

## **2016 ADRODDIAD BLYNYDDOL CARMARTHEN HARRIERS ANNUAL REPORT**

Carmarthen and District Harriers Athletics Club was formed in 1948

2016 has again been a successful year for the Club. At present the Club has 240 members

### **Achievements of the Carmarthen Harriers teams in 2016**

- Third in the 2016 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Fourth in the 2016 Welsh Senior (U17/20/Senior) League Cup Final
- Third in the 2016 Gerald Codd Trophy (9-15) competition
- Fifth in the 2016 Welsh Junior (9-15) Junior League Cup Final
- Won the 2015/16 under 13 girls and under 15 boys Gwent Cross Country League team competition. Third in the under novice boys team competition
- Won the 2015 Welsh under 13 boys, under 13 girls and under 15 boys cross country relay championships
- Won the 2016 Welsh under 13 boys cross country relay championship
- Won the 2016 Welsh U15 road relay championship
- Third in the 2015/6 Gwent League George Crump MBE Trophy competition
- Fifth in the 2016 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

### **Positions held by Carmarthen Harriers members in 2016**

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

### **Adroddiad y Cadeirydd/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 2016 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

**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 2013 and six Gwent League cross country matches)**

In June 2016 we hosted 4 athletes from Melbourne Australia, who were on an eight week tour of Europe. The Club is extremely grateful to the parents of Archi Morgan, Deian Morgan, Gareth Thompson and Ifan Bowen. 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 and Dyfed primary schools athletics and cross country championships We are extremely grateful to Ron Mounsey for his support to the Club over many years and so pleased that Carmarthen Harriers in 2016 and McDonalds won the Welsh Athletics Partnership Award

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, McDonalds, Ffoshelig Coaches, Howards of Carmarthen. Rotary Club of Carmarthen and the Inner Wheel Club of Carmarthen**

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. Club members have assisted and their efforts this year have raised over £3500 for the Club.

**Our grateful thanks to Eiddwen for her hard work in the last 15 years in raising over £40,000 for the Club**

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

Thanks also to Rhian Glynn for organizing a very successful ten pin bowling evening and the mud assault day. She has done a superb job in arranging the 2016 Dinner

We would like to thank Sarah Harcourt, Manager of the Carmarthen Leisure Centre and her staff, 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 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.

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 2017 to assist in the following key areas; -**

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

We hope that at the AGM in February 2017 there will be many more members willing to take on key positions within the club.

Hedydd Davies Cadeirydd / Chairman

## CARMARTHEN HARRIERS RECORDS

(As at 1.10.2016)

(Indoor and wind assisted performances deleted)

### UNDER 13 GIRLS

100m	Manon Richards	12.7	1978
200m	Manon Richards	26.68	1978
800m	Daisy Thompson	2.25.07	2015
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
<b>Pole Vault</b>	<b>Carys Jones</b>	<b>3.45</b>	<b>2016</b>
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	Dewi Griffiths	4.14.09	2005
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	Aled Price	7.12	2015
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
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
4x400m Relay		3.25.8	1987



## 2016 Welsh Top 10 Table

### Under 13 Girls

200	10	Daisy Thompson	28.80	Swansea	5 June
800	1	Daisy Thomson	2.25.13	Exeter	30 August
800	9	Phoebe Davis	2.31.9	Haverfordwest	23 July
1500	1	Daisy Thompson	4.56.63	Exeter	26 July
70H	11	Sadie-May Mason	12.24	Swansea	5 June

### Under 15 Girls

200	11	Lisa Cowdy	27.2	Haverfordwest	23 July
300	12	Siwan Jones-Evans	44.6	Haverfordwest	23 July
HJ	2	Lili Church	1.60	Swansea	5 June
JT	14	Lili Church	24.39	Carmarthen	26 May

### Under 17 Women

100	7	Alicia Samuel	12.70	Swansea	13 July
200	13	Celyn Williams	26.69	Newport	24 April
300	5	Celyn Williams	41.34	Cardiff	11 June
LJ	7	Alicia Samuel	5.11	Swansea	31 July
TJ	6	Olivia Haines	10.41	Cardiff	2 July
SP	4	Danielle Jones	11.49	Cardiff	26 June
DT	2	Danielle Jones	34.08	Newport	13 August
JT	7	Amy Evans	31.38	Brecon	18 June
JT	9	Amelia Davey	27.98	Swansea	15 May

### Under 20 Women

PV	1	Carys Jones	3.45	Bedford	18 June
LJ	4	Lauryn Davey	5.18	Cardiff	2 July
TJ	1	Lauryn Davey	10.82	Cardiff	2 July
SP	7	Lauryn Davey	8.80	Cardiff	2 July

### Senior Women

HJ	4	Sophie Pick	1.50	Swansea	15 May
----	---	-------------	------	---------	--------

### Under 13 Boys

100	7	Iestyn Gwilliam	13.03	Newport	21 August
800	6	Liam Edwards	2.24.52	Carmarthen	30 April
800	12	Frank Morgan	2.28.15	Brecon	10 July

1500	2	Frank Morgan	4.45.3	Haverfordwest	23 July
1500	7	Liam Edwards	4.52.48	Newport	21 August
SP	2	Cai Ifans	9.88	Neath	28 May
SP	6	Joshua Morse	8.55	Newport	21 August
DT	5	Morgan Batten	21.62	Newport	21 August
JT	1	Morgan Batten	33.39	Carmarthen	28 July
JT	5	Joshua Morse	26.36	Brecon	10 July
JT	9	Lewis Gibbin	25.41	Brecon	6 July

### Under 15 Boys

800	12	Tomos Rees	2.11.11	Stoke Gifford	24 May
1500	5	Tomos Rees	4.23.88	Swansea	5 June
1500	6	Iwan Glynn	4.24.54	Swansea	5 June
SP	8	Craig Morris	11.12	Cardiff	2 July
JT	4	Daniel Morse	37.80	Brecon	10 July

### Under 17 Men

400	12	Zak Daly	53.48	Brecon	27 August
800	8	Ben Thomas	2.02.33	Yeovil	24 July
1500	10	Ben Thomas	3.17.15	Glasgow	29 July
1500	11	Thomas Jones	4.19.04	Street	2 May
3000	7	Ben Thomas	9.13.27	Street	2 May
3000	9	Thomas Jones	9.16.3	Newport	24 April
Sc	1	Ben Thomas	4.35.81	Ashford	16 July
Sc	2	Thomas Jones	4.38.81	Ashford	16 July
100H	11	Haydn Davies	15.12	Brecon	27 August
SP	5	Joe Worrall	12.85	Carmarthen	26 June
DT	3	Joe Worrall	43.87	Cardiff	2 July
HT	3	Nicholas Jones	41.44	Cardiff	2 July
JT	1	Carwyn Morris	53.57	Newport	29 May
JT	4	Joshua Thomas	46.56	Carmarthen	17 July

