

2014 CARMARTHEN HARRIERS ANNUAL REPORT

Carmarthen and District Harriers Athletics Club was formed in 1948

2014 has again been a successful year for the Club. At present the Club has 230 members

Achievements of the Carmarthen Harriers teams in 2014

- Second in the 2014 Welsh Senior (U17/20/Senior) League Cup Final
- Third in the 2014 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Third in the 2014 Gerald Codd Trophy (9-15) competition
- Fifth in the 2014 Welsh Junior (9-15) Junior League Cup Final
- Won the 2013/14 under 13 boys Gwent cross country League team competition. Second in the novice girls and third in the under 17 mens competition
- Won the 2014 Welsh under 13 boys road relay championship. Under 17 mens team came third
- Second in the Welsh U13 boys and U17 mens team cross country championship and third in the U15 boys and girls team competitions
- Third in the 2014 Gwent League George Crump MBE Trophy competition
- Tenth in the 2014 Wilkinson Sword Trophy competition (the Welsh club winning the most gold medals in the Welsh senior and junior athletics championships). Carmarthen won the Wilkinson Sword Trophy in 2005, 2006, 2007 and 2008

Achievements of Carmarthen Harriers members in 2014

- Kyran Roberts UK under 20 indoor 1500m gold medalist
- Carys Jones second in Celtic Games pole vault

Positions held by Carmarthen Harriers members in 2014

Hedydd Davies	Chairman West Wales RAC, Hon Sec Dyfed and Carmarthenshire Schools AA, Chairman of Louise Arthur League
Kevin Evans	Chairman of Welsh cross country committee and Welsh cross country team manager
Joan Goldsmith	Welsh and Welsh schools team manager and West Wales team manager
Sharon Leech	Secretary of the Welsh cross country committee and Welsh schools team manager
Delyth Brown	Welsh Ladies Mountain Running Team Manager

Report of the Chairman

All the Harriers teams had a reasonably successful year and these team results would not have been possible without the support of the whole Club. We are indebted to our elite athletes but also the ordinary club athlete who regularly compete for the Club and gain valuable points in team competitions. Many Harriers members were members of this year's successful Dyfed schools and West Wales teams

In 2014 the Carmarthen and District Harriers Athletics Club organized 18 events in Carmarthen and the Harriers members took part in 85 individual or team competition events during the year. Ralph Siggery is to be congratulated once again on organizing the five Carmarthen Throws competitions held this year

The highlight of the year for us was hosting the Welsh cross country championships at Dinefwr Park Llandeilo on Saturday 15 February 2014

In the last 25 years Carmarthen Harriers has been involved in hosting in Carmarthen 25 Welsh road race championships (in conjunction with the Carmarthen Mayor's Race), 20 Welsh championships or international athletics events (including 4 Celtic Games) at the Carmarthen Athletics Track and many major cross country events at the Showground (Celtic cross country international, Home Countries Ladies cross country international, Welsh cross country championships in 1999 and six Gwent League cross country matches)

In June 2014 we hosted 5 athletes from Melbourne, who were on an eight week tour of Europe. The Club is extremely grateful to the parents of Sioned and Iwan Glynn, Archie Morgan, Iestyn Williams and Ben Thomas, and Chris and Christine Blower for hosting the athletes and team managers. Their team manager Neville Sillitoe was most appreciative of the hosting arrangements made for his group.

This year once again Carmarthen and District Harriers Athletics Club has been sponsored by Ffoshelig Coaches Carmarthen. The Club is extremely grateful to Rhodri Evans of Ffoshelig Coaches for his support at all times

McDonalds sponsored once again this year our Carmarthenshire primary schools athletics and cross country championships. We are extremely grateful to Ron Mounsey for his support to the Club over many years

We are again this year indebted to all the following local business firms and charitable organizations for their generous sponsorship and their support this year

West Wales Freemasons Provincial Council, Castell Howell Food, Owen Sports, Rotary Club of Carmarthen, Inner Wheel Club of Carmarthen, and Tesco

Carmarthen Harriers also acknowledges with gratitude the support and assistance it has received this year from Carmarthenshire County Council, UK Athletics, Welsh Athletics and Sport Wales without whose support and that of local businesses we would not have been able to organize and compete at events on our home Athletics Track in Carmarthen or travel to compete at venues all over Wales and England.

Sincere thanks to Eiddwen Davies for arranging all the catering at competitions at the Carmarthen Athletics Track and at the United Counties Showground. Helen Williams has assisted her and other Club members and their efforts this year have raised over £4000 for the Club

Congratulations to Nathan Jones. Since our 2013 Dinner he has been

Runner up in the UK Athletics Volunteer of the Year Award

Runner up in the BBC Sports Wales Young Volunteer

Joint winner of the Carmarthenshire Young Volunteer Award

Runner up in the St Davids Young person award (winner was Jade Jones Olympic gold medalist)

The Carmarthen Harriers website has been a great success. Club is indebted to Nathan Jones and Lesley Rees for maintaining our website in a professional manner. It surely is the best athletics club website in Wales if not in the UK

Many thanks to Mrs Kathryn Rees for organizing the camping weekend at Brecon at the time of the final Louise Arthur League match of the season

Thanks also to Rhian Glynn for organizing a very successful ten pin bowling evening. She has done a superb job in arranging the 2014 Dinner

We would like to thank Sarah Harcourt, Manager of the Carmarthen Leisure Centre and her staff, and in particular Matthew Bailey, for their assistance again this year in the preparation before the day, and their support on the day at all our events at the Carmarthen Athletics Track. The County Council grounds staff is to be thanked for their excellent maintenance of the grounds at the Athletics Track.

Our grateful thanks are due also to Andrew King and all the members of the Carmarthen Division of the St John Ambulance Brigade for attending all our events and giving us a first class service.

Carmarthen and District Harriers Athletics Club would not exist as a Club but for the hard work put into the Club by the Officers, Club Committee, Ladies Committee, Coaches, Team Managers, Administrators and Officials.

We are indebted to all the parents of our young athletes. We recognise and appreciate the sacrifice and effort put in by the parents so that their children can experience the training and competition opportunities offered by the Club.

The Carmarthen and District Harriers Athletics Club would like to thank all the Head teachers and staff of all the primary and secondary schools for supporting all the events arranged by the Club in the last twenty five years. The success of the Club is a result of the excellent relationship, co-operation and support of the schools in West Wales.

Carmarthen Harriers has been awarded the 2014 Welsh Athletics Club Partnership Award for its work with Carmarthenshire and Dyfed primary and secondary schools

It is always a pleasure to us to see Carmarthen Harriers successful at all levels (individual and team) and a great satisfaction to see the young athletes of all abilities, competing as true sportsmen and sportswomen at venues all over England and Wales.

All our athletes are excellent ambassadors for the Club and the town of Carmarthen and it is an honour for us all to be associated with the success of the Carmarthen and District Harriers Athletics Club.

All our coaches and volunteers are to be thanked for their contribution to the success of the Club. Without them there would be no Carmarthen Harriers club

In order to maintain our position in Welsh Athletics we urgently need new volunteers in 2015 to assist in the following key areas; -

- Administration, team management, catering, fund raising, coaching and officiating

We hope that at the AGM in February 2015 there will be many more members willing to take on key positions within the club.

Hedydd Davies Cadeirydd / Chairman

Carmarthen and District Harriers Annual General Meeting Ivy Bush Royal Hotel Monday 5th February 2014, 7-30pm

Present

Hedydd Davies, Ivor Hopkins, Bob Dowdeswell, Nathan Jones, Carol Jones, Kevin Evans, Simon Mansfield, Ralph Siggery, Helen Williams, Steve Glynn, Rhian Glynn, Edward Morgan.

Welcome

Hedydd opened the meeting by thanking everyone for making the effort to attend and noting that it was the best attended AGM that he could remember.

Apologies for absence

Dai Roberts, Delyth Brown, Joan Goldsmith, Sharon Price, Ossie Morgan, Helen Mansfield, Michelle Phillips.

Minutes of previous AGM held on 11th February 2013

The minutes were accepted as a true record.

