

2017 ADRODDIAD BLYNYDDOL CARMARTHEN HARRIERS ANNUAL REPORT

Carmarthen and District Harriers Athletics Club was formed in 1948

2017 has again been a successful year for the Club. At present the Club has 240 members

Achievements of the Carmarthen Harriers teams in 2017

- Third in the 2017 Welsh junior U15 League (Louise Arthur League) in the overall competition, boys section and girls section
- Third in the 2017 Gerald Codd Trophy (9-15) competition
- Seventh the 2017 Welsh Senior (U17/20/Senior) League
- Eighth in the 2017 Welsh Junior (9-15) Junior League Cup Final
- Won the 2016/17 under 13 boys Gwent Cross Country League team competition. Second in the under novice boys team competition
- Won the 2017 Welsh under 13 boys cross country championship, second in the U11boys and third in U15 boys and U17 team championship
- Third in the 2016/7 Gwent League George Crump MBE Trophy competition

Positions held by Carmarthen Harriers members in 2017

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
Carol Jones	Welsh schools cross country and Welsh 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 2017 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

A very successful Gwent League cross country league match was held in Pembrey Country Park on Saturday 4 March 2017. It was arranged by Carmarthen Harriers in conjunction with Carmarthenshire County Council

On Saturday 16 September 2017 the Club again in conjunction with Carmarthenshire County Council hosted the 2017 Welsh road relay championships in Pembrey Country Park

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 2017 we hosted 4 athletes from Melbourne Australia, who were on an eight week tour of Europe. Thanks to the Carmarthen Harriers who organised training sessions for the group as the Dyfed secondary schools championships on Saturday 10 June 2017 had to be cancelled on the morning of the competition

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, Tovali, and Rotary 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 Edward Morgan and his team of helpers for arranging all the catering at competitions at the Carmarthen Athletics Track. Club members have assisted and their efforts this year have raised over £1100 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

Once again to Rhian Glynn for organising an excellent Annual Dinner in November 2017

Thanks also to Rhian Glynn and Hayley John for organizing a very successful ten pin bowling evening and to Cressy Morgan arranging the Tesco Bag packing day in December 2017 and the sale of raffle tickets

We would like to thank Sarah Jones Duty, 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 2018 to assist in the following key areas; -

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

We hope that at the AGM in February 2018 there will be many more members willing to take on key positions within the club.

Hedydd Davies Cadeirydd / Chairman

ANNUAL GENERAL MEETING OF THE CARMARTHEN AND DISTRICT HARRIERS ATHLETICS CLUB AT 7.30PM ON MONDAY 13 FEBRUARY 2017 AT THE IVY BUSH ROYALHOTEL CARMARTHEN

Present

Hedydd Davies, Kevin Evans, Nathan Jones, Cressy Morgan, Jane Batten, Jake Morgan, Steve Glynn, Neil Thomas, Alison Thomas, Ralph Siggery & Hayley John

Welcome

Hedydd opened the meeting by noting that it was another well attended AGM and welcomed all those present.

Apologies

Received from Edward Morgan, Carol Jones, Joan Goldsmith & Rhian Glynn

Minutes of previous AGM held on 8th February 2016

The minutes were accepted as a true record

Financial situation of the Club

The Club is financially stable at the present time with about £40,000 in the bank. 15 years ago the Club was almost bankrupt

However in 2016 we had to spend over £6000 to repair the roof of the Carmarthenshire County Council owned porta cabin. Application for a grant towards the cost of the repairs was made on 21 December 2016. A reply to the application has not been received Carmarthen Harriers has received £4500 in sponsorship so far this year (£3000 West Wales Freemasons Provincial Council, £1000 McDonalds, £250 Tovali, £250 Carmarthen Accident Repair Centre). An application has been made to Welsh Athletics for a WA Grassroots grant

Treasurer's Report

The chairman prepared the financial report for the 2016 calendar year and circulated to all the committee members. The account balance at present on 13th February is £39,711.42 which is reasonably healthy. The total is slightly down to the number at the time in 2014. Sponsorship helped bring in income from McDonalds, Ffoshelig Coaches, West Wales Freemasons and Welsh Athletics. Other income has come in from some of the following: Membership & Registration Fees, Bus Fares, Sale of Vests, Gate Money, Public Address System and Refreshments.

