arising from the minutes of the AGM on Monday 16<sup>th</sup> February:**

The roofs on the portacabin have been a problem recently with a leak in the equipment room, which was in a bad state. Thanks go to Alan Lewis Roofing Specialist for repairing the roofs and also Helen Williams for cleaning and tidying both cabins, they are now much better with finding equipment much easier. All athlete bags from now on will be stored in the new stand, this will ensure that the cabins are kept as tidy as possible.

Membership renewal was due for all athletes at the start of March. A number of athletes still haven't handed in their new memberships. This is really important as all athletes must be members otherwise they would not be insured and should not train on a Tuesday or Thursday. Membership forms are available at the track.

Bob Dowdeswell received a letter from Hedydd thanking him for his excellent work as secretary for 4 years.

The subs for training evenings continue to be the same - £3 on Tuesdays and £2 on Thursdays.

The suggestion of allowing athletes aged 8 years old to train was turned down, mainly due to the number of coaches and the space that we have.

A number of new posters have been created by Helen Williams, including fixture list, club information and volunteers. These can be found in the window of the shed, inside the portacabin and the advertisement board outside the track. A new publicity poster has also been made which is also now inside the leisure centre. The documents are available in different sections on the website.

The first track event of the 2015 season in Carmarthen – Dyfed Secondary Schools Relays & 800m events – Thursday 16<sup>th</sup> April at the Athletics Track.

Dyfed Primary Schools v West Glamorgan Primary Schools Cross Country Annual match – Thursday March 26<sup>th</sup> at Swansea University

The club tent is being used well at all events; a donation has made towards getting a new one. It has been very useful for changing and keeping bags. Edward has been looking into getting a new Harriers flag and notice boards.

Jessica Huddlestone's part time job of the Dyfed Club Network Officer has been advertised and now open to applications.

## **Financial Report**

The account balance at present is £53, 153. £3000 bursary received from West Wales Freemasons Provincial Council and £1000 from McDonalds A grant of £560 is due from Welsh Athletics

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When the 50% share of the cost of re furbishment of the stand is made the balance should be close to £40,000

This is a good position for the club financially.

At the recent Dyfed Primary Schools Cross Country event at the Showground, £1272 of food was sold and £660 entry fees received. It cost £1100 to hold the meeting including £300 for medals, £200 PA and £75 First Aid and hire of showground £510

Thanks go out to all the marshals and volunteers who helped make this another successful event including the car park marshals (1500 cars), refreshments, course / finish marshals and sponsors. The first event was at 4.30 and presentations of the 128 medals were done just before 6pm.

### **Chairman's Report**

It has been a really successful few months in the cross-country season for the club, with healthy numbers of middle distance competitors and excellent support from parents. A number of team medals were won in the Gwent League, which saw the team travel from Bridgend to Bristol. The only disappointment was the short cancellation of the final match at Aberdare on March 1<sup>st</sup>, because of the underfoot conditions making it unsafe for the athletes. The Novice Boys and U17 Men won team gold, with U13B bronze.

In Corwen North Wales at the Welsh Cross Country Championships, Carmarthen was the most successful junior club winning a team medal in all age groups.

The Welsh Road Relays held in Pontypridd turned out to be another good day with 5 teams entered. 28 medals were won and two team wins. After errors in the results they are now correct and all medals from the missing races will be posted to us. At the Brianne Schools League events, 17 of the 18 individual medal winners were Harriers members.

All reports and results on these are available on the website.

Our new Harriers vests are looking good in all the club competitions.

The indoor events, however, have continued to be disappointing with very few athletes attending.

Two Carmarthen Harriers members have been selected to represent Welsh Schools at the London Mini Marathon in April. Iwan Glynn U13 and Ashraf Liles U18. There are also a number of reserves – Sioned Glynn, Archi Morgan, Gareth Thompson, Ben Thomas, Ryan Jenkins. This event is all part of the learning for the young athletes and will provide good experiences for future events.

Recently in Dublin, Ireland, Ben Thomas was selected to represent Welsh Schools at the SIAB Schools Interational Cross Country. In a high quality field, Ben finished in 19<sup>th</sup> position and the second Welshman home.

Age Group changes – there is a consultation about changing age groups from U11, U13, U15 to U14, U16, U18 next year, but this will not affect schools. This is something to be discussed soon with no further information yet. The weights changed for females in some throwing events last year

### **Preparation for 2015 Track Events**

Carmarthen Harriers will enter athletes for the 2015 UK Boys and Girls Clubs competition which is to be held on Saturday 13 June 2015.

Neville Sillitoe and his team will once again come as part of their tour to Carmarthen for a few days. The squad from Melbourne will arrive on Thursday and attend school on Friday. They will also compete at the Dyfed Schools and Louise Arthur matches during the weekend. The date is 5<sup>th</sup> June and hosts will be needed. They visit around 10 places as part of their tour.

### **2015 Summer athletics events**

It is quiet for the next few weeks. It is hoped that the Carmarthen Throws will continue to go from strength to strength this year. This is a good event for athletes, open to all clubs to improve and practice events before bigger competitions. It also gives younger athletes more opportunities to have a go. It is hoped that more Carmarthen Harriers athletes will attend this year, held on the last Thursday of the month during the summer. Ralph Siggery is now back in training on Tuesdays.

The U17/20 Senior and YDL Leagues will be starting soon. The YDL West Wales U17/20 team was promoted back to the premier division last year and come up against some of the best teams, which include Cardiff and Swansea. Letters have been given out to athletes for availability.

The U17/20/Senior league will also be useful to the older athletes, who move up from the U15 age groups.

First Louise Arthur match is taking place in Carmarthen on Sunday 10<sup>th</sup> May. It has been moved from the Saturday due to a big event held in Swansea. U11, U13 and U15 age groups, 6 in each event allowed. More information on the LA will follow soon.

### **Coaching Report**

The primary and secondary middle distance runners continue to go from strength to strength, and this is shown in the results of competitions.

All coaches still require a meeting before the track season to organize training sessions. Jane and Simon have started selecting and grouping according to ability. An Induction meeting will be arranged to give athletes and parents the

information of what the events include and stress that standard is not important but the taking part.

Hurdles are a concern, even though new hurdlers have arrived

Aled Phillips has started helping out with coaching with hurdles one of his strengths. It is important to collect more girls throwers soon.

### **Fund Raising**

Possibilities include guess the weight; guess the number of sweets in a jar for £1 etc. This could come up in events at the Carmarthen Track events as part of the refreshments. Rhian and Jane will look into this.

### **Any other business**

The club are hoping that the track season will be successful as the cross-country season. All members should be involved with the Louise Arthur this year with good level of competition from other clubs. Parents and athletes can always speak to Team Managers for more details.

The Welsh schools Track and Field Championships looks like being part of Gemau Cymru once again this year in Cardiff

### **Date of next meeting**

Monday 27 April 2015 at 7.30pm in the Ivy Bush Royal Hotel