Matters arising from the minutes

***Track** Work on the track was finished at the end of the track season*

***Portacabin:** The cabin continues to need constant work in order to keep it tidy. Ralph Siggery offered to do this. Also the equipment room was found to be flooded recently so this will be investigated.*

***Buses:** Only six or seven athletes use the buses that are provided for away events. This expense may be reduced for the coming year as a result of the later discussion and decision on which events to compete in this year.*

***Website:** Nathan Jones is now helping Lesley Rees with the running of the excellent website. Regularly updated and a vital source of information about the club and events.*

***Chairman's report:** The main points of note for the AGM are that although the number of members in the club remains healthy the number of registered athletes willing to compete regularly for the club is falling overall. (There are certain age groups which buck this trend). It was felt to be useful to try to find out which athletes were keen to compete at the outset and then devise ways to provide better support for the more able and enthusiastic athletes.*

Chairman's report 2014: Maintaining a supply of volunteers to support the club in the multitude of ways that are required remains the biggest problem facing the club. Refreshments remain the biggest issue at present as Eiddwen and Hedydd simply cannot continue with the level of physical effort required. Three volunteers have offered help so far, Sarah Siggery, Helen Williams and Joan Goldsmith.

Ivor continues to work to encourage more help from volunteers and has been in discussion with CAVS (Carmarthen volunteers association) to see if some support can come from this source.

It was felt that parents should be the first source for support and practical help. Also it was questioned as to whether parents of younger children are aware fully of the needs of operating athletics club, or even of the events involved and how they are managed. It was suggested and agreed that an induction event be organised along with a registration session in the sports hall. This would ensure that the needs of the club were made clear and also that all athletes in training are members of the club. This situation needs constant monitoring, as no athlete should be coached if they are not members.

Another area of shortage is the provision of sufficient coaches, particularly specialists. It was pointed out that some coaches are not being used effectively as athletes are not being moved from coach to coach as their coaching requirements evolve.

Also noted was the fact that in the summer when tea and coffee was available (6pm to 7pm) from the cabin more parents remain in the area and can be easily contacted and possibly become more involved.

The stand has been condemned. The council has no money for provision of a new facility which may cost as much as £38000. Repair of the existing stand would also be expensive, as would removal from the track. This situation is not progressing at all at present.

The U13/15 league, this has provided good competition for athletes but few Carmarthen and District Harriers athletes have competed possibly due to the amount of travel needed. It was decided that the club would not register for this competition this year. The club will, for younger athletes, concentrate on the U15 League (Louise Arthur).

Help needed for the Welsh cross country championships at Parc Dinefwr Llandeilo on the 15th February. See website for details or contact Hedydd.

Congratulations to all club members and volunteers who have received awards in recognition of their achievements/contributions. Details are available from the club website.

Treasurer Report:

The club remains financially healthy due to the efforts over the year to maintain income via grants, sponsorship, refreshment sales and fund raising events. The grants figure this year was inflated due to the running of the SIAB event but has had no impact on the overall balance.

Election of Officers

President: Kevin Evans
 Chairman: Hedydd Davies
 Vice Chair: Joan Goldsmith
 Secretary: Bob Dowdeswell
 Treasurer: David Roberts
 Registration Officer: Hedydd Davies / Michelle Phillips
 Website Officer: Lesley Rees / Nathan Jones

Team Managers

Welsh Senior League: Hedydd Davies/Joan Goldsmith (provisional)
 Louise Arthur League Boys: Nathan Jones plus help
 Louise Arthur League Girls: Gill Edwards/Rhian Glynn
 Cross Country: Hedydd Davies/Delyth Brown/Steve Glynn/Carol Jones/Nathan Jones

Team Captains

Louise Arthur Boys: Thomas Jones
 Louise Arthur Girls: Sioned Glynn
 Cross Country U17 Achraf Liles

Subscription Fees

In light of the current financial situation it was decided to make no change to the membership fees.

Training Levy

The training charge is to be amended to £3 on Tuesday and £2 on Thursday from 1st March 2014.

AOB

Transfer request from Christian Lovatt approved.

Date of next Meeting

Monday 14th April 2014

CARMARTHEN HARRIERS RECORDS

(As at 1.10.2014)

(Indoor and wind assisted performances deleted)

UNDER 13 GIRLS

100m	Manon Richards	12.7	1978
200m	Manon Richards	26.68	1978
800m	Gemma Mounsey	2.25.7	1994
1500m	Catrin Davies	4.58.8	1992
1000mW	Lowri Heckler	6.55.85	2007
70m Hurdles	Ffion Rees	11.6	2005
High Jump	Julia Charlton	1.68	1978
Long Jump	Emma Jones	4.85	1989
Pole Vault	Carys Jones	2.40	2011
Shot	Bethan Lewis	10.33	2011
Discus	Jade Pearce	28.71	2004
Javelin	Mary Wilson	31.63	2004
Pentathlon	Ffion Rees	2156	2005
4 x100m Relay		54.8	1989

UNDER 15 GIRLS

100m	Manon Richards	12.4	1978
100m	Erin Walters	12.4	2010
200m	Hannah Jones	25.5	2005
300m	Hannah Jones	40.54	2005
800m	Mari Prys Jones	2.14.56	1987
1500m	Heledd Gruffudd	4.45.5	1993
75m Hurdles	Heather Jones	10.86	2001
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.47	1980
Pole Vault	Carys Jones	3.20	2013
Hammer	Elliw James	31.46	2009
Shot	Delyth Evans	12.75	1980
Discus	Awen Rosser	34.78	2010
Javelin	Danielle Hamer	38.15	2005
Pentathlon	Julia Charlton	3438	1980
4 x 100m Relay		51.17	1988

UNDER 17 WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
300m	Hannah Jones	39.60	2006
400m	Kate Williams	57.08	1993
800m	Katie Parkes	2.13.77	2006
1500m	Gillian Irvine	4.38.7	1978
3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991
80m Hurdles	Heather Jones	11.27	2003
300m Hurdles	Caryl Granville	42.65	2006
400m Hurdles	Caryl Granville	61.55	2006
1500m SC	Angharad Davies	5.24.32	2007
2000m SC	Aneura Phillips	7.38.69	2007
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Carys Jones	3.40	2014
Shot	Delyth Evans	12.04	1980
Discus	Awen Rosser	40.67	2011
Javelin	Carys Mansfield	45.09	2011
Hammer	Claire Williams	37.32	2004
Heptathlon	Julia Charlton	4803	1982
4 x 100m Relay		51.89	1989

UNDER 20 WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
400m	Caryl Granville	55.89	2008
800m	Katie Parkes	2.11.91	2007
1500m	Gillian Irvine	4.38.7	1978
3000m	Vicky Harmer	10.18.0	1987
5000m	Anwen Evans	20.52.0	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Alyson Evans	58.37	1985
2000m SC	Aneura Phillips	7.38.69	2007
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Jacqui Lloyd	3.00	2002
Shot	Delyth Evans	12.28	1983
Discus	Awen Rosser	40.70	2012
Javelin	Carys Mansfield	45.09	2011
Hammer	Claire Williams	37.32	2004
Pentathlon	Caryl Granville	3736	2007
Heptathlon	Caryl Granville	4807	2007

SENIOR WOMEN

100m	Diane Thorne	12.0	1976
200m	Hannah Jones	25.2	2006
400m	Anwen Rees	54.50	2005
800m	Katie Parkes	2.11.91	2007
1500m	Caryl Jones	4.29.21	2009
3000m	Caryl Jones	9.42.01	2009
5000m	Caryl Jones	17.01.55	2010
10000m	Caryl Jones	34.46.07	2009
½ Marathon	Caryl Jones	1-16.52	2009
Marathon	Caroline Jones	2.58.45	1991
100m Hurdles	Heather Jones	13.65	2005
400m Hurdles	Anwen Rees	58.15	2007
2000m SC	Caryl Jones	6.57.69	2010
3000m SC	Caryl Jones	10.33.74	2009
High Jump	Julia Charlton	1.78	1980
Long Jump	Julia Charlton	5.92	1982
Triple Jump	Caryl Granville	11.69	2005
Pole Vault	Jacqui Lloyd	3.00	2002
Shot	Delyth Evans	12.28	1983
Discus	Claire Williams	43.15	2011
Javelin	Sara Siggery	46.20	2010
Hammer	Claire Williams	38.61	2006

Heptathlon	Caryl Granville	4807	2007
4 x 100m Relay		52.5	1987
4 x 400m Relay			

UNDER 13 BOYS

100m	Simon Davies	12.60	1995
200m	Matthew Roderick	25.0	1985
800m	Nikita Neary	2.11.9	2010
1500m	Nikita Neary	4.37.44	2010
1000mW	Jordan Richards	6.01.37	2010
75m Hurdles	Rhys Webb	12.4	2004
Long Jump	Matthew Roderick	5.29	1985
High Jump	Aled Rees	1.57	2011
Shot	Mathew Evans	14.47	2001
Discus	Mathew Evans	35.35	2001
Javelin	Rheon James	41.37	2005
Quadrathlon	Nikita Neary	1813	2010
Pentathlon	Justin Jones	2059	1989
4 x 100m Relay		53.08	1988