### Under 20 Men

400	8	Ashraf Liles	52.54	Newport	24 April
400	11	Dwayne Griffiths	53.04	Newport	24 April
800	6	Ashraf Liles	1.57.32	Sports City	14 May
1500	7	Ashraf Liles	4.11.15	Newport	29 May
1500	9	Ryan Jenkins	4.14.58	Carmarthen	26 June
3000	8	Ryan Jenkins	9.18.98	Cardiff	2 July
400H	4	Aled Phillips	61.66	Cardiff	2 July
HJ	2	William Edwards	1.98	Carmarthen	17 July
SP	10	Corey Baldwin	10.01	Cardiff	2 July
DT	4	Sam Bleach	32.45	Plymouth	1 May
JT	3	Sam Bleach	47.07	Swansea	15 May

## Senior Men

200	11	Glen Elsdon	21.97	Brecon	18 June
110H	3	Glen Elsdon	14.65	Birmingham	26 June
110H	4	Aled Price	14.93	Bedford	2 May
HJ	5	Aled Price	1.90	Carmarthen	17 July
LJ	1	Aled Price	7.10	Swansea	31 July
SP	10	Aled Price	12.71	Carmarthen	28 July
DT	6	Aled Price	36.14	Swansea	31 July
JT	2	Aaron Morgan	59.83	Swansea	2 May
JT	3	Aled Price	57.44	Bedford	2 May

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

Lauryn Davey came second in the U18 Welsh championship with a score of 3155 points and her performances were SP 11.18; 60H 9.56; LJ 4.97; HJ 1.50 and 800 2.39.34

### **UK masters cross country match in Dublin on Saturday 14 November 2015**

Two Carmarthen Harriers members competed for Wales in the M70 age group

73 year old Gordon Orme was 7<sup>th</sup> and 72 year old Peter Moody 16<sup>th</sup>

### **Welsh inter schools cross country championships in Brecon on Saturday 14 November 2015**

The event was cancelled the day before because of the bad weather forecast

### **Welsh cross country relay championships at Bridgend on Sunday 22 November 2015**

Primary school races

#### **Girls**

12 Emma Brazier; 13 Milly John

#### **Boys**

4 Ifan Bowen; 17 Rhufon Phillips

**Carmarthen Harriers had a great day in the relays winning the U13 girls; U13 boys and U15 boys relay championships**

#### **Under 13 Girls (First)**

Phoebe Davis 5.48; Maddie Morgan 6.16; Siwan Jones-Evans 6.09; Daisy Thompson 5.47

Daisy had the fastest lap and Phoebe the second fastest lap

### **Under 13 Boys (First)**

Liam Edwards 5.51; Bedwyr Thomas 5.54; Joseff Rhys-Ellis 6.44; Iwan Glynn 5.25

Iwan had the fastest lap of the day

### **Under 15 boys (First)**

Tomos Rees 5.15; Gareth Thompson 5.24; Iestyn Williams 5.17; Ben Thomas 5.11

Ben Thomas had the fastest lap of the day

### **Schools combined events international at Glasgow on Saturday 12 December 2015**

Carmarthen Harrier Lauryn Davey finished 12<sup>th</sup> with a fine score of 3134 points. Her performances were SP 10.24; 60H 9.68; LJ 5.12; HJ 1.54; 800 2.41.30

### **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 for West Wales

Carmarthen Harriers members 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; 8 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

**Celtic Cross Country international in Edinburgh on Saturday 9 January 2016**

3 Carmarthen members competed for Wales

U23 Men 9 Lloyd Heckler

Under 20 Men 12 Ryan Jenkins

Under 17 Men 12 Ben Thomas

**AAA of England Indoor combined events championships at Sheffield on Saturday 9 January 2016**

Aled Price 60 7.30; LJ 6.91; Sp 11.28; HJ 1.84; 60H 8.48; PV 4.10; 1000 3.04.33

**Welsh U13/U15/17/20 Indoor Athletics championships at NIAC Cardiff on 15/17 January 2016**

*Carmarthen Harriers members won 5 medals, one gold, two silver and two bronze*

## **Gold**

Carys Jones U20 PV 3.44

## **Silver**

Frank Morgan U13 1500 5.07.93

Dwayne Griffiths U20 1500 4.44.19

## **Bronze**

Lili Church U15 HJ 1.50

Amelia Davey U17 HJ 1.50

## **Other results**

Ben Thomas U17 4 3000 9.31.89

Rhun Edwards U17 1B Final 200 24.33

Zak Daly U17 2B Final 200 24.52

Ashraf Liles U20 4 800 2.00.89

Dwayne Griffiths U20 4h 400 56.13

Charles Griffiths U20 5h 60 8.79

Iestyn Williams U17 6 1500 4.37.09

Callum Lovatt U17 8 1500 4.48.58

Charles Griffiths U20 4h 200 29.18

## **Cardiff Cross Challenge at Blackweir Cardiff on Sunday 24 January 2016**

### **Primary school races**

#### **Boys**

1 Frank Morgan (6.56); 7 Ifan Bowen (7.32); 13 Ioan Cressy-Rodgers (7.41); 19 Huw Cressy Rodgers (8.00); 22 Harry Billingham (8.00); 24 Iwan Thomas (8.00); 52 Brynmor Roberts (9.39)

Carmarthen Harriers won the team race

#### **Girls**

18 Emma Brazier 8.51; 33 Caryl – Haf Lloyd 9.30; 35 Jessica Lee 9.31

#### **U13 Girls**

7 Daisy Thompson; 8 Phoebe Davis; 25 Maddie Morgan; 35 Siwan Jones-Evans

#### **U13 Boys**

5 Iwan Glynn

### **U15 Boys**

\$ Ben Thomas; 18 Tomos Rees; 30 Callum Lovatt; 35 Gareth Thompson

### **U17 Women**

11 Ellie Kiff; 14 Sioned Glynn

### **Under 20 Men**

4 Ashraf Liles; 6 Ryan Jenkins; 14 Sion Lewis

### **Under 20 Women**

22 Amber Howell

### **Senior Women**

38 Louise Jones-Evans (1st F45)

### **Senior Men**

23 Lloyd Heckler

Ryan Jenkins was running for Wales in the U20 race and Lloyd Heckler was also competing for Wales in the U23 race

Former Carmarthen Harriers members Dewi Griffiths and Caryl Jones won the senior races

### **West Wales indoor athletics championships at Swansea indoor athletics stadium on Saturday 23 and Sunday 24 January 2016**

Carmarthen Harriers won 3 gold and 1 silver

Sophie Pick won gold in the SW HJ (1.50) and SP (8.43) and Owen Harri-Davies U11 60 (9.32).  
Danielle Jones won silver in the U17 Shot (10.52)

Other performances

Morgan Batten U13 60 (10.13); Abbie Painter U15 60 9.03; Olwen Batten U15 60 9.34, SP 7.26; Rhun Edwards 60 7.60

### **Carmarthen Town Sports Awards Presentation Evening at the Carmarthen Quins Club on Friday 29 January 2016**

Winners

Daisy Thompson U13 female  
Iwan Glynn U13 male  
Lauryn Davey U16 female  
Rachel Donnison U19 female

Runners up

Frank Morgan U13 male  
Ben Thomas U16 male  
Danielle Jones U16 female  
Ashraf Liles U19 male