Expenditure cost has come from Coaching, Hire of Buses, Purchase of Medals, St John Ambulance, Cost of Refreshment Food and Hire of the Track for training and competition days.

Coaching costs was discussed. It was suggested that the coaching subcommittee will decide who goes on coaching courses and the cost towards attending these courses. This is a way of meeting, discussing and agreeing and this will be reported back into the committee meeting.

The subcommittee can also find ways of bringing in senior and masters' athletes.

Coaches receive a contribution from the Harriers for their coaching of Carmarthen Harriers athletes.

Election of Officers: (2017)

President: Kevin Evans MBE

Chairman: Hedydd Davies MBE

Vice Chair: Neil Thomas

Secretary: Nathan Jones

Treasurer: Cressy Morgan

Registration Officers: Hedydd Davies / Nathan Jones

Website Officer: Nathan Jones

Safeguarding Officers: Hedydd Davies / Joan Goldsmith – remains the same subject to confirmation of the roles of the appointees.

Joan as Vice Chair for many years was thanked for her service to the club. A letter of thanks would be sent to Joan for her substantial services to the Club over very many years

Team Managers:

Welsh Senior League: Hedydd Davies & Other

Louise Arthur League Boys: Nathan Jones (Gen) Jake Morgan, Neil Thomas (U11/13) Steve Glynn (U13/15)

Louise Arthur League Girls: Hayley John (U11) Cressy Morgan (U13/15)

Cross Country: Hedydd Davies, Delyth Brown, Carol Jones, Nathan Jones, Jake Morgan & Neil Thomas – To be confirmed

Team Captains:

Louise Arthur League Boys: Iwan Glynn (U15)

Louise Arthur League Girls: Maddie Morgan (U15)

Welsh Senior League: Paul Clarke

Cross Country: Ben Thomas

Other Appointments:

Catering Manager: Edward Morgan

Coaching Secretary: Jane Batten

Officials Secretaries: Neil Thomas / Alison Thomas

Delegate to attend West Wales Committee, Louise Arthur League AGM, Welsh Athletics AGM: Jake Morgan

Subscription Fees

In 2016, Welsh Athletics announced that athlete' membership fees for the year beginning 1 April 2016 was being increased by £2.50 therefore the committee decided that the Carmarthen Harriers athletes membership rates will also go up by £2.50

In 2017, the annual subs will remain the same – Athletes nine and under 15 age £27.50; Athletes over 15 but under 20 age £32.50; Athletes over 20 age £37.50; Family membership £52.50; Student membership £27.50. The membership form used last year will remain the same. Membership is from March 1st – February 28th 2018

CARMARTHEN HARRIERS RECORDS

(As at 1.10.2017)

(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	Alicia Samuel	12.64	2017
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	Carys Jones	3.45	2016
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	Frank Morgan	4.33.32	2017
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	Iwan Glynn	37.58	2017
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	Ben Thomas	4.22.51	2017
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	Matthew Evans	16.48	2004
Discus	Joe Worrall	49.87	2017
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	William Edwards	2.10	2017
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	Kyran Roberts	3.45.18	2017
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