UNDER 15 BOYS

100m	Steve Perks	11.2	1972
200m	Tomas Coleman	23.39	2006
300m	Antoine Woodman	37.9	2006
400m	Bruce Tasker	52.51	2002
800m	Nikita Neary	1.58.65	2012
1500m	Nikita Neary	4.14.20	2012
3000m	Dewi Griffiths	9.16.2	2005
80m Hurdles	Daniel Evans	11.50	2003
	Rhys Webb	11.50	2006
300m Hurdles	Graham Thomas	42.6	1992
High Jump	Simon Howells	1.83	1989
	Chris Harries	1.83	1996
Long Jump	Kueni Igbagiri	6.30	2005
Triple Jump	Owen Jones	12.50	2002
	Daniel Davis	12.50	2013
Pole Vault	Robert Hughes	3.55	1977
Shot	Mathew Evans	17.36	2003
Discus	Mathew Evans	47.71	2003
Javelin	Garth Loughran	55.61	2003
Hammer	Mathew Evans	52.14	2003
Pentathlon	Aled Price	2698	2010
4 x 100m Relay		45.85	1987

Under 17 Men

100m	Shaun Pearce	10.73	2013
200m	Shaun Pearce	21.62	2013
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.92	2012
1500m	Kyran Roberts	3.53.38	2012
3000m	David Jones	8.40.0	2000
5000m	Andres Jones	15.42.8	1993
100m Hurdles	Daniel Blain	13.4	2011
400m Hurdles	Graham Thomas	55.29	1993
1500m S/C	Lee Ladd	4.25.01	2004
High Jump	Kim Harland	1.96	1998
Long Jump	Kueni Igbagiri	6.85	2007
Triple Jump	Owen Jones	14.39	2004
Pole Vault	Islwyn Rees	4.49	1974
Shot	Mathew Evans	16.48	2004
Discus	Mathew Evans	47.83	2005
Javelin	Jon Llewelyn	63.60	2009
Hammer	David Procter	50.48	2000
Octathlon	Aled Price	4887	2011
Decathlon	Aled Price	5954	2011
4 x 100m Relay		43.3	1977
4 x 400m Relay		3.43.0	1988

UNDER 20 MEN

100m	Jamie Henthorn	10.45	1996
200m	Jamie Henthorn	21.46	1996
400m	Bruce Tasker	47.85	2004
800m	Kyran Roberts	1.52.12	2014
1500	Kyran Roberts	3.46.54	2014
3000m	Dewi Griffiths	8.26.87	2008
5000m	Dewi Griffiths	14.28.42	2010
10000m	Dewi Griffiths	30.19.37	2010
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
2000m S/C	David Jones	6.07.65	2001
3000m S/C	Paul Clarke	9.39.74	1999
High Jump	Kim Harland	2.01	2000
Long Jump	Aled Price	6.97	2014
Triple Jump	Charles Madeira Cole	14.80	1996
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	16.26	2007
Discus	Mathew Evans	45.58	2007
Javelin	Garth Loughran	63.05	2008
Hammer	David Procter	51.44	2003

Decathlon	Aled Price	6457	2014
4 x 100m Relay		43.4	1970

SENIOR MEN

100m	Jamie Henthorn	10.45	1996
200m	Jamie Henthorn	21.12	1997
400m	Roger Barrett	47.5	1984
800m	Roger Barrett	1.49.18	1984
1500m	Fred Bell	3.46.3	1969
3000m	Dewi Griffiths	8.26.87	2008
5000m	Dewi Griffiths	14.28.42	2010
10000m	Dewi Griffiths	30.30.2	2010
Marathon	Hedydd Davies	2.30.25	1981
110m Hurdles	James Archampong	14.18	1994
400m Hurdles	Paul Bennett	54.05	2010
3000m S/C	Steve Gibbons	9.23.4	1971
High Jump	Kim Harland	2.01	2001
Long Jump	Terry Davies	7.02	1964
Triple Jump	Charles Madeira Cole	15.89	1997
Pole Vault	Islwyn Rees	4.50	1975
Shot	Mathew Evans	14.40	2007
Discus	Denis Day	42.60	1974
Javelin	Stuart Loughran	66.33	2007
Hammer	David Procter	42.23	2003
4 x 100m Relay		43.4	1987/8
4 x 400m Relay		3.25.8	1987

Results of Carmarthen Harriers athletics in 2013/2014 (after the 2013 Annual Dinner)

Welsh schools combined events championships at the Welsh Indoor National Athletics Centre Cardiff on Sunday 3 November 2013

Lauryn Davey retained her Welsh schools under 16 title with a score of 3209 points, over 300 points ahead of the next athlete. Megan Beech was 16th in the same event

William Edwards finished 6th in the Welsh schools under 18 event but finished second in the Welsh athletics under 17 championship

Aled Phillips came 8th in the Welsh schools under 16 event and Frances Nolan 5th in the Welsh schools under 18 championship

Welsh U16 schools indoor combined events championship

1 Lauryn Davey 3209 points (5.1 LJ; 9.52 60H; 1.59 HJ; 9.53 SP; 2.38.26 800)

Welsh U17 indoor combined events championship

2 William Edwards 1950

Welsh inter schools cross country championships in Brecon on Saturday 16 November 2013

17 Carmarthen Harriers competed in Brecon in the 2013 Welsh inter schools cross country championships. Ben Thomas won a silver medal in the under 13 boys race

Under 13 boys

2 Ben Thomas; 4 Iestyn Williams; 11 Will Thompson; 22 Tomos Rees; 28 Gareth Thompson

Under 15 boys

15 Aled Phillips

Senior Boys

5 Christian Lovatt; 16 Ashraf Liles; 19 Brychan Williams; 20 Cerith Evans; 30 Dwayne Griffiths

Under 13 girls

21 Taylor McArthur; 33 Non Morgan; 58 Elen Hawkins

Under 15 girls

6 Sioned Glynn; 13 Ellie Kiff

GB and Ireland Masters cross country international at Bute Park Cardiff on Saturday 16 November 2013

Two Carmarthen Harriers members competed for Wales in the M70 race. Gordon Orme won a silver medal in his race and Peter Moody was 10th. Both were members of the Welsh silver medal winning team. In this event Wales were only one point behind England

In the summer Gordon was second in the UK over 70 10000m championship

Primary schools cross country challenge at the Welsh Inter Regional cross country championships at Builth Wells on Saturday 14 December 2013

Carmarthen Harriers did very well at Builth winning five gold medals and three silver medals

Iwan Glynn won the Y6 Boys race with Joseff Rhys Ellis in second place. Rhys Smith was ninth and they won the team race

Phoebe Davis won the Y5 race and fellow team member Daisy Thompson won the silver medal

Siwan Jones-Evans won the Y6 girls race

Liam Edwards won a silver medal in the Y5 boys race with Dafydd Waters in eighth position, Morgan Batten eighteenth and Rhufan Phillips nineteenth

Welsh inter regional cross country championships at Builth Wells on Saturday 14 December 2013

In the Welsh inter regional championships West Wales won four events, under 15 girls, under 20 women, masters 50 and ladies 45

Overall team scores 1 South 162; 2 West 155; 3 East 138; 4 North 101. If the West had 1 more M40 runner then the West would have finished first

Under 13 girls

17 Non Morgan; 28 Taylor McArthur; 37 Cerys Davies; 47 Ellen Hawkins

Under 15 girls

6 Mared Owen; 10 Sioned Glynn; 14 Ellie Kiff;

Under 17 Women

14 Amber Howell

Junior Women

5 Kari O'Neill

Under 13 boys

2 Ben Thomas; 3 Iestyn Williams; 14 Will Thompson; 16 Gareth Thompson; 29 Tomos Rees
32 Bertie Davies

Under 15 boys

12 Thomas Jones; 28 Aled Phillips

Under 17

14 Brychan Williams; 16 Cerith Evans; 17 Ashraf Liles; 19 Dwayne Griffiths; 23 Sion Lewis

Under 20 Men

4 Christian Lovatt

Gordon Orme easily won the M70 Welsh masters championship and Sian Bradshaw was 3rd in the F35 category

Brussels 22 December 2013 and Antrim 4 January 2014

Two Carmarthen Harriers members competed for Wales recently. Lloyd Heckler finished 27th in the Lotto Cross international match in Brussels on 22 December 2013 and Christian Lovatt was 17th in UK challenge and Celtic International match in Antrim on Saturday 4 January 2014