Harriers Club Chairman Hedydd Davies was presented with a Life Achievement Award

### **Welsh Senior Indoor Athletics Championships at NIAC Cardiff on Sunday 31 January 2016**

Carmarthen Harriers won 5 medals, 1 gold, 2 silver and 2 bronze

#### **Gold**

Aled Price LJ 6.78

#### **Silver**

Glen Elsdon 60H 8.34  
Carys Jones PV 3.27

#### **Bronze**

Aled Price 60H 8.54  
Danielle Jones U17 SP 10.69

#### **Other performances**

Celyn Williams 2h 300 43.93  
Zak Daly 3h U17 400 53.79  
Rhun Edwards 2 h U17 400 54.23  
Ashraf Liles U20 4h 800 2.02.57  
Rhys Granville 7 SM 1500 4.13.66

### **U20 Indoor international against England at NIAC Cardiff on Sunday 7 February 2016**

Two Carmarthen Harriers members competed with Carol Jones as assistant coach

Lauryn Davey TJ 11.02  
Carys Jones PV 3.35

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

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

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



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

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

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

90 Dyfed secondary school athletes were selected as a result of the Dyfed schools championships held at Parc Dinefwr Llandeilo on Tuesday 19 January 2016 to compete for the school district in the Welsh schools championships in Brecon on Wednesday 10 February 2016

It is a credit to the athletes and the Dyfed secretary and team manager Hedydd Davies that they all made the effort to travel to Brecon on a school day to support Dyfed

All the other schools districts had strong teams competing this year and Eryri did very well finishing only 6 points behind Dyfed

In the individual races Dyfed athletes won a total of 5 medals and in the team competition a total of 30 medals (18 gold, six silver and six bronze)

In the Y7 girls event Daisy Thompson came first and fellow Carmarthen Harrier Phoebe Davis was third

The overall winning school district trophy was presented to the two Dyfed school captains Jessica Bradley Sir Thomas Picton and Matthew Williams Milford

Hedydd Davies the honorary Dyfed schools secretary wishes to thank Nathan Jones, Gill and Huw Jones and Rebecca Gatt for their invaluable help on the day of the event

Finally sincere thanks to all the Dyfed school athletes who competed in Brecon and the tremendous support from the parents and school teachers who helped to make Dyfed once again at the top of the table at the annual Welsh schools cross country championships

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

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

**4 Liam Edwards; 15 Jac Chapman; 33 Morgan Batten; 43 Dafydd Jones; 56 Joshua Tarling**

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

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

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

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

**5 Ben Thomas; 26 Rhys Davies; 32 Iestyn Williams 47 Trystan Leech**

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

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

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

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

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

**1 Daisy Thompson; 3 Phoebe Davis**

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

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

**28 Siwan Jones-Evans ; 31 Molly Cressy- Rodgers; 49 Ffion Lloyd ; 53 Beca Roberts ; 66 Deryn Cressy-Rodgers**

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

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

**12 Ellie Kiff ; 14 Sioned Glynn; 40 Non Morgan ; 60 Grace Page ; 61 Elen Hawkins ; 62 Cerys Davies**

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

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

**9 Amber Howell**

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

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

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

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

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

#### **Under 13 Boys (second)**

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

#### **Under 13 Girls (fourth)**

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

#### **Under 15 Boys (seventh)**

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

#### **Under 15 Girls**

23 Non Morgan; 36 Eva Edwards; 37 Cerys Davies

#### **Under 17 Men (fourth)**

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

#### **Under 17 Women**

8 Ellie Kiff

#### **Under 20 Women**

8 Amber Howell

#### **Under 20 Men (second)**

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

Vet 45 10 Huw Davies

Vet 70 1 Gordon Orme

## Primary school races

### Y5 Boys

16 Steffan Davies; 23 Owen-Hari Davies

### Y5 Girls (fourth)

7 Milly John; 19 Emma Brazier; 20 Jessica Lee

### Y6 Girls

21 Caryl-Haf Lloyd

### Y6 Boys (third)

4 Frank Morgan; 6 Ioan Cressy-Rodgers; 24 Finlay Hayes

## 2015/2016 Gwent cross country league

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

### Team positions

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

### Individual positions

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

## UK inter county cross country championships in Cofton Park Birmingham on Saturday 12 March 2016

U13 Boys 47 Iwan Glynn, 203 Liam Edwards  
U13 Girls 81 Phoebe Davis, 227 Siwan Jones-Evans, 249 Maddie Morgan  
U15 Boys 87 Ben Thomas, 183 Tomos Rees  
U15 Girls 277 Non Morgan  
U17 Women 112 Sioned Glynn  
U20Men 28 Ryan Jenkins, 99 Sion Lewis

Highlight of the afternoon was seeing former member Dewi Griffiths win the senior race

**Dyfed primary schools cross country championships at the United Counties Showground on Thursday 17 March 2016**

Y4 Boys 1 Ifan Bowen, 3 Harry Billingham  
Y5 Boys 6 Steffan Davies, 9 Harri Howells  
Y6 Boys 1 Frank Morgan, 3 Jac Walters, 11 Rhufon Phillips  
Y4 Girls 2 Seren Davies  
Y5 Girls 2 Jessica Lee, 9 Milly John, 11 Keira Carmody

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

3 Carmarthen Harriers members competed for Welsh schools

**Junior Boys**

21 Iwan Glynn

**Middle Boys**

31 Ben Thomas

**Under 20**

29 Ashraf Liles

Carol Jones, Joan Goldsmith, Delyth Brown and Sharon Leech were part of the team management

**Dyfed v West Glamorgan primary schools cross country match at Parc Dinefwr on Wednesday 23 March 2016**

Dyfed won both team races and also had the first three places in the two races

**Boys 1 Frank Morgan; 2 Jac Walters; 10 Ifan Bowen  
Girls 6 Seren Davies; 11 Jessica Lee**

**Welsh Road relay championships in Bargoed on Sunday 3 April 2016**

**Carmarthen Harriers members won a total of 13 medals**

In the team competition won the U15 boys relay and came third in the U13 boys and U13 girls relay races

Primary schools race boys (5<sup>th</sup>) 9 Ifan Bowen, 15 Rhufon Phillips, 18 Steffan Davies, 20 Iwan Thomas, 26 Brynmor Roberts

Primary schools girls (5<sup>th</sup>) 9 Emma Brazier, 17 Seren Davies, 18 Milly John, 30 Cordelia Walker

**Under 13 boys** (bronze) Liam Edwards 6.51, Morgan Batten 7.30, Dafydd Jones 7.40, Joshua Tarling 7.23

**Under 13 girls (bronze)** Phoebe Davis 7.19, Clara James 8.03, Siwan Jones-Evans 7.30, Daisy Thompson 6.47

**Under 15 Boys (A team gold)**

A Tomos Rees 9.23, Iestyn Williams 9.46, Ben Thomas 9.10  
B Archi Morgan 10.30, Callum Lovatt, Trystan Leech 10.38  
C William Thompson 11.09