2017 Welsh Top 20 /UK Top 100 Table

Under 13 Girls

2/60	100	Thaia Davies	13.50	Swansea	9 July 2017
12	100	Sophie Reid-Thomas	14.02	Swansea	9 July 2017
20	200	Keira Carmody	29.56	Newport	6 August 2017
17	1500	Amy Greatrick	5.40.11	Carmarthen	14 May 2017
18	1500	Faye Jones	5.40.93	Carmarthen	14 May 2017
12	HJ	Zara Evans	1.25	Swansea	9 July 2017
8	LJ	Zara Evans	4.22	Swansea	24 June 2017
18	LJ	Megan Roberts	4.04	Newport	6 August 2017
19	LJ	Jessica Lee	4.02	Swansea	9 July 2017
3/59	DT	Cordelia Walker	20.49	Carmarthen	29 June 2017
3/25	JT	Cordelia Walker	26.92	Carmarthen	27 July 2017
3	Relay	Carmody,Thomas,Roberts,Davies	55.61	Newport	6 August 2017

Under 15 Girls

11	200	Ellie Tromans	27.03	Swansea	9 July 2017
4/61	300	Ellie Tromans	42.83	Swansea	9 July 2017
8	300	Siwan Jones-Evans	43.81	Carmarthen	14 July 2017
15	300	Ellie Loweth	44.89	Carmarthen	14 May 2017
3/44	800	Daisy Thompson	2.18.87	Bedford	27 August 2017
5/76	1500	Daisy Thompson	4.52.06	Exeter	25 July 2017
10	1500	Phoebe Davis	4.59.47	Cardiff	1 July 2017
13	3000	Maddie Morgan	12.18.73	NIAC	5 March 2017
15	75H	Beca Roberts	12.53	Sport City	12 August 2017
8	LJ	Beca Roberts	4.92	Wrexham	20 August 2017
1/4	HJ	Lili Church	1.65	Swansea	24 June 2017
7	HJ	Beca Roberts	1.50	Swansea	9 July 2017
6	SP	Nia Williams	9.58	Swansea	9 July 2017
16	DT	Nia Williams	22.21	Carmarthen	29 April 2017
8	JT	Lili Church	28.25	Cardiff	1 July 2017
3/68	Pen	Beca Roberts	2541	Swansea	24 June 2017
8	Pen	Lili Church	2240	Swansea	24 June 2017

Under 17 Women

6	100	Alicia Samuel	12.64	Cardiff	1 July 2017
13	100	Celyn Williams	12.94	Cardiff	31 May 2017
11	200	Celyn Williams	26.67	Cardiff	31 May 2017

8/50	300	Celyn Williams	43.05	Cardiff	1 July 2017
10	1500S	Grace Page	6.32.32	Newport	23 July 2017
5/84	SP	Danielle Jones	11.04	Swansea	21 January 17
1/19	DT	Danielle Jones	35.45	Cheltenham	35.45

Under 20 Women

15	100	Olivia Haines	13.15	Cardiff	1 July 2017
16	100	Megan Rowe	13.30	Neath	16 July 2017
16	400	Megan Rowe	63.00	Neath	16 July 2017
8	3000	Ellie Kiff	11.33.65	Cardiff	1 July 2017
3/65	HJ	Lauryn Davey	1.58/1.61i	Cardiff	1 July 2017
2/20	PV	Carys Jones	3.35	Cardiff	12 July 2017
2/83	TJ	Lauryn Davey	11.14	Cheltenham	28 May 2017
4	TJ	Olivia Haines	10.38	Cardiff	1 July 2017
6/81	JT	Amy Evans	30.57	Carmarthen	29 June 2017
10	JT	Lauryn Davey	26.86	Carmarthen	27 April 2017

Under 13 Boys

3/61	800	Frank Morgan	2.21.59	Swansea	9 July 2017
1/5	1500	Frank Morgan	4.33.32	Exeter	25 July 2017
3/72	SP	Josh Morse	8.42	Swansea	9 July 2017
2/22	DT	Josh Morse	24.19	Newport	6 August 2017
8	JT	Josh Morse	26.77	Swansea	9 July 2017