Schools combined events international in Glasgow on Saturday 14 December 2013

Lauryn Davey finished 6th with a score of 3201 points

LJ 5.31; 60H 9.81; HJ 1.60; SP 9.07; 800 2.37.42

AAA of England combined events championships at Sheffield on 4/5 January 2014

Aled Price finished 4th in the championship with a personal best score of 4951 points for the seven events. He won the Welsh championship at Sheffield

He was leading after six of the events

His performances were as follows

60 7.34; 60H 8.39; PV3.57; LJ 6.96; SP 12.85; HJ 1.89; 1000 3.03.36

Sophie Pick competed in the senior ladies event but injured herself in the first event and had to withdraw

2014 Welsh indoor athletics championships on 12 January 2014 and 25/6 January 2014

At the Welsh indoor championships in Cardiff on 12 January Sian Bradshaw won the M35 800m event in 2.46.11. Christian Lovatt came second in the under 20 3000m with a fine time of 8.49.89

In the main Welsh championships on 25/26 January 2014 Carmarthen Harriers won two gold medals and three silver medals. Daniel Blain won the senior mens 60 hurdles in a time of 8.32 and Lauryn Davey the under 17 high jump with a height of 1.61. Lauryn also finished 4th in the long jump with a leap of 5.19

Sophie Pick won a silver medal in the high jump with a performance of 1.53 and Enfys Jones gained a silver medal in the senior women's pole vault with a height of 2.50. Kyran Roberts came second in the senior mens 800m with a time of 1.55.35

Aled Price was 4th in the senior mens long jump (6.60) and Bethan Lewis also 4th in the under 17 women's shot (9.66)

Megan Rowe was 5th in the heat of the under 17 60m (8.59)

International invitation competition in Vienna on Tuesday 28 January 2014

Kyran Roberts competed for Wales in Vienna and won his 1500m race in a personal best time of 3.52.00

Dyfed secondary schools cross country championships at Dinefwr Park on Tuesday 21 January 2014

The annual championships were held in Llandeilo in ideal conditions for cross country running
Both Brianne and Pembrokeshire won four events each.

Boys Year 7

5 Archi Morgan; 9 Bertie Davies

Junior Boys (Year 8/9)

1 Thomas Jones; 2 Ben Thomas; 6 Iestyn Williams

Middle Boys (Year 10/11)

3 Ashraf Liles; 4 Brychan Williams; 6 Ryan Jenkins; 7 Ioan Thomas; 9 Dwayne Griffiths; 10 Sion Lewis

Senior Boys (Year 12/13)

1 Christian Lovatt; 5 Cerith Evans

Year 7 Girls

1 Taylor McArthur; 6 Eva Edwards

Junior Girls (Year 8/9)

3 Mared Owen; 5 Ellie Kiff; 11 Non Morgan

Middle Girls (Year 10/11)

8 Amber Howell

Senior Girls (Year 12/13)

1 Kari O'Neill

Carmarthenshire sports Personality Awards evening at the Stradey Park Hotel on Wednesday 22 January 2014

Nathan Jones was a joint winner of the Young Volunteer of the Year Award. Carol Jones (community coach), Harriers under 15 cross country team, Shaun Pearce (young sportsman) were runners up in their categories

2014 Winter Olympics in Sochi Russia

Former Carmarthen Harrier and still holder of many Carmarthen Harriers records Bruce Tasker competed for the GB A team four man bob sleigh team. They finished in fifth position only 0.11 seconds off a bronze medal. Before the competition they were ranked in twelfth place. They had the disadvantage of a late start and as a result finished tenth place in the first run. On the second run they improved to seventh and then sixth on the third race

A great performance for Bruce and the GB team

Bruce when he was a Carmarthen Harrier won UK junior 400m titles and represented GB at U23 level

Carmarthen Town Sports Awards evening at the Carmarthen Quins Club on Friday 31 January 2014

Carmarthen Harriers again this year had a successful evening winning three main awards and three runners up awards

Main Award

Junior Team	Carmarthen Harriers junior cross country team
Male under 16	Shaun Pearce
Club Volunteer/Coach	Carol Jones

Runner Up

Female under 19	Kari O'Neill
Female under 16	Carys Jones
Female under 13	Bethan Lewis

Carmarthen Harriers chairman Hedydd Davies was the guest speaker at the function

Welsh schools cross country championships at Brecon on 1 February 2014

Dyfed secondary schools win the 2014 Welsh schools inter district cross country championship at Brecon

In absolutely atrocious weather conditions in Brecon on Saturday 1 February 2014 Dyfed again won the overall team title at the Welsh schools cross country championships. Dyfed schools have an outstanding record in these championships having won the overall title 21 times in the last 23 years

Maximum score 120

1 Dyfed 115; 2 Cardiff and Vale 99; 3 Afan Nedd Tawe 78; 4 Eryri 76; 5 Powys 71; 6 SE Wales 64; 7 NE Wales 54; Glamorgan Valleys 48

(Dyfed scores in previous years 2009 113; 2010 117; 2011 114; 2012 116; 2013 113)

92 Dyfed athletes were selected to compete in Brecon and all made the effort to travel and compete in very difficult conditions. This is a tribute to the dedication of athletes and parents in supporting this major event and to the organisation of key members in Dyfed schools athletics

At Brecon Dyfed schools teams won four age events. They won the junior, middle girls, senior girls and middle boys races. Dyfed teams came second in three races. They were second in the year 7 boys, junior boys and senior boys events. The year 7 girls team finished third out of the eight teams competing

Individually Dyfed won two medals. Lucy Davies Dyffryn Taf won the junior girls race and Christian Lovatt Dyffryn Aman came third in the senior boy's event

In all Dyfed athletes at Brecon won 25 gold medals, 18 silver and 7 bronze medals

At Brecon the winning Inter District team trophy was presented by Mrs Mona Hughes the Welsh Schools Athletics Association President to Kari O'Neill Bro Dinefwr and Laurie Haworth Pembrokeshire College the joint Dyfed schools cross country captains

After the championships 13 Dyfed schools athletes were selected to compete for Welsh schools in the international schools matches in Bolton and Nottingham on 22 March 2014

Hedydd Davies the honorary Dyfed schools secretary and team manager wishes to express his sincere thanks to Huw Jones, Gillian Jones, Jessica Huddleston, Meredith Richards and Sharon Leech for helping on the day at Brecon

Year 7 girls (third) 1 Afan Nedd Tawe 53; 2 South East Wales 103; 3 Dyfed 136

24 Eva Edwards; 34 Taylor McArthur

Junior Girls (first) 1 Dyfed 54; 2 Glamorgan Valleys 57; 3 Cardiff and Vale 94

10 Sioned Glynn; 12 Mared Owen; 16 Ellie Kiff; 32 Non Morgan

Middle Girls (first) 1 Dyfed 64; 2 Cardiff and Vale 95; 3 Powys 99

36 Amber Howell

Senior Girls (first) 1 Dyfed 65

5 Kari O'Neill

Year 7 Boys (second) 1 Cardiff and Vale 55; 2 Dyfed 110; 3 Afan Nedd Tawe 156

12 Archi Morgan; 34 Tomos Rees; 50 Bertie Davies

Junior Boys (second) 1 Afan Nedd Tawe 72; 2 Dyfed 97; 3 Eryri 113

15 Thomas Jones; 19 Ben Thomas; 31 Iestyn Williams; 64 Wil Thompson

Middle Boys (first) 1 Dyfed 59; 2 Cardiff and Vale 67; 3 Eryri 139

7 Brychan Williams; 8 Ashraf Liles; 26 Ryan Jenkins; 29 Ioan Thomas; 44 Sion Lewis

Senior Boys (second) 1 Cardiff and Vale 55; 2 Dyfed 76; 3 Powys 153

3 Christian Lovatt; 14 Emlyn Lewis; 20 Cerith Evans

13 Dyfed school athletes have been chosen to compete for the Welsh schools in the SIAB schools international cross country match in Bolton on Saturday 22 March 2014 or the under 20 match

2014 Welsh cross country championships and primary schools challenge at Dinefwr Park Llandeilo on Saturday 15 February 2014

These annual championships were held this year in Dinefwr Park Llandeilo and the last time these championships were held in Carmarthenshire was in 1999 at the United Counties Show Ground

The weather for any outside sporting event in last two months has been very bad. Conditions were terrible on the Friday, the day before the championships when the course was set up

On the day itself the conditions were very good, dry but with a strong wind which added to the task facing the competitors on a tough cross country course around Dinefwr Park