**London mini marathon in London 24 April 2016**

Carmarthen Harriers had four members competing for the Welsh schools in the 3 mile mini marathon held before the main event

**Daisy Thompson U13G 12<sup>th</sup> (18.11)**

**Iwan Glynn U13B 20<sup>th</sup> (16.57)**

**Ben Thomas U15B 31<sup>st</sup> (16.01)**

**Ellie Kiff U17W 54<sup>th</sup> (18.44)**

**WJL/ Louise Arthur League match in Carmarthen on Saturday 30 April 2016**

1 Swansea 1149; 2 Pembrokeshire 954; 3 Carmarthen 909; 4 Bridgend 783; 5 Neath 681  
6 Llanelli 565; 7 Brecon 497; 8 Barry and Vale 391; 9 Pontyclun 101

**Junior UK and Welsh Trail Championships at Devil's Bridge on Saturday 30 April 2016**

Under 15 2 Iestyn Williams

Under 17 2 Ellie Kiff

Under 17 1 Thomas Jones

Under 20 2 Amber Howell

Under 20 2 Ryan Jenkins 4 Sion Lewis

**West Wales championships at Swansea on Sunday 15 May 2016**

**39 members competed and won a total of 31 medals (14 gold, 14 silver and 3 bronze)**

**Under 13 Boys**

3 Joshua Morse JT 23.03, 5 SP 6.92

5 Dylan Pearce- Taylor JT 18.06

4 Dafydd Waters 75H 15.02

2 Morgan Batten DT 20.58'2 JT 25.55

1 Frank Morgan 1500 5.04.48

2 Dafydd Jones 1500 5.17.82, 6 200 31.31

3 Tomos Roberts JT 19.97

**Under 13 Girls**

1 Daisy Thompson 800 2.28.50, 2 200 29.68

Ellie Loweth 200 31.75

### **Under 15 Boys**

2 Iwan Glynn 800 2.15.76, 4 300 41.75  
4 Archi Morgan 1500 4.59.97  
1 Tomos Rees 1500 4.41.81  
5 Daniel Morse SP 6.78  
4 Gareth Thompson 2.25.07  
5 Ryan Thomas HJ 1.35

### **Under 15 Girls**

2 Siwan Jones-Evans 800 2.28.81,4 300 45.48  
4 Maddie Morgan 1500 5.27.21  
1 Lili Church HJ 1.57; 4 JT 21.98  
6 Olwen Batten SP 7.99, 11 LJ 4.03

### **Under 17 men**

6 Trystan Leech 1500 S/C 5.18.18  
1 Ben Thomas 1500 4.22.33  
4 Iestyn Williams 800 2.11.81, 4 1500 S/C 5.11.30  
1 Thomas Jones 1500 S/C 4.49.55  
1 Joe Worrall SP 12.32, 2 DT 43.52  
2 Zak Daly 400 54.08  
1 Rhys Thomas HT 19.93

### **Under 17 Women**

1 Danielle Jones DT 31.14,2 SP 10.81  
1 Amelia Davey HJ 1.40, 4 JT 27.98  
1 Celyn Williams 300 41.65  
4 Non Morgan 800 2.34.46  
3 Amy Evans JT 29.27

### **Under 20 Men**

2 Sam Bleach JT 47.07  
2 Dwayne Griffiths 400 53.23  
1 William Edwards HJ 1.80

### **Seniors**

5 Charlie Griffiths 100 14.69  
1 Aaron Morgan JT 59.83  
2 Paul Clarke 1500 4.30.25  
1 Sophie Pick HJ 1.50, 2 JT 23.57, 2 SP 8.60

### **Welsh Mountain Running Championships in Llanberis on Sunday 29 May 2016**

#### **Gold**

Thomas Jones

#### **Silver**

Iestyn Williams, Ellie Kiff and Amber Howell

### **Welsh senior and U17 championships at Cardiff on Saturday 11 June 2016**

#### **Gold**

Glen Elsdon SM 110 hurdles (15.31), Carys Jones U20 PV (3.30)

#### **Bronze**

Aled Price SM LJ (6.71); Celyn Williams U17 300 (41.34)

Also

Zak Daly U17 400 (54.08); Ashraf Liles SM 1500 (4.12.49)

### **Dyfed primary schools championships at Carmarthen on Wednesday 22 June 2016**

#### **Boys**

100 1 Ben Procter 14.4

70H 4 Steffan Lewis 14.4

800 1 Frank Morgan 2.28.3, 2 Jac Walters 2.37.9; 3 Ifan Bowen 2.40.1

SP 1 Joshua Morse 8.17

#### **Girls**

100 1 Thia Davies , 3 Sophia Reid-Thomas 15.2

800 3 Seren Davies 2.55.1, 5 Milly John 2.58.5, 9 Olivia Lloyd-Evans 3.08.3

### **England AAA U20/U23 championships at Bedford**

U23 Kyran Roberts 1500 (3.55.52)

U20 Carys Jones PV 3.45

### **World Youth Cup Mountain Championships in Janske Lanske (Czech Republic) on Saturday 25 June 2016**

2 Carmarthen Harriers members competed for Wales



42 Thomas Jones; 46 Ellie Kiff

Delyth Brown was one of the team managers

### **Welsh secondary schools championships in Cardiff on Saturday 2 July 2016**

Dyfed schools again had a good team and individual result at the championship at Cardiff

**Dyfed won the overall team title once again, the twenty fifth time since 1989 (Cardiff and Vale schools are the only other district to have won the Charlie Hughes Trophy in that period). They beat Dyfed into second place in 1996, 2007, 2009 and 2014**

Dyfed were throughout the day slightly ahead of the Afan Nedd Tawe and Cardiff and Vale teams. Before the relays at the end of a seven hour competition Dyfed were only 5 points ahead of Afan Nedd Tawe but excellent relay results (one second and 5 third place) enabled Dyfed to win by 4 and half points

**1 Dyfed 555.5; 2 Afan Nedd Tawe 551; 3 Cardiff and Vale 526.5; 4 Glamorgan Valleys 359  
5 South East Wales 340; 6 Eryri 244.5; 7 Powys 227; 8 North East Wales 213.5**

Dyfed also won the senior girls trophy and were joint first with Afan Nedd Tawe in the junior boys events. In the senior boys age group Dyfed were second and also in the middle girls section. They were third in the middle boys section. The junior girls finished fourth out of the eight districts competing at Cardiff

At Cardiff the overall team trophy was presented to the two Dyfed schools captains Sam Bleach and Carys Jones, both are faithful members of Carmarthen Harriers

At Cardiff Dyfed school athletes won a total of 75 medals (21 gold, 15 silver and 39 bronze)