Under 15 Boys

12	100	Gruffydd Giles	12.18	Swansea	9 July 2017
8	200	Iwan Glynn	24.17	Swansea	9 July 2017
3/30	300	Iwan Glynn	37.58	Swansea	9 July 2017
3/36	800	Iwan Glynn	2.03.9	Tipton	20 June 2017
	800	Dafydd Jones	2.16.12	Wrexham	20 August 2017
12	1500	Dafydd Jones	4.35.01	Swansea	9 July 2017
12	HJ	Ryan Thomas	1.60	Swansea	9 July 2017
15	SP	Gruffydd Giles	9.92	Swansea	9 July 2017
12	JT	Morgan Batten	33.25	Cardiff	1 July 2017
2	Relay		46.90	Swansea	9 July 2017

Under 17 Men

4/85	800	Ben Thomas	1.59.3	Tipton	20 June 2017
6	800	Iestyn Williams	2.00.50	Newport	5 July 2017
15	800	Tomos Rees	2.03.1	Neath	5 July 2017
7	1500	Iestyn Williams	4.11.51	Cardiff	1 July 2017
11/75	1500	Ben Thomas	4.16.40	Newport	23 July 2017

3/63	3000	Ben Thomas	9.05.68	Street	1 May 2017
9	3000	Tomos Rees	9.30.88	Street	1 May 2017
2/3	1500S	Ben Thomas	4.22.51	Bedford	26 Aug 2017
5/85	1500S	Archi Morgan	5.05.4	Cheltenham	28 May 2017
4/54	100H	Haydn Davies	14.38	Carmarthen	14 May 2017
7/52	400H	Ben Thomas	61.35	Cardiff	25 June 2017
3/48	SP	Joe Worrall	12.80	Yate	30 May 2017
2/5	DT	Joe Worrall	49.87	Yate	30 April 2017
3/23	JT	Josh Thomas	50.12	Dublin	15 July 2017
5	JT	Carwyn Morris	48.80	Yate	30 July 2017

Under 20 Men

1/4	HJ	William Edwards	2.10	Carmarthen	14 May 2017
3/52	JT	Sam Bleach	47.76	Carmarthen	25 May 2017

Senior Men

6	100	Glen Elsdon	10.85	Cardiff	31 May 2017
4	200	Glen Elsdon	22.22	Brecon	4 June 2017
7/85	800	Kyran Roberts	1.51.47	Stretford	25 July 2017
5/43	1500	Kyran Roberts	3.45.18	Loughborough	21 May 2017
3/23	110H	Glen Elsdon	14.56	Loughborough	21 May 2017
6/55	110H	Aled Price	15.38	Bedford	15 July 2017
6/76	400H	Ronan Llyr	56.78	Cambridge	14 May 2017
5	HJ	Aled Price	1.80	Bedford	15 July 2017
3	PV	Aled Price	4.10	Bedford	15 July 2017
3	LJ	Aled Price	6.99	Bedford	15 July 2017
2	TJ	Aled Price	12.08	Bedford	15 July 2017
7	SP	Aled Price	12.02	Carmarthen	29 June 2017
8	DT	Aled Price	31.82	Carmarthen	29 June 2017
3/34	JT	Aaron Morgan	60.71	Carmarthen	25 May 2017
5/90	JT	Aled Price	53.64	Horspath	23 July 2017

Welsh combined Events championships at NIAC Cardiff on Sunday 6 November 2016

Two Carmarthen Harriers competed

6 Lili Church 8 in the U16 event 2138 points

8 Haydn Davies in the U18 event 2274 points

Welsh Athletics Awards evening at Cardiff on Saturday 12 November 2016

Carmarthen Harriers won two awards at the Presentation evening held at the Radisson Hotel Cardiff. President of the Club Kevin Evans MBE won the high performance coach award for the second year in succession

Carmarthen Harriers won the Partnership award with McDonald's the sponsor of primary schools events for many years. Ron Mounsey of McDonald's accepted the award on behalf of Carmarthen Harriers