Hedydd Davies chairman of Carmarthen Harriers had been with Welsh Athletics for many months preparing for the event and on the day he had many members of Carmarthen Harriers helping and 46 Carmarthen Harriers athletes competed in the events

In the team events Carmarthen Harriers won two events and came second in two and also third in another three events

In the under 13 boys event the Harriers team was only one point behind the winners Cardiff

In the individual events Carmarthen Harriers won eight medals

Daisy Thompson finished well ahead in her Y5 girls race to win the gold medal

Silver medals were won by Frank Morgan Y5 boy, and Iwan Glynn Y6 boy

Bronze medals were gained by Siwan Jones-Evans Y6 girl and Joseff Rhys-Ellis Y6 boy, Ben Thomas U13 boy, Christian Lovatt U17 man and Kari O'Neill under 20 women

In the team competitions Carmarthen Harriers won silver medals in the under 13 boys race and the under 17 mens race. The under 15 girls and under 15 boys teams finished in bronze medal position

Former Carmarthen Harrier member Dewi Griffiths won the Welsh senior race for the third year in succession

Primary Schools Challenge

Y5 Girls (fifth)

1 Daisy Thompson; 23 Mia Griffiths; 37 Lucy Pope

Y5 Boys (third)

2 Frank Morgan; 16 Morgan Cai-Thomas; 29 Rhufan Phillips

Y6 Girls (first)

3 Siwan Jones-Evans; 4 Ellie Tromans; 7 Maddie Morgan; 10 Rachel Fice

Y6 Boys (first)

2 Iwan Glynn; 3 Joseff Rhys-Ellis; 9 Deian Morgan; 14 Rhys Smith

Welsh cross country championships

Under 13 Boys (second)

3 Ben Thomas; 6 Iestyn Williams; 16 Will Thompson; 20 Jack Beech; 28 Tomos Rees

Under 13 Girls (fifth and eighth)

17 Non Morgan; 20 Eva Edwards; 22 Elin Jones; 26 Taylor McArthur; 27 Bethan McFadyen
30 Cerys Davies; 34 Elen Hawkins; 40 Chloe Timothy

Under 15 Boys (third)

14 Daniel Evans; 15 Ioan Thomas; 18 Thomas Jones; 23 Ioan Morgan; 24 Aled Phillips; 30 Cadan Lewis

Under 15 Girls (third)

12 Mared Owen; 13 Sioned Glynn; 19 Ellie Kiff; 26 Lara Griffiths; 31 Rebecca Thorne; 37 Rebecca Walters

Under 17 Men (second)

3 Christian Lovatt; 8 Brychan Williams; 15 Cerith Evans; 18 Tim Chapman; 22 Dwayne Griffiths
23 Sion Lewis

Under 20 Women

3 Kari O'Neill

Senior Men

51 Gordon Orme

Welsh Athletics are extremely grateful to the National Trust for hosting the 2014 championships in the beautiful Dinefwr Park and to the many volunteers who helped to make the event a successful one

Thanks also to the local sponsors, Castell Howell Foods, Carmarthenshire County Council, West Wales Free Masons Provincial Council and Carmarthen Harriers and the Chairman of Carmarthenshire County Council and the Mayors of Llandeilo and Carmarthen for assisting with the presentation of Awards

A good day for Carmarthenshire and the host club Carmarthen Harriers

Welsh U20 and U15 indoor athletics championships at Cardiff on Sunday 16 February 2014

Carmarthen Harriers members won 3 medals, 2 gold and 1 silver

Gold

Shaun Pearce U20 60m 7.01

Aled Price U20 LJ 6.63

Silver

Aled Price U20 HJ 1.91

AAA of England under 20 indoor athletics championships at Sheffield on 1 March 2014

Kyran Roberts won the 1500m in a fine time of 3.53.73 seconds and Aled Price was eighth in the long jump with a leap of 6.65

2013/14 Gwent cross country league

Carmarthen Harriers completed their cross country season by coming first in the under 13 boys age group, second in the under 11 girls section and third in the under 17 mens group

Individually Carmarthen Harriers did well winning five medals

Under 11 girls

3 Phoebe Davis; 5 Daisy Thompson

Under 13 boys

3 Ben Thomas; 4 Iestyn Williams

Under 15 girls

3 Mared Owen

UK Masters cross country champion

Gordon Orme won the UK masters 70+ cross country title at Glasgow

Indoor international match at NIAC Cardiff on Sunday 9 March 2014

Kyran Roberts won the 1500 in the under 20 match with England in a time of 4.05.06. Aled Price was second in the long jump (6.80) and fourth in the shot (12.54)

Welsh Road Relays Championships at Pontypridd on Sunday 16 March 2014

Carmarthen Harriers had another successful day at this year's Welsh championships winning a total of 17 medals of which 7 were gold

In the first race the under 11 boys race Liam Edwards was third (5.17). The team finished third with Frank Morgan fifth (5.28) and Morgan Cai-Thomas nineteenth (5.57). Rhufan Phillips was thirty fourth (6.38)

The Under 11 girls team easily won their race with Phoebe Davis first home in second place (5.34), followed by Siwan Jones-Evans in third place (5.34) and Daisy Thompson (5.36) fourth. Maddie Morgan was eighth (5.55), Ellie Tromans 14th (6.13), Mia Griffiths 42nd (7.11) and Lucy Pope 66th (7.51)

The under 13 boys team ran a superb race to win their event

Iestyn Williams finished fourth on the first stage with a time of 6.35. Tomos Rees moved the team on the second leg into joint second place with Newport with a time of 6.34. Will Thompson finished third on the next stage with a time of 6.39. Ben Thomas ran the last leg for Carmarthen taking over in third place 5 seconds behind Newport and 34 seconds behind the leaders Menai. He ran a storming leg to over take Newport and Menai in the last 200 metres to win the race by 6 seconds

Ben's time was the second fastest of the day

1 Carmarthen Harriers 25.51; 2 Newport H 25.57; 3 Menai AC 26.06

There were 13 teams in this event and Archi Morgan recorded a time of 6.43 on the first leg for the B Carmarthen Harriers team

The Carmarthen Harriers under 17 boys team won bronze medals in their race. The members were Cerith Evans (9.31); Dwayne Griffiths (9.51) and Ashraf Liles (9.31)

Carmarthen Harriers under 13 girls finished sixth

Non Morgan (7.13); Eva Edwards (7.17); Taylor McArthur (7.16) and Bethan McFadyen (7.38)

The Carmarthen Harriers under 15 girls team came eighth

Ellie Kiff (7.01); Rebecca Thorne (7.08); Nia Griffiths (8.12); Cerys Davies (7.26)

Schools cross country international in Bolton on Saturday 22 March 2014 and the Home Countries under 20 international in Nottingham on Saturday 22 March 2014

Four Carmarthen Harriers athletes competed in the international matches on Saturday 22 March 2014

At Bolton in the Intermediate Boys race Brychan Williams was 28th and Ashraf Liles 29th. Christian Lovatt was 19th in Nottingham and Kari O'Neill 31st

London mini marathon on Sunday 13 April 2014

Two members competed for the Welsh schools under 13 team. Ben Thomas finished 30th and Iestyn Williams 51st

International match at Loughborough on Wednesday 18 May 2014

Glen Elsdon competing for Wales was 7th in the 110m hurdles in a time of 17.41

Welsh senior athletics championships and Commonwealth Games Trials at Cardiff on 31 May and 1 June 2014

Carmarthen Harriers athletes won four medals at the championships

Sophie Pick won the high jump with a leap of 1.60m. Two silver medals were won by Glen Elsdon in the 110m hurdles (14.56) and Aled Price in the long jump with an excellent jump of 7.17. Carys Jones won a bronze medal in the pole vault with a clearance of 3.05m

Kyran Roberts set a new Carmarthen Harriers record of 1.52.12 in finishing third in his heat with a time of 1.52.12

Shaun Pearce narrowly failed to make the final of the 100m when he finished fourth in his heat of the 100m in a time of 11.03

Former Carmarthen Harrier Josh Griffiths won the 5000m in 14-54.10

Next Saturday former member Dewi Griffiths competes for Great Britain in Skopje Macedonia in the European Team 10000 metres championship

Commonwealth Games Baton Relay in Carmarthen on 25 May 2014

Harriers chairman Hedydd Davies was a member of the team carrying the baton into the Carmarthen Leisure Centre in the morning and into Guildhall Square in the evening

This was the third occasion as he had previously had the same honour in 1958 and 2002

Dyfed secondary schools championships at Carmarthen on 6/7 June 2014

Carys Jones awarded the Frank Davies memorial award for the best female performance of the day