#### **Senior Girls (Captain Carys Jones Bro Dinefwr)**

##### **Gold**

Carys Jones Pole Vault

#### **Middle Girls (Captain Lydia Thomas STP)**

##### **Gold**

Danielle Jones Discus

##### **Bronze**

Alicia Samuel 100m  
Celyn Williams 300m  
Non Morgan 1500m

Olivia Haines Triple Jump  
Danielle Jones Shot Putt

**Junior Girls (Captain Mollie Dainton Coedcae)**

**Bronze**

Lisa Cowdy 200m

**Senior Boys (captain Sam Bleach Emlyn)**

**Gold**

Ryan Jenkins 3000m  
Aled Phillips 400m hurdles  
Aled Phillips 2000mwalk

**Silver**

Sam Bleach Discus  
Sam Bleach Javelin

**Bronze**

Dwayne Griffiths 400m  
Ryan Jenkins 110m hurdles

**Middle Boys (Captain Shaun Zygadlo STP)**

**Gold**

Ben Thomas 1500m steeplechase

**Silver**

Joshua Thomas Javelin

**Bronze**

Thomas Jones 1500m steeplechase  
Joe Worrall Discus  
Nicholas Jones Hammer

**Junior Boys (Captain Harry Davies St Michaels)**

**Silver**

Tomos Rees 1500m

Carmarthen Harrier Lauryn Davey competing for Afan Nedd Tawe Schools ( 1 LJ 5.18; 2 TJ 10.82 ;SP 8.80)

### **Welsh Masters championships at Brecon on Sunday 3 July 2016**

M35 Paul Clarke 1 400 57.6); 800m (2.07.6) and 1500 (4.36.4)  
F45 1 Sharon Leech 1500 (5.27.6)

### **European Championships in Amsterdam on Friday 10 July 2016**

Former Carmarthen Harrier member Dewi Griffiths had a superb run in the 10000m finishing 5<sup>th</sup> in 28.28.55, only 2 seconds off winning the bronze medal

### **SIAB Schools international in Ashford Kent on Saturday 16 July 2016**

4 Carmarthen Harriers members competed for the Welsh schools

4 Ben Thomas 1500 steeplechase (4.35.81)  
5 Thomas Jones 1500 steeplechase (4.38.81)  
6 Jo e Worrall DT (42.05)  
6 Danielle Jones DT (31.81)

### **Welsh Athletics League Cup Final at Swansea on Sunday 31 July 2016**

1 Swansea 1189; 2 Cardiff 900; 3 Brecon 728; 4 Carmarthen 526; 5 Neath 460; 6 Run4All 431  
7 Pembrokeshire 423; 8 Newport 208

		<b><u>SENIOR/U20/U17MEN</u></b>	
3	100	Haydn Davies (17)	12.46
7	100	Charlie Griffiths (20)	14.08
5	200	Charlie Griffiths (20)	29.91
3	400	Paul Clarke (SM)	55.15
2	400	Dwayne Griffiths (20)	55.84
7	400	Trystan Leech (17)	60.69
5	800	Paul Clarke (SM)	2.02.68
1	800	Dwayne Griffiths (20)	2.04.84
7	800	Trystan Leech (17)	2.20.81
3	1500	Thomas Jones (17)	4.22.71
5	1500	Callum Lovatt (17)	4.54.67
6	1500	Huw Davies (SM)	5.23.36
9	3000	Huw Davies (SM)	11.36.17
5	100H	Haydn Davies (17)	15.13
5	400 Relay	Clarke/Davies/Jones/Leech	46.49
6	1600 Relay	Clarke/Griffiths/Jones/Leech	3.50.30
2	HJ	William Edwards (20)	1.85
2	HJ	Haydn Davies(17)	1.65
1	LJ	Aled Price(SM)	7.10
5	LJ	Jamie Best(SM)	4.81
1	SP	Aled Price(SM)	11.97
7	SP	Nicholas Jones (17)	10.30
3	SP	Aaron Morgan (SM)	9.30
1	DT	Aled Price (SM)	36.14

5	DT	Nicholas Jones (17)	24.87
3	DT	Aaron Morgan (SM)	19.51
3	HT	Nicholas Jones(17)	24.87
4	HT	Rhys Thomas(17)	23.75
1	JT	Aaron Morgan(SM)	57.93
1	JT	Carwyn Morris (17)	45.69
2	JT	Joshua Thomas (17)	41.18
		<b><u>SENIOR/U20/17 WOMEN</u></b>	
1	100	Alicia Samuel(17)	12.70
4	100	Celyn Williams (17)	13.49
1	300	Celyn Williams (17)	42.60
4	1500	Cerys Davies(17)	6.07.01
4	400 Relay	Pick/Williams/Evans/Samuel	53.75
1	HJ	Sophie Pick (SW)	1.40
2	LJ	Alicia Samuel (17)	5.11
3	SP	Danielle Jones(17)	10.07
4	SP	Sophie Pick(SW)	8.46
7	SP	Amy Evans (17)	6.82
1	DT	Danielle Jones(17)	33.31
8	DT	Sophie Pick (SW)	15.16
1	JT	Amy Evans (17)	29.88
2	JT	Sophie Pick (SW)	23.85
7	JT	Danielle Jones(17)	20.59

### **Celtic Games in Swansea on Saturday 6 August 2016**

5 Carmarthen Harriers members competed in the match (Wales v Ireland v Scotland)

Ben Thomas 2<sup>nd</sup> 2000 steeplechase 6.19.5

Carwyn Morris 3<sup>rd</sup> javelin 52.71

Lauryn Davey 3<sup>rd</sup> Triple Jump 10.81

Danielle Jones (Welsh Development Team) Shot Putt 10.64

Joe Worrall (Welsh Development Team) 2<sup>nd</sup> Discus 49.24

Sharon Leech was assistant manager and Delyth Brown Endurance Coach with the Welsh Team

### **Welsh Junior championships at Newport on 13 and 14 August 2016**

10 Carmarthen Harriers competed and won 5 medals (3 gold and 2 bronze)

#### **Gold**

William Edwards U20 HJ (1.90)

Danielle Jones DT (34.08)

Daisy Thompson U13 800 (2.25.15)

#### **Bronze**

Sam Bleach U20 JT (44.44)

Lili Church U15 HJ (1.45)

## Also

Maddie Morgan U15 1500 (5.28.42)  
Thea Davies U13 100m (14.94)  
Frank Morgan U13 4 1500 (4.50.16)  
Frank Morgan U13 800 (2.28.52)  
Celyn Williams U17 5 200 (26.84)  
Siwan Jones-Evans U15 300 (45.27)

## Welsh Junior League Cup Final in Newport on Sunday 21 August 2016

Carmarthen Harriers finished 5<sup>th</sup> (same as in 2014 and 2015)

1 Cardiff 1192; 2 Cardiff Archers 1082; 3 Swansea 990; 4 Pembrokeshire 875; 5 Carmarthen 606; 6 Rhymney Valley 587; 7 Newport 542; 8 Neath 532

Harriers won the Junior Cup Final 16 times out of 17 in the period 1994-2009

33 members competed in Newport

### **UNDER 11 GIRLS (first)**

**1 Carmarthen 133; 2 Cardiff Archers 122; 3 Swansea 111; 4 Rhymney 100; 5 Cardiff 87; 6 Pembrokeshire 77; 7 Newport 50; 8 Neath 37**