Welsh inter schools cross country championships at Brecon on Saturday 26 November 2016

Many Carmarthen Harriers athletes competed in Brecon

The Harriers did very well in the boys primary schools winning the Y5 and Y6 team events. Seren Davies won the Y5 girls race as did Ifan Bowen in the Y5 boys event. Iwan Thomas was second in the Y5 boys race and Jack Thomas third in the Y6 boys race

Y5 girls 1 Seren Davies 5.20

Y6 girls 4 Milly John 5.23

Y5 boys 1 Ifan Bowen 4.57; 2 Iwan Thomas 5.02; 10 Huw Cressy-Rodgers .30

Y6 boys 3 Jack Thomas 5.02; 7 Steffan Davies 5.18 ; 9 Brynmor Peters 5.28

Bro Myrddin won the Y7/8 team race and 4 Carmarthen members were members of the winning team

2 Frank Morgan (10.02); 3 Liam Edwards (10.03); 5 Dafydd Jones (10.25); 40 Morgan Lloyd

Ben Thomas convincingly won the senior (Y11/12/13) boys race

Other results

U13 boys 27 Dafydd Thomas; 54 Morgan Batten

U15 girls 18 Maddie Morgan; 19 Eva Edwards

U15 boys 4 Tomos Res; 15 Gareth Thompson

Senior girls 22 Cerys Davies

Senior boys 25 Trystan leech; 34 William Thompson

British Athletics Cross Challenge at Liverpool on Saturday 26 November 2016

Daisy Thompson had an excellent run to finish 4th in the U13 girls race

Welsh inter regional cross country championships at Brecon on Saturday 10 December 2016

West Wales won the U13 boys and under 17 mens team titles. In the overall team competition West Wales finished second

1 South Wales 218; 2 West Wales 176; 3 East Wales 175; 4 North Wales 110

U13 Girls 1 Daisy Thompson; 5 Phoebe Davis; 32 Clara James

U13 Boys 3 Liam Edwards; 4 Frank Morgan; 5 Dafydd Jones; 27 Dafydd Thomas; 29 Morgan Batten; 34 Morgan Lloyd

U15 Girls 37 Eva Edwards; 39 Beca Roberts; 40 Siwan Jones-Evans; 43 Maddie Morgan

U15 Boys 7 Tomos Rees; 23 Gareth Thompson; 26 Archi Morgan; 37 Caspar Farquhar

U17 Women 19 Ellie Kiff; 33 Cerys Davies; 34 Grace Page

U17 Men 7 Ben Thomas; 11 Morgan Llewelyn; 13 Thomas Jones; 16 Rhys Davies

37 William Thompson

Senior Men 28 Huw Davies (M45); 23 Gordon Orme (M55)
Senior Women 4 Louise Jones-Evans (F45)

In the U11 races held before the championship races Carmarthen Harriers boys won their race and the girls finished second in their event

1 Ifan Bowen; 2 Iwan Thomas; 7 Steffan Davies; 8 Jake Lynock
5 Seren Davies; 9 Bessy Hill; 13 Milly John; 14 Emma Brazier; 16 Jessica Lee; 25 Ella Davis

European cross country championships in Chia Italy on Sunday 11 December 2017

Former Carmarthen Harrier member Dewi Griffiths competed for Great Britain in the senior race. He finished 18th and was Great Britain's fourth and final scorer. Great Britain won team gold

Welsh indoors masters championships at NIAC Cardiff on Sunday 15 January 2017

Jake Morgan competed in the M45 age group and won two gold medals. He won the 200m in 26.43 and the 800m in 2.12.55

West Wales indoor championships at Swansea on Saturday 21 January and Sunday 22 January 2017

Carmarthen Harriers members won a total of nine medals- 7 gold and 2 bronze

Gold

U17M Haydn Davies 60H (9.07)
SM Glen Elsdon 60H (8.33)
SM Glen Elsdon 60 (7.05)
U17W Danielle Jones SP (11.04)
U20W Olivia Haines TJ (9.85)
U15G Lili Church HJ (1.58)
U13G Zara Evans LJ (4.06)