Welsh under 17 and under 20 athletics championships at Wrexham on Saturday 14 June 2014

Carmarthen Harriers won eight medals at the championships 3 gold, 3 silver and 2 bronze

Gold

Carys Jones U17 pole vault 3.13
Ashraf Liles U17 400H 60.51
Dwayne Griffiths U17 1500 steeplechase 4.53.86

Silver

Carys Havard U17 triple jump 9.38
Jessica Williams U17 javelin 28.43
Amelia Davey U15 1000 walk 5.23.92

Bronze

Sam Bleach U17 javelin 45.49
Sam Bleach U17 discus 34.94

Welsh masters athletics championships at Brecon on Sunday 15 June 2014

Carmarthen Harriers members won four gold medals at the championships
Peter Moody in the M70 class won the 100 (17.0), 800 (3.10.9) and the 5000 (22.00.00)
Sharon Leech won the M40 1500 race with a time of 5.08.5

Welsh schools pentathlon in Newport on Saturday 28 June 2014

Dyfed schools did well winning six medals
The senior boys team came first and in the individual competition Aled Price was first and Jack Evans Llandovery College third

The Dyfed school teams came second in the junior girls and middle boys age groups and the junior boys team came third

William Edwards was third in the Welsh Athletics under 17 competition

AAA of England championships at Bedford on 21 and 22 June 2014

Two Carmarthen Harriers members did well in the championships

Glen Elsdon came 4th in the under 23 age group 110 hurdles in a time of 14.78 and Kyran Roberts was 7th in under 20 championship 1500 race with a time of 3.52.66

Welsh schools athletics championships at Cardiff on Saturday 5 July 2014

Dyfed schools competed in Cardiff and finished a very close runner up to the Cardiff and Vale Schools team in the overall inter district schools team competition

1 Cardiff and Vale 560; 2 Dyfed 535; 3 Afan Nedd Tawe 489; 4 South East Wales 336.5
5 North East Wales 312; 6 Glamorgan Valleys 311.5; 7 Eryri 262; 8 Powys 259

Dyfed had won the overall team title every year since 2009 but this year they were up a very strong Cardiff and Vale team competing in Cardiff, which was a home match for them

Dyfed schools won the middle and senior girls age sections; came second in the junior girls and senior boys and third in the junior and senior boys team events

Only one of the 80 strong Dyfed team chosen failed to turn up for the competition which is a tribute to all the Dyfed school athletes and their parents for supporting the team at the Welsh schools national athletics championships when there are so many other events at the same time

Dyfed school athletes won a total of 60 medals, 13 gold, 20 silver and 27 bronze

Many Dyfed school athletes have been chosen to compete for the Welsh schools team in the schools international match in Cardiff on Saturday 19 July 2014

Dyfed schools athletics secretary Hedydd Davies wishes to express his grateful thanks to the outstanding help he had on the day from Delyth Rees Bro Dinefwr, Jo Salmon Pembrokeshire Harriers and Jessica Huddleston the Dyfed Welsh athletics development officer. Thanks also to Berian Davies Strade and Clare Flowers Llandovery College for assisting with field event duties on the day

Junior Girls (second)

Bronze

Alicia Samuel LJ

Middle Girls (first)

Gold

Carys Jones PV

Silver

Amy Humble JT

Bronze

Bethan Lewis SP

Senior Girls (first)

Silver

Rachel Donnison 100
Rachel Donnison 200
Kari O'Neill 1500

Bronze

Bronwen Lewis JT

Middle Boys (third)

Gold

Sam Bleach DT

Silver

Ashraf Liles 400H
Ashrah Liles 1550Sc
Aled Phillips 2K walk

Bronze

Aled Rees HJ
Sam Bleach JT

Senior Boys (second)

Gold

Aled Price LJ
Aled Price JT

Silver

Kallum Evans DT
Kallum Evans SP
Ryan Jones 2K walk

Bronze

Aled Price 110H

Schools athletics international at Cardiff on Saturday 19 July 2014

Five Carmarthen Harriers members competed for Wales in this annual match against England, Ireland and Scotland

Carys Jones achieved a personal best of 3.33m in finishing third in the pole vault. A personal best was also gained by Ashraf Liles in the 1500m steeplechase when he finished seventh with a time of 4.41.17

Eighth places were achieved by Sam Bleach in the discus (34.95), Amy Humble javelin (30.04) and Lauryn Davey high jump (1.45)

Sam and Amy also competed for Carmarthen Harriers the following day in Brecon in the Welsh senior league cup final and they both gained many valuable points for the club to help Carmarthen Harriers at the end of the day finish in second place behind Swansea Harriers

2014 junior Snowdon race on Saturday 19 July 2014

Frank Morgan 1st U10 boy; Ben Thomas 1st U14 boy; Maddie Morgan 4th U12 girl

Welsh senior league cup final in Brecon on Sunday 20 July 2014

Carmarthen Harriers qualified for the Welsh Cup Final by finishing fourth in this year's three Welsh senior league matches

Eight clubs had qualified for this year's final with Swansea Harriers the club favorite to win at Brecon

Carmarthen Harriers team manager Hedydd Davies managed to have a team of 23 athletes compete for the Club at Brecon. At Brecon many of the team members competed in four, five or six events

Swansea Harriers led from the start of the day with Carmarthen in second place. The outstanding race of the day was the last event the 4 x 400 mens relay with the Carmarthen team of Paul Clarke, Aled Price, Rhys Granville and Glen Elsdon just holding on to win the race from Swansea Harriers

Final Result

1 Swansea Harriers 1007; 2 Carmarthen Harriers 713; 3 Pembrokeshire Harriers 523; 4 Cardiff AAC 491
5 Brecon AC 483; 6 Neath Harriers 291; 7 Llanelli AC 179; 8 Barry Harriers 80

		<u>SENIOR/U17 MEN</u>	
2	100	Glen Elsdon	11.1
7	100	Tim Williams	11.6
7	100	Luke Arundel	11.6
2	200	Glen Elsdon	22.4
9	200	Tim Williams	23.9
16	200	Nikita Neary	25.1
5	400	Rhys Granville	52.2
7	400	Nikita Neary	54.1
12	400	Luke Arundel	57.3
4	800	Aled Phillips	2.11.7

7	800	Sion Lewis	2.12.4
3	1500	Paul Clarke	4.21.6
11	3000	Cerith Evans	10.52.6
1	110H	Glen Elsdon	14.7
2	110H	Aled Price	15.3
1	100H	Tim Williams	14.6
1	400H	Aled Phillips	60.6
1	1500sc	Dwayne Griffiths	4.58.4
3	HJ	William Edwards	1.80
4	HJ	Aled Price	1.80
5	HJ	Glen Elsdon	1.70
8	TJ	William Edwards	10.14
3	SP	Kallum Evans	11.17
4	SP	Llyr Green	10.00
5	SP	Jon Llewelyn	9.99
7	SP	Aled Phillips	8.91
1	DT	Kallum Evans	39.97
6	DT	Sam Bleach	30.46
8	DT	Llyr Green	30.25
9	DT	Jon Llewelyn	26.24
5	HT	Llyr Green	24.12
6	HT	Kallum Evans	23.69
1	JT	Aaron Morgan	57.89
2	JT	Jon Llewelyn	56.68
6	JT	Sam Bleach	47.16
		SENIOR/U17 WOMEN	
1	100	Rachel Donnison	12.6
5	100	Megan Rowe	13.2
10	100	Lauren Davies	14.5
1	200	Rachel Donnison	25.6
5	200	Megan Rowe	27.7
13	200	Lauren Davies	30.7
1	400	Rachel Donnison	58.4
2	100H	Sophie Pick	17.4
1	1500sc	Amber Howell	6.10.4
1	HJ	Sophie Pick	1.55
5	LJ	Sophie Pick	4.74
8	LJ	Megan Rowe	4.25
3	TJ	Brittany Lewis	8.91
4	SP	Amy Humble	10.00
8	SP	Sophie Pick	8.36
14	SP	Brittany Lewis	6.73
10	DT	Amy Humble	16.35
11	DT	Brittany Lewis	15.63
13	DT	Lauren Davies	7.56
1	JT	Amy Humble	27.38

2014 Commonwealth Games in Glasgow

The Carmarthen and District Harriers Athletics Club was delighted that two of its former members had been chosen to compete for Wales in the 10000 metres at this year's Games

Dewi Griffiths and Adam Bitchell were both for many years faithful members of Carmarthen Harriers until they went on to study at Swansea University and UWIC respectively
Both did very well as junior athletes with Carmarthen Harriers and won many Welsh championships. They regularly competed for Dyfed schools in Welsh schools championships and had many a battle on the Carmarthen Athletics Track

Adam and Dewi have represented Great Britain at junior level. Adam ran for Great Britain at under 23 level and Dewi competed for the Great Britain senior team in the European 10000m team race in Macedonia

Dewi graduated from Swansea University last year and is now living at home on the family farm in Llanfynydd. He trains twice a week with his coach Kevin Evans at the Carmarthen Athletics Track

Adam is a student at New Mexico University

Dewi unfortunately hurt his foot before his Glasgow race but decided to compete and after his race he had his leg in a cast for six weeks

Adam finished 15th in the 10000 in a personal best time of 28.47.94 and Dewi was 25th in 31.28.81.