2A	75	Sophia Reid-Thomas	11.60
3B	75	Hanna Evans	12.34
3A	150	Jessica Lee	23.31
3B	150	Sophia Reid-Thomas	24.11
2A	800	Seren Davies	2.53.06
3B	800	Milly John	3.04.55
4	4x100R	Evans, Davies, Lee, R-Thomas	63.98
2A	LJ	Jessica Lee	3.76
1B	LJ	Hanna Evans	3.53
2A	SP	Jessica Lee	6.07
2B	SP	Cordelia Walker	5.82
1A	JT	Cordelia Walker	19.65
3B	JT	Seren Davies	9.56

### **Under 13 Girls (sixth)**

**1 Cardiff Archers 240; 2 Cardiff 236; 3 Swansea 207; 4 Newport 127; 5 Pembrokeshire 127; 6 Carmarthen 86; 7 Neath 82; 8 Rhymney 70**

3A	200	Phoebe Davis	29.78
6B	200	Olivia Lloyd Evans	34.22

2A	800	Phoebe Davis	2.32.53
3A	800	Olivia Lloyd Evans	3.00.55
7A	1500	Lylyanna Harrall	6.29.34
7	4x100 R		63.05
4A	HJ	Lylyanna Harrall	1.25
4B	HJ	Phoebe Davis	1.20
8A	LJ	Olivia Lloyd Evans	3.61
2A	SP	Nia Williams	7.66
3A	DT	Nia Williams	16.74

### Under 15 Girls (eight)

**1 Cardiff 280; 2 Swansea 209; 3 Cardiff Archers 185; 4 Neath 162; 5 Pembrokeshire 156; 6 Newport; 7 Rhymney 91; 8 Carmarthen 86**

6A	100	Elin Jones	12.85
8A	200	Hawys Evans	35.55
5B	200	Eva Edwards	31.97
6A	75H	Elin Jones	12.85
4A	800	Eva Edwards	2.46.78
7	4x100R	Evans,Edwards,Jones.Batten	59.56
3A	HJ	Lili Church	1.45
6A	LJ	Lili Church	4.13
3B	LJ	Olwen Batten	
6A	SP	Lili Church	6.87
5A	DT	Olwen Batten	18.64
4B	DT	Hawys Evans	13.88
6A	JT	Olwen Batten	22.18
4B	JT	Eva Edwards	13.17

### Under 11 Boys (sixth)

**1 Cardiff 146; 2 Cardiff Archers 128; 3 Pembrokeshire 101; 4 Rhymney 183; 5 Swansea 87; 6 Carmarthen 74; 7 Neath 51; 8 Newport 27**

3A	75	Owen –Harri Davies	11.55
7B	75	Ioan Waters	12.55
3A	150	Owen-Harri Davies	23.19
7B	150	Ifan Bowen	26.59
3A	800	Ifan Bowen	2.39.39
7B	800	Iwan Thomas	3.03.00
7	4x100R	Davies,Bowen,Waters,Thomas	69.71
3A	LJ	Owen-Harri Davies	3.81
6B	LJ	Ioan Waters	2.96
7A	SP	Ioan Waters	3.98
7B	SP	Iwan Thomas	3.57
7A	JT	Iwan Thomas	10.34
6B	JT	Ifan Bowen	9.15

### Under 13 Boys (fifth)

**1 Cardiff Archers 212; 2 Cardiff 200; 3 Swansea 197; 4 Pembrokeshire 183; 5 Carmarthen 174; 6 Rhymney 120; 7 Neath 48; 8 Newport 40**

2A	100	Iestyn Gwilliam	13.03
2B	100	Shon Jones	14.27
2A	800	Jac Chapman	2.32.82
2B	800	Jac Walters	2.41.17
2A	1500	Liam Edwards	4.52.48
3B	1500	Dafydd Jones	5.17.41
5A	75H	Dafydd Waters	14.70
4B	75H	Liam Edwards	16.09
	4x 100R	Jones, Waters/Edwards/Chapman	56.67
8A	HJ	Liam Edwards	1.15
5A	LJ	Shon Jones	4.14
4B	LJ	Dafydd Waters	3.83
2A	SP	Joshua Morse	8.55
2A	DT	Morgan Batten	21.62
2B	DT	Joshua Morse	16.24
2A	JT	Morgan Batten	26.47
2B	JT	Joshua Morse	22.37

### Under 15 Boys (eighth)

**1 Cardiff 243; 2 Pembrokeshire; 3 Cardiff Archers 195; 4 Newport 184; 5 Swansea 179; 6 Neath 125; 7 Rhymney 109; 8 Carmarthen 53**

4A	100	Louis Fox	12.53
6A	200	Louis Fox	25.70
3A	800	Gareth Thompson	2.13.97
6A	LJ	Owen Palmer	4.66
8A	SP	Daniel Morse	14.60
7A	JT	Daniel Morse	10.93

### **18<sup>th</sup> Welsh inter regional athletics championship in Brecon on Saturday 27 August 2016**

West Wales won again 16<sup>th</sup> time in 18 years.

**1 West Wales 999.5; 2 South Wales 948.5; 3 North Wales 672; 4 East Wales 585**

18 Carmarthen Harriers members competed for West Wales

The West won four of the seven trophies (Overall, overall male, senior male and U15)

### **Senior Male**

5 Dwayne Griffiths 400 (53.30); 1 4x400 ;1 William Edwards HJ (1.90)  
1 Aled Price 110H (15.44);4 SP (11.80) 1 Aaron Morgan JT (54.14)

### **Under 17 Men**

3 Haydn Davies 100H (15.12); 3 4x100 ;5 Iestyn Williams 1500 (4.26.04)  
2 Joe Worrall SP (12.23);1 Carwyn Morris JT (47.50)  
4 Zak Daly 400 (53.48)1 4x400

### **Under 15 Boys**

2 Iwan Glynn 800 (2.13.49);3 Tomos Rees 1500 (4.32.19)

### **Senior Women**

1 Sophie Pick HJ (1.45); 3 JT (23.51); 5 LJ (4.08); 5 Megan Rowe 100 (13.67); 6 400 (70.06) 2 4x 400

### **Under 17 Women**

1 Alicia Samuel LJ (4.87); 2 100m;1 4x 100;1 Olivia Haines TJ 10.37  
1 Danielle Jones DT (30.56); 2 SP (10.31); 2 Ellie Kiff 1500 (5.14.68)  
5 Amy Evans JT (27.64)

### **Under 15 Girls**

1 Lili Church HJ (1.60)

### **UK U17 championships at Bedford on Saturday 27 August 2016**

4h 300 Celyn Williams 42.78

### **Home Countries Mountain Running championship at Keswick England on Saturday 17 September 2016**

Three Carmarthen Harriers members competed for Wales with coach Delyth Brown one of the team managers

U17 Men 12 Iestyn Williams; 14 Thomas Jones

U20 Men 20 Ryan Jenkins

### **Swansea Bay Races at Swansea on Sunday 18 September 2016**

Carmarthen Harriers members won 3 races

5K Boys 1 Ben Thomas (16.26.4); 6 Callum Lovatt (19.41.9);7 Iestyn Jones-Evans (23.44.9)

5K Girls 1 Ellie Kiff (20.17.1); 7 Cerys Davies (23.44.9)