Bronze

U17M Zak Daly 60 (7.54)
U20W Olivia Haines LJ (4.52)

Cardiff Cross challenge at Blackfriars Cardiff on Sunday 22 January 2017

22 Carmarthen Harriers members competed in Cardiff with Ben Thomas running for Wales in the Celtic U17 race

Carmarthen Harriers again won the boys primary race retaining the trophy they won last year. This year the team finished 1 point ahead of Cardiff Archers

Primary school boys 3 Jack Thomas; 5 Iwan Thomas; 17 Steffan Davies; 32 Jake Lynock
44 Brynmor Peters
Primary school girls 22 Emma Brazier; 23 Bessy Hill
U13 girls 5 Daisy Thompson; 22 Phoebe Davis

U13 boys 6 Liam Edwards; 8 Dafydd Jones; DNF Frank Morgan
U15 girls 47 Beca Roberts; 54 Siwan Jones-Evans
U15 boys 6 Tomos Rees; 14 Archi Morgan; 22 Gareth Thompson
U17 women 30 Ellie Kiff
U17 men 12 Ben Thomas; 36 Thomas Jones
Senior Women 1 Louise Jones-Evans (F45)
Senior Men 5 Gordon Orme (M55)

Former Carmarthen Harrier Dewi Griffiths running for Wales won the senior race repeating his success in the event from last year

Carmarthen Town Awards Presentation evening at the Carmarthen Quins Club in Carmarthen on Friday 27 January 2017

Winners

Danielle Jones U16 Female
Ben Thomas U16 Male
Lauryn Davey U19 Female
Ryan Jenkins U19 Male
Dewi Griffiths Senior Male
Kevin Evans Coach/Organiser/ Volunteer

Runners Up

Daisy Thompson U12 Female
Carmarthen Harriers Junior team
Thomas Jones U16 Male
Ellie Kiff U16 Female
Carys Jones U19 Female

Welsh Senior championships at NIAC Cardiff on Saturday 28 January 2017

Carmarthen Harriers won three medals

Silver

William Edwards SM HJ 2.04
Glen Elsdon SM 60H 8.20

Bronze

Danielle Jones U17W SP 10.53

Welsh Masters indoor championships at NIAC Cardiff on Sunday 5 February 2017

Carmarthen Harriers won 2 gold medals

Paul Clarke M35 1500m 4.25.49
Jake Morgan M45 400 57.02

Dyfed secondary schools cross country championships at Dinefwr Park on Tuesday 7 February 2017

Y7 Girls

15 Magda Singh; 22 Zara Evans

Y7 Boys

1 Frank Morgan; 2 Ioan Cressy- Rodgers; 3 Scott Price; 4 Jac Walters; 15 Morgan Lloyd

Junior Girls

1 Daisy Thompson; 2 Deryn Cressy-Rodgers; 3 Phoebe Davis; 6 Siwan Jones-Evans; 7 Beca Roberts 12 Louise Mear; 13 Maddie Morgan; 15 Tirion Lloyd; 18 Gwawr Davies; 24 Ellie Loweth
26 Ellie Tromans

Junior Boys

2 Liam Edwards; 3 Iwan Glynn; 5 Dafydd Jones; 6 Llyr Davies; 7 Dylan Davies; 11 Jac Chapman
18 Josh Tarling; 24 Gwion Owen