Carmarthen Harrier Steffan Hughes competed as a guide with the blind competitor Tracey Hinton. They qualified for the final and finished 4th in the T12/13 100m race

Welsh under 15 athletics championships at Swansea on Sunday 3 August 2014

Danielle Jones won two bronze medals in the shot (8.97) and discus (23.73)

2014 Wilkinson Trophy Competition

Trophy awarded to the club winning the most gold medals in the Welsh outdoor athletics championships that year

Carmarthen Harriers won the trophy in the period 2004-7

43 clubs in 2014 won 1 or more medals

POSITION	CLUB	GOLD	SILVER	BRONZE	TOTAL
1	Cardiff	37	28	25	90
2	Swansea	22	25	20	67
3	Newport	15	5	6	26
4	Deeside	7	8	6	21

5	Pembrokeshire	7	7	6	20
6	Cwmbran	6	6	5	17
7	Wrexham	5	8	11	24
8	Cardiff Archers	5	5	1	11
9	Neath	5	3	4	12
10	Carmarthen	4	6	4	14
11	Brecon	4	2	2	8
12	Birchfield	4	1	1	6
13	Colwyn Bay	3	2	-	5
14	Oswestry	3	1	1	5
15	Llanelli	2	2	3	7
16	Bridgend	1	6	2	9

Celtic Games in Dublin on Saturday 9 August 2014

2 Carys Jones U16 PV 3.20

Welsh junior league cup final in Newport on Sunday 17 August 2014

1 Swansea 1151; 2 Cardiff Archers 1089; 3 Cardiff 983; 4 Pembrokeshire 892; 5 Carmarthen 723
6 Neath 636; 7 Newport 568; 8 Menai 446

		<u>UNDER 11 GIRLS</u>	
5A	75	Daisy Thompson	11.45
8B	75	Hana Evans	13.58
4A	150	Phoebe Davis	22.98
6B	150	Hana Evans	28.81
1A	800	Phoebe Davis	2.44.55
1B	800	Daisy Thompson	2.42.90
5A	LJ	Daisy Thompson	3.38
2B	LJ	Phoebe Davis	3,30
8A	SP	Hana Evans	2.95
		<u>UNDER 11 BOYS</u>	
5A	75	Dafydd Waters	11.55
3B	75	Guto Phillips	11.76
4A	150	Dafydd Waters	23.44
5B	150	Liam Edwards	24.03
3A	800	Liam Edwards	2.35.37
2B	800	Frank Morgan	2.38.13
5A	LJ	Dafydd Waters	3.38
6B	LJ	Guto Phillips	3.01
5A	SP	Rhys Griffiths	5.02
8B	SP	Morgan Batten	4.20
1A	JT	Morgan Batten	21.02
3B	JT	Rhys Griffiths	15.34

		<u>UNDER 13 GIRLS</u>	
8A	100	Hawys Evans	14.80
7B	100	Eva Edwards	15.43
5A	200	Siwan Jones-Evans	30.86
7B	200	Ffion Lloyd	33.81
3A	800	Siwan Jones-Evans	2.45.60
3B	800	Eva Edwards	2.54.99
4A	1500	Taylor McArthur	5.37.33
2B	1500	Maddie Morgan	5.54.01
6A	70H	Olwen Batten	13.68
6B	70H	Eva Edwards	16.72
1A	1KW	Ffion Moses-Loynton	6.29.27
1B	IKW	Ffion Lloyd	6.47.66
7A	HJ	Olwen Batten	1.10
8A	LJ	Hawys Evans	3.75
6B	LJ	Mina Cook	3.35
6A	SP	Hannah Taylor	6.37
6B	SP	Sarah Davies	4.80
6A	JT	Olwen Batten	18.74
2B	JT	Hannah Taylor	17.92
		<u>UNDER 13 BOYS</u>	
6A	100	Rhys Smith	14.42
8B	100	Deian Morgan	16.28
7A	200	Rhys Smith	30.69
7B	200	Owen Smith	31.83
5A	800	Gareth Thompson	2.33.94
1B	800	Iwan Glynn	2.39.55
3A	1500	Tomos Rees	5.01.45
1B	1500	Archi Morgan	5.03.17
6A	HJ	Leon Davis	1.20
6B	HJ	Gareth Thompson	1.15
7A	LJ	Rhys Smith	3.97
7B	LJ	Owen Smith	3.51
3A	SP	Craig Morris	8.74
4B	SP	Deian Morgan	5.50
8A	JT	Deian Morgan	12.64
		<u>UNDER 15 GIRLS</u>	
2A	100	Alicia Samuel	13.23
5B	100	Nia Griffiths	14.18
7A	200	Nia Griffiths	30.08
5B	200	Sioned Glynn	30.42
6A	300	Elin Jones	49.41
1B	300	Celyn Williams	44.9
4A	800	Sioned Glynn	2.41.10
7A	75H	Katie Jones	13.59
5B	75	Celyn Williams	14.84

2A	1000W	Amelia Davey	5.27.57
2B	1000W	Elin Jones	6.59.05
7A	HJ	Amelia Davey	1.30
4A	LJ	Alicia Samuel	4.77
5B	LJ	Ellen Morris	4.00
3A	SP	Danielle Jones	8.86
4B	SP	Cerys Jones	7.10
2A	DT	Danielle Jones	26.85
2B	DT	Cerys Jones	17.28
6A	HT	Cerys Jones	6.72
5A	JT	Danielle Jones	21.00
3B	JT	Amelia Davey	19.69
		BOYS UNDER 15	
7A	100	Dafydd Griffiths	12.71
4B	100	Osian Edwards	12.85
7A	200	Dafydd Griffiths	26.46
2B	200	Rhun Edwards	25.74
4A	300	Rhun Edwards	40.08
3B	300	Mathew Glaze	43.39
2A	800	Osian Edwards	2.14.15
3B	800	Iestyn Williams	2.29.70
3A	1500	Thomas Jones	4.33.14
4B	1500	William Thompson	4.14.46
5A	80H	Matthew Glaze	14.33
2B	80H	Luke Jenkins	13.11
3A	HJ	Luke Jenkins	1.65
7B	HJ	Jamie Jones	1.25
7A	LJ	Jamie Jones	4.38
7B	LJ	Iestyn Williams	3.58
4A	SP	Thomas Taylor	10.80
4B	SP	Dafydd Millward	7.60
6A	DT	Josh Thomas	21.07
6B	DT	Rhys Thomas	17.34
4A	HT	Dafydd Millward	17.27
4B	HT	Rhys Thomas	13.60
3A	JT	Josh Thomas	32.61
2B	JT	Thomas Taylor	30.16

Welsh inter regional athletics championship in Swansea on Sunday 31 August 2014

West Wales won all six trophies, U15/U17/over 17; overall male/overall female and overall team

1 West Wales 1086; 2 South Wales 864; 3 East Wales 720; 4 North Wales

		SENIOR MEN	
7	100	Rhys Granville	12.34
5	400	Rhys Granville	51.18
2	1500	Cerith Evans	4.50.1
3	HJ	William Edwards	1.85
2	JT	Aaron Morgan	56.54
		UNDER 17 MEN	
4	100	Tim Williams	12.07
6	800	Sion Lewis	2.13.24
2	1500	Nikita Neary	4.18.36
1	100H	Tim Williams	14.78
2	400H	Dwayne Griffiths	61.52
1	1500sc	Dwayne Griffiths	4.54.65
3	1500 sc	Aled Phillips	5.22.95
4	HJ	Aled Rees	1.75
3	DT	Sam Bleach	34.17
3	JT	Sam Bleach	44.99
		UNDER 15 BOYS	
5	300	Rhun Edwards	40.30
3	800	Osian Edwards	2.12.29
3	JT	Joshua Thomas	33.00
		SENIOR WOMEN	
1	100	Rachel Donnison	12.76
1	200	Rachel Donnison	26.27
1	400	Rachel Donnison	59.01
4	JT	Jessica Williams	28.54
		UNDER 17 WOMEN	
8	100	Megan Rowe	14.08
1	1000W	Amelia Davey	5.22.92
2	SP	Amy Humble	10.30
2	JT	Amy Humble	30.41
		UNDER 15 GIRLS	
3	100	Alicia Samuel	13.43
1	LJ	Alicia Samuel	4.94