3K Boys 2 Tomos Rees (9.38.3); 6 Liam Edwards (10.20.8); 12 Dafydd Jones (11.06.8)

3K Girls 3 Daisy Thompson (10.56.8); 8 Maddie Morgan (12.17.6); 10 Eva Edwards (12.38.9); 37 Amy Greatrick (13.17)



1K 1 Frank Morgan (3.14.8); 4 Iwan Thomas (3.36.5); 9 Steffan Davies (3.47); 19 Emma Brazier (4.02.5); 45 Gwion Jones-Evans (4.25.5); 53 Fflur Thompson (4.31.5)

### **Welsh One mile road championships at Cardiff on Saturday 1 October 2016**

Carmarthen Harriers won 6 medals (2 gold, 3 silver and 1 Bronze)

#### **Gold**

Daisy Thompson U13 girl and Ben Thomas U17 Man

#### **Silver**

Iwan Thomas U11 Boy, Frank Morgan U13 Boy and Jake Morgan M45 Man

#### **Bronze**

Tomos Rees U15 Boy

### **Welsh Awards Presentation evening at the Hilton Hotel Cardiff on Saturday 8 October 2016**

Carmarthen Harriers won two main awards

Carmarthen won the Partnership award with McDonalds. McDonalds have for many years have been sponsoring the Carmarthenshire and Dyfed primary schools athletics and cross country championships. Ron Mounsey Managing Director of McDonalds accepted the award on behalf of Carmarthen Harriers

Club President Kevin Evans MBE was again awarded the High Performance Coaching Award

### **Funeral of Ossie Morgan at the Llanelli Crematorium on Monday 10 May 2016**

About 30 past and present Carmarthen Harriers members were present

#### **Ossie had a distinguished coaching career**

**He started as a hurdles coach at Llanelli and then went on to coach for the last 28 years with Carmarthen Harriers at the Carmarthen Athletics Track**

**Ossie was an outstanding coach and coached very many athletes to win Welsh and UK hurdles championships. Two of his athletes went on to represent Great Britain at junior level**

**Heather Jones won 7 UK hurdles titles in indoor and outdoor championships. She competed for Great Britain in the European junior championships. James Archampong also competed for Great Britain at junior level. Daniel Evans (now full back with the Ospreys) won the U15 UK hurdles title**

**He was always at the Carmarthen Athletics Track on Tuesday and Thursday evenings and always had a squad of young and senior athletes. He travelled to events throughout the country supporting his athletes**

**Ossie was a faithful member of the Carmarthen Harriers committee and it was always a pleasure to him to see Carmarthen Harriers do well in Welsh championships**

**He was a real gentleman, an outstanding coach and a friend to us all**

### **First Gwent cross country league match in Bridgend on Sunday 16 October 2016**

49 Carmarthen Harriers competed

Novice Boys 2 Ifan Bowen; 8 Iwan Thomas; 9 Jack Thomas; 35 Steffan Davies; 36 Huw Cressy-Rogers; 55 Jake Lynock; 69 Brynmor Peters

Novice Girls 6 Seren Davies; 21 Bessy Hill; 27 Keira Carmody; 32 Jessica Lee; 34 Amy Greatrick; 64 Ella Davis

Under 13 Boys 3 Frank Morgan; 4 Liam Edwards; 11 Dafydd Jones; 15 Ioan Cressy-Rodgers; 16 Jac Chapman; 40 Morgan Batten; 52 Dafydd Thomas

Under 13 Girls 3 Daisy Thompson; 4 Phoebe Davis

Under 15 Boys 8 Tomos Rees; 17 Gareth Thompson; 26 Archi Morgan; 40 Casper Farquhar; 62 Rhodri Peters

Under 15 Girls 16 Deryn Cressy-Rodgers; 30 Siwan Jones-Evans; 32 Maddie Morgan; 37 Molly Cressy-Rodgers; 43 Eva Edwards

Under 17/20 Men 7 Ben Thomas; 12 Thomas Jones; 19 Rhys Davies; 37 Trystan Leech

Under 17/20 Women 20 Ellie Kiff; 40 Non Morgan; 45 Cerys Davies

Senior Women 19 Sharon Leech; 66 Louise Jones-Evans; 138 Andrea Thompson; 188 Jane Batten; 225 Lisa Forest; 234 Gill Edwards

Masters Men 70+ 1 Gordon Orme; 2 Peter Moody

Senior Men 67 Lloyd Heckler

### **Welsh Cross country relays at the Monmouthshire Showground on Sunday 23 October 2016**

Carmarthen Harriers won the U13 boys team race with Liam Edwards gold for the fastest lap. Y5 member Ifan Bowen won the U11 boys race

27 Carmarthen Harriers members competed in the second annual Championship

#### **Under 11 Boys (third)**

1 Ifan Bowen (5.05); 11 Steffan Davies (6.36) 18 Huw Cressy-Rogers (6.45); 21 Jake Lynock (6.50)

#### **Under 11 Girls (fifth)**

12 Bessy Hill (5.46); 13 Milly John (5.50); 22 Keira Carmody (5.57)

### **Under 13 Boys (first)**

Liam Edwards (4.39); Jac Chapman (5.00); Dafydd Jones (4.58); Frank Morgan (4.52)  
Ioan Cressy-Rodgers 5.02; Dafydd Thomas (5.33)

### **Under 15 Girls (fourth)**

Deryn Cressy-Rogers (5.04); Siwan Jones-Evans (5.20); Eva Edwards (5.26); Maddie Morgan (5.34)  
Mollie Cressy-Rogers (5.37); Beca Roberts (5.16)

### **Under 17 Women (fourth)**

Taylor McArthur (7.52); Non Morgan (7.30); Grace Page (7.34)

### **Under 13 Girls (sixth)**

Jessica Jones (6.43); Gwennan Wright (5.50); Ellie Loweth (6.00); Clara James (5.56)

### **Under 17 Men**

Morgan Llewelyn (6.02)

## **2016 GWOBRAU CARMARTHEN HARRIERS AWARDS**

### **2016 BURSARY AWARDS**

<b>REBECCA WILLIAMS</b>	<b>BRO DINEFWR</b>
<b>SADIE-MAY MASON</b>	<b>QUEEN ELIZABETH</b>
<b>MEGAN REES</b>	<b>DYFFRYN AMAN</b>
<b>JESSICA LEE</b>	<b>LLYS HYWEL</b>
<b>MILLY JOHN</b>	<b>LLANGUNNOR</b>
<b>SOPHIA REID –THOMAS</b>	<b>LLANGUNNOR</b>
<b>SEREN DAVIES</b>	<b>ABERAERON</b>
<b>DAFYDD JONES</b>	<b>BRO MYRDDIN</b>
<b>JAC CHAPMAN</b>	<b>DYFFRYN AMAN</b>
<b>HARRY LEAHY</b>	<b>BRO MYRDDIN</b>
<b>HARRI HOWELLS</b>	<b>Y DDERWEN</b>
<b>IFAN BOWEN</b>	<b>Y DDERWEN</b>
<b>IWAN THOMAS</b>	<b>PARC Y TYWYN</b>