Middle Girls

4 Eva Edwards; 6 Cerys Davies; 8 Non Morgan; 10 Grace Page; 15 Mali Weston; 22 Lisa Cowdy

Middle Boys

1 Ben Thomas; 2 Rhys Davies; 3 Tomos Rees; 5 Gareth Thompson; 6 Archi Morgan; 9 Callum Lovatt;
10 Trystan Leech

Senior Girls

2 Ellie Kiff; 3 Ceris Davies

Senior Boys

1 Thomas Jones; 2 Morgan Llewelyn

Welsh junior indoor championships at NIAC Cardiff on 11/12 February 2017

Carmarthen Harriers won 3 gold medals and 2 bronze medals

Gold

Frank Morgan U13 1500 4.47.49
Lili Church U15 HJ 1.55
William Edwards U20 HJ 2.05

Bronze

Iestyn Williams U17 1500 4.25.49
Olivia Haines U20 TJ 10.17

Welsh cross country championships at Singleton Park Swansea on Saturday 25 February 2017

Carmarthen Harriers won a total of 18 medals (5 gold, 4 silver and 9 bronze)

Teams

1 U13 boys; 2 U11 boys; 3 U15 boys and U17 women
4 U11 girls; 5 U15 girls

Individuals

U11 boys 3 Ifan Bowen 6.13; 7 Jack Thomas 6.27; 10 Iwan Thomas 6.35
U11 girls 8 Emma Brazier; 5.56; 16 Milly John 6.07; 19 Jessica Lee 6.16
U13 boys 2 Frank Morgan 11.05; 5 Liam Edwards 11.22; 6 Dafydd Jones 11.29
22 Morgan Lloyd 12.44; 30 Scott Price 13.45
U13 girls 5 Daisy Thompson 12.36; 12 Phoebe Davis 13.15; 38 Caitlin Jones 15.23
39 Magda Singh 15.24; 41 Kelsey Thomas 15.27; 49 Zara Evans 16.44
U15 boys 6 Tomos Rees; 16 Gareth Thompson 15.44; 17 Archi Morgan 15.50; 37 Dylan Davies 17.16
U15 girls 23 Beca Roberts 19.34; 25 Maddie Morgan 20.03; 27 Louise Mear 20.25
31 Gwennan Wright 20.57
U17 women 11 Ellie Kiff 23.16; 17 Cerys Davies 25.06; 18 Non Morgan 25.23; 20 Grace Page 25.52
U17 men 6 Thomas Jones 18.10; 9 Ben Thomas 18.50; 11 Morgan Llewelyn 18.57;
U20 men 9 Sion Lewis 28.42
Senior women MW45 5 Andrea Thompson 30.03; MW40 Lisa Forest 36.50
Senior men 22 David Jones 41.04
M70 1 Gordon Orme

Final Gwent Cross country league match at Pembrey Country Park on Saturday 4 March 2017

The fifth and final match of the season was hosted and organised by Carmarthen Harriers in conjunction with Carmarthenshire County Council at Pembrey Country Park

It was good to see many Carmarthen Harriers parents and coaches helping with the marking of the course in the morning and marshalling in the afternoon

50 Carmarthen Harriers athletes turned up to compete

During the afternoon presentations were made as a result of the 2016/7 Gwent League cross country season

Individual places

Novice boy 2 Ifan Bowen; 5 Iwan Thomas
U13 boy 2 Liam Edwards; 5 Dafydd Jones

Team positions

1 U13 boys; 2 novice boys; 4 U15 boys; 5 U17 men; 7 novice girls; 7 U15 girls ; 7 U17 women

16 U13 girls

Welsh sportshall athletics final in Cwmbran Leisure Centre on Sunday 5 March 2017

U13 girls Dyfed 4th

2 Ellie Loweth 2laps; 16 SLJ
1 Phoebe Davis 4 lap; 6 TJ
7 Nia Williams 2 laps; 5 SP
3 Zara Evans LJ

U13 Boys Dyfed 4th

10 Ben Proctor 2 lap; 6 TJ
8 Shon Jones 4laps

U15 Girls Dyfed 4th

11 Elin Jones 2 lap; 16 LJ; 12 SB

Toby Baldwin won the U15 Boys all-rounder competition and goes on to represent Wales in the UK final in Manchester Sports City on Saturday 22 April 2017