UK under 17 championships in Bedford on 30/31 August 2014

Carys Jones was 4th in pole vault with a personal best leap of 3.40; Ashraf Liles was 4th in the 1500m steeplechase also in a personal best time of 4.36.72... Amber Howell finished 17th in the 1500 steeplechase (6.12.00)

Home Countries combined events international in the Sports City Manchester on 31 August 2014

Aled Price and Sophie Pick competed for Wales in the international

Aled was third in the under 20 decathlon with a personal best score of 6457 and Sophie was fourth in the senior women heptathlon. Her score was 3485

Swansea Bay Junior races Sunday 21 September 2014

8-11 1000m

1 Liam Edwards 3.24; 2 Daisy Thompson 3.27; 5 Maddie Morgan 3.44; 22 Morgan Williams 4.13

3K event

5 Ben Thomas 10.25; 8 Iestyn Williams 10.55; 9 Tomos Rees 10.57; 10 Frank Morgan 11.08
12 Gareth Thompson 11.18; 13 Sioned Glynn (IF) 11.19; 16 Ellie Kiff (3F) 11.22
22 Trystan Leech 11.39; 23 Wil Thompson 11.41; 24 Siwan Jones-Evans 11.46
41 Iestyn Jones-Evans 13.06; 47 Eva Edwards 13.23; 49 Cerys Davies 13.30

Welsh one mile road championship at Cardiff on Saturday 4 October 2014

Tomos Rees was second in the under 13 boys race (5.31) and Archi Morgan fourth (5.36)
In the under 15 boys race Thomas Jones (5.08) was fourth and Ben Thomas fifth (5.14). William Thompson (5.42) was tenth in the same race

Cerys Davies (6.26) was 14th in the under 15 girls event and Amber Howell fifth in the under 17 women's race (5.50)

Daisy Thompson won the under 11 girls race in a fine time of 6.01

Former members of Carmarthen and District Harriers Athletics Club who are now first claim members of other Welsh clubs

Any club is sad to see members move on to other clubs but we are extremely pleased that all those who have joined other clubs because of change of address or the need to compete at a higher level of competition have performed exceptionally in 2014

The list includes the following athletes

Caryl Granville, Dewi Griffiths, Caryl Jones, Jessica Parry-Williams, Josh Griffiths, Paul Bennett, Adam Bitchell, Michael Kallenburg, Awen Rosser, Daniel Blain, Christian Lovatt, Amy Roberts (cycling), Manon Lloyd (cycling), Bruce Tasker (4 man bob sleigh), Daniel Evans (rugby), Josh Turnbull (rugby)

**2014 CARMARTHEN HARRIERS AWARDS
2014 BURSARY AWARDS**

EVA EDWARDS	BRO MYRDDIN
MADDIE MORGAN	Y DDERWEN
FFION LLOYD	Y DDWYLAN
DAISY THOMPSON	Y DDERWEN
PHOEBE DAVIS	FFAIRFACH
DAFYDD WATERS	Y DDERWEN
LIAM EDWARDS	Y DDERWEN
FRANK MORGAN	Y DDERWEN
RHUN EDWARDS	MAES GWENDRAETH
OSIAN EDWARDS	MAES GWENDRAETH

NEW AWARDS

2014 WELSH CHAMPION AND INTERNATIONAL

ASHRAH LILES	DYFFRYN AMAN
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2014 WELSH CHAMPION

AMELIA DAVEY	DYFFRYN AMAN
TIM WILLIAMS	QUEEN ELIZABETH
DWAYNE GRIFFITHS	DYFFRYN AMAN

2014 WELSH INTERNATIONAL

AMY HUMBLE	ST JOHN LLOYD
BRYCHAN WILLIAMS	LLANDOVERY COLLEGE

REPEAT AWARDS

2014 WELSH CHAMPION AND INTERNATIONAL

LAURYN DAVEY	DYFFRYN AMAN
GORDON ORME	
PETER MOODY	
CARYS JONES	BRO DINEFWR
ALED PRICE	MAES GWENDRAETH
SHARON LEECH	
SOPHIE PICK	
SAM BLEACH	EMLYN

2014 WELSH CHAMPION

ALICIA SAMUEL	DYFFRYN AMAN
RACHEL DONNISON	PENGLAIS
SHAUN PEARCE	COLEG SIR GAR
DANIEL BLAIN	CARDIFF MET UNIV
SIAN BRADSHAW	

2014 WELSH INTERNATIONAL

LLOYD HECKLER	BIRMINGHAM UNIVERSITY
KARI O'NEILL	BRO DINEFWR
CHRISTIAN LOVATT	DYFFRYN AMAN
IESTYN WILLIAMS	BRO DINEFWR
KYRAN ROBERTS	QUEEN ELIZABETH
GLEN ELSDON	
BEN THOMAS	STRADE

2014 WELSH ROAD RELAY TEAM CHAMPIONS

WILLIAM THOMPSON	BRO MYRDDIN
TOMOS REES	DYFFRYN AMAN

WILF JAMES MEMORIAL AWARD

RHYS THOMAS	BRO MYRDDIN
JOSHUA THOMAS	QUEEN ELIZABETH
JESSICA WILLIAMS	BRO DINEFWR

EFFORT AND ENDEAVOUR AWARDS

TAYLOR MCARTHUR	DYFFRYN TAF
LAUREN DAVIES	COEDCAE
NON MORGAN	BRO DINEFWR
WILLIAM THOMPSON	BRO MYRDDIN

CLUB SERVICE AWARDS

RHIAN GLYNN
GILL EDWARDS
JAKE MORGAN

ERNIE JONES MEMORIAL AWARD

CARYS JONES
ALED PRICE

J EIRWYN WALTERS MEMORIAL AWARD

KYRAN ROBERTS

RB EVANS AWARD

NATHAN JONES

2014 List of Coaches

Jane Batten	MD	Wern Berni,Llanboidy,Whitland,Carms	01994 448677
Delyth Brown	MD	9 Tan y Fan,Capel Hendre, Ammanford, Carmms	07814487648
Paul Clarke	MD	114 Ffordd y Glowyr, Betws, Ammanford, Carmms	07866414787
Roger Davey	MD	Craig Ddu, Yr Hen Ysgol, Aberarth, Aberaeron	01545 571619
		Ceredigion	
Hedydd Davies	MD	Frynhir, Capel Dewi Road, Carmarthen, Carmms	01267 290249
Kevin Evans	MD	33 Erw Terrace, Burry Port, Llanelli, Carmms	01554 833969
Steve Glynn	MD	Glynderwen, Bronwydd, Carmarthen, Carmms	01267 253526
Joan Goldsmith	Sp	Rhyd y Fro, Bronwydd, Carmarthen, Carmms	01267 231028
Ivor Hopkins	Gen	Crofter, Bro Sarnau, Rhydargaeau, Carmarthen	01267 253081
Carol Jones	MD	31 Bron yr Ynn, Drefach, Llanelli, Carmms	01269 843381
Simon Mansfield	MD	Cilgadan Fach, Llandyfaelog, Kidwelly, Carmms	01267 267046
Ossie Morgan	Hdls	Newlands, Llannon, Llanelli, Carmms	01269 841509
Lana Neary	Gen	Pinecrest, Llanddowror, St Clears, Carmms	01994 231164
Sophie Pick	Gen	Llyscelyn, Heol Dinefwr, Foelgastell, Llanelli, Carmms	01269 845375
Dai Pick	HJ	Llyscelyn, Heol Dinefwr, Foelgastell, Llanelli, Carmms	01269 845375
Steve Perks	Sp	Llety'r Wenallt, Bronwydd, Carmarthen, Carmms	01267 230825
Michael Rees	MD	10c Clos yr Hendre, Capel Hendre, Ammanford	01269 842270
Dorrien Thomas	Sp	49 Bro Myrddin Johnstown Carmarthen	01267 234677
Ralph Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carmms	01269 871538
Alison Siggery	JT	Ger y Graig , Crwbin, Llanelli, Carmms	01269 871538
Sara Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carmms	01269 871538
Richard Wyr	Th	Plas y Gwynt, Boncath, Pembs	01239 841316