## **GWOBRAU NEWYDD /NEW AWARDS**

### **2016 WELSH CHAMPION AND INTERNATIONAL**

<b>DAISY THOMPSON</b>	<b>BRO MYRDDIN</b>
-----------------------	--------------------

### **2016 WELSH CHAMPION**

<b>WILLIAM EDWARDS</b>	
<b>LILI CHURCH</b>	<b>ABERAERON</b>
<b>OLIVIA HAINES</b>	<b>LLANDOVERY COLLEGE</b>

### **2016 WELSH INTERNATIONAL**

<b>IESTYN WILLIAMS</b>	<b>BRO DINEFWR</b>
------------------------	--------------------

## **2016 REPEAT AWARDS**

### **2016 WELSH CHAMPION AND INTERNATIONAL**

<b>GORDON ORME</b>	
<b>LAURYN DAVEY</b>	<b>GOWER COLLEGE</b>
<b>BEN THOMAS</b>	<b>STRADE</b>
<b>RYAN JENKINS</b>	<b>ABERAERON</b>
<b>CARYS JONES</b>	<b>BRO DINEFWR</b>
<b>THOMAS JONES</b>	<b>BRO MYRDDIN</b>
<b>DANIELLE JONES</b>	<b>QUEEN ELIZABETH</b>
<b>CARWYN MORRIS</b>	<b>DYFFRYN AMAN</b>
<b>PAUL CLARKE</b>	

### **2016 WELSH CHAMPION**

<b>ALED PRICE</b>	<b>BIRMINGHAM UNIVERSITY</b>
<b>GLEN ELSDON</b>	
<b>ALED PHILLIPS</b>	<b>DYFFRYN AMAN</b>
<b>AARON MORGAN</b>	
<b>SHARON LEECH</b>	
<b>ALICIA SAMUEL</b>	<b>DYFFRYN AMAN</b>
<b>SOPHIE PICK</b>	

### **2016 WELSH INTERNATIONAL**

<b>PETER MOODY</b>	
<b>LLOYD HECKLER</b>	<b>BIRMINGHAM UNIVERSITY</b>
<b>ASHRAF LILES</b>	<b>DYFFRYN AMAN</b>

<b>ELLIE KIFF</b>	<b>BRO DINEFWR</b>
<b>JOE WORRALL</b>	<b>EMLYN</b>
<b>IWAN GLYNN</b>	<b>BRO MYRDDIN</b>

**2016 WELSH CROSS COUNTRY AND ROAD RELAY TEAM CHAMPIONS**

<b>TOMOS REES</b>	<b>DYFFRYN AMAN</b>
<b>BEN THOMAS</b>	<b>STRADE</b>
<b>IESTYN WILLIAMS</b>	<b>BRO DINEFWR</b>

**2015 WELSH CROSS COUNTRY RELAY TEAM CHAMPIONS**

<b>PHOEBE DAVIS</b>	<b>BRO DINEFWR</b>
<b>MADDIE MORGAN</b>	<b>BRO MYRDDIN</b>
<b>SIWAN JONES-EVANS</b>	<b>BRO DINEFWR</b>
<b>DAISY THOMPSON</b>	<b>BRO MYRDDIN</b>
<b>LIAM EDWARDS</b>	<b>BRO MYRDDIN</b>
<b>BEDWYR THOMAS</b>	<b>BRO MYRDDIN</b>
<b>JOSEFF RHYS-ELLIS</b>	<b>BRO MYRDDIN</b>
<b>IWAN GLYNN</b>	<b>BRO MYRDDIN</b>
<b>GARETH THOMPSON</b>	<b>PRESELI</b>

**2016 WELSH CROSS COUNTRY RELAY TEAM CHAMPIONS**

<b>LIAM EDWARDS</b>	<b>BRO MYRDDIN</b>
<b>JAC CHAPMAN</b>	<b>DYFFRYN AMAN</b>
<b>DAFYDD JONES</b>	<b>BRO MYRDDIN</b>
<b>FRANK MORGAN</b>	<b>BRO MYRDDIN</b>

**2016 WILF JAMES MEMORIAL THROWS AWARD**

<b>CORDELIA WALKER</b>	<b>LLANARTH</b>
<b>AMY EVANS</b>	<b>QUEEN ELIZABETH</b>
<b>MORGAN BATTEN</b>	<b>DYFFRYN TAF</b>

**2016 EFFORT AND ENDEAVOUR AWARDS**

<b>EVA EDWARDS</b>	<b>BRO MYRDDIN</b>
<b>MADDIE MORGAN</b>	<b>BRO MYRDDIN</b>
<b>OLWEN BATTEN</b>	<b>PRESELI</b>
<b>ARCHI MORGAN</b>	<b>BRO MYRDDIN</b>

## 2016 CLUB SERVICE AWARDS

ALISON THOMAS
HAYLEY JOHN

## 2016 ERNIE JONES MEMORIAL AWARD

ALED PRICE
------------

## 2016 J EIRWYN WALTERS MEMORIAL AWARD

BEN THOMAS
------------

## 2016 RB EVANS AWARD

STEVE GLYNN
RHIAN GLYNN
IVOR HOPKINS

## 2016 SPECIAL AWARDS

WEST WALES FREEMASONS
ROTARY CLUB OF CARMARTHEN
EIDDWEN DAVIES

## 2016 HYFFORDDWYR/ COACHES

Jane Batten	MD	Wern Berni,Llanboidy,Whitland,Carms	01994 448677
Delyth Brown	MD	112 Saron Road Saron Ammanford	07814487648
Roger Davey	MD	Craig Ddu, Yr Hen Ysgol, Aberarth, Aberaeron	01545 571619
		Ceredigion	
Hedydd Davies	MD	Frynhir, Capel Dewi Road, Carmarthen, Carms	01267 290249
Kevin Evans	MD	33 Erw Terrace, Burry Port, Llanelli, Carms	01554 833969
Steve Glynn	MD	Glynderwen, Bronwydd, Carmarthen, Carms	01267 253526
Joan Goldsmith	MD	Rhyd y Fro, Bronwydd, Carmarthen, Carms	01267 231028
Ivor Hopkins	Gen	Crofter, Bro Sarnau, Rhydargaeau, Carmarthen	01267 253081
Carol Jones	MD	31 Bron yr Ynn, Drefach, Llanelli, Carms	01269 843381
Simon Mansfield	MD	Cilgadan Fach, Llandyfaelog, Kidwelly, Carms	01267 267046
Jake Morgan	MD	10 Penllwyn Park Carmarthen	07807 786706
Steve Perks	Sp	Llety'r Wenallt, Bronwydd, Carmarthen, Carms	01267 230825
Ralph Siggery	JT	Ger y Graig, Crwbin, Llanelli, Carms	01269 871538
Neil Thomas	MD	27 Yr Ysgol Burry Port	01554 834177
Andrew Thompson	MD	29 St Nons Avenue Carmarthen	07813 907510
Alan Walker	Th	Blaenlluest Oakford, Llanarth	01545 580180