Wales U20 v England U20 indoor international at NIAC Cardiff on Sunday 5 March 2017

2 William Edwards in the high jump with a height of 1.99

UK inter county cross countries championships at Prestwold Hall Loughborough on Saturday 11 March 2017

U13 boy 71 Liam Edwards
U15 girls 273 Eva Edwards
U17 women 254 Cerys Davies
Senior Man 283 Huw Davies

Dyfed primary schools cross country championships at the Showground at Nantyci on Thursday 16 March 2017

Year 5 boys

1 Ifan Bowen; 2 Iwan Thomas; 10 Jake Lynock; 13 Huw Cressy-Rodgers

Year 6 boys

3 Jack Thomas; 9 Harri Howells; 10 Steffan Davies

Year 5 girls

1 Erin Morgan; 2 Seren Davies; 3 Bessy Hill; 13 Fflur Thompson

Year 6 girls

5 Faye Jones; 7 Jessica Lee; 8 Milly John; 9 Amy Greatrick; 13 Sophia Reid-Thomas

Welsh secondary schools cross country championships at Brecon on Saturday 18 March 2017

Dyfed won the overall team title

1 Dyfed 102; 2 Cardiff and Vale 99; 3 Eryri 98

Year 7 boys (fourth) 1 Frank Morgan; 12 Jac Walters; 47 Morgan Lloyd

Junior boys (second) 9 Liam Edwards; 23 Dafydd Jones; 43 Jac Chapman

Junior Girls (fourth) 7 Daisy Thompson; 33 Siwan Jones-evans; 37 Beca Roberts;

Middle boys (third) 4 Tomos Rees; 6 Ben Thomas; 17 Archi Morgan; 23 Gareth Thompson

51 Callum Lovatt; 60 Trystan Leech

Middle girls (sixth) 30 Non Morgan; 35 Eva Edwards; 61; Grace Page

Senior boys (first) 6 Thomas Jones; 8 Morgan Llewelyn

Senior girls (second) 13 Ellie Kiff

SIAB , Home Countries international and inter county primary schools match at Margam Park on Saturday 25 March 2017

Dyfed primary schools v West Glamorgan primary schools

Girls

1 Dyfed 26; 2 West Glamorgan 55; 3 Dyfed 102

3 Seren Davies 6.45; 7 Bessy Hill 7.02; 8 Milly John 7.03; 11 Amy Greatrick 7.09

25 Sophie Reid-Thomas 7.49

Boys

1 Dyfed 39; 2 West Glamorgan 39; 3 West Glamorgan 105; 4 Dyfed 118

1 Ifan Bowen 5.54; 8 Iwan Thomas 6.17; 10 Jack Thomas 6.21; 18 Harri Howells 6.42

19 Huw Cressy-Rodgers 6.43; 23 Jake Lynock 6.54

Four Carmarthen Harriers competed for Welsh schools in the SIAB match and one in the Home Countries U20 match

SIAB match

Junior Girl 22 Daisy Thompson

Junior Boy 25 Liam Thompson

Middle Boy 30 Tomos Rees; 32 Ben Thomas

Home Countries U20 mens match

29 Thomas Jones

Final match of the Brianne secondary schools league at the Ammanford Recreation Ground on Tuesday 28 March 2017

Medal positions after the four matches

Y7 girls 2 Magda Singh

Year 8 girls 1 Phoebe Davis; 3 Gwennan Wright

Year 9/10 girls 1 Deryn Cressy-Rodgers; 2 Mollie Cressy-Rodgers; 3 Maddie Morgan

Year 7 boys 1 Frank Morgan; 2 Ioan Cressy- Rodgers

Year 8 boys 1 Liam Edwards; 2 Dafydd Jones; 3 Jac Chapman

Year 9/10 boys 1 Tomos Rees

London Marathon and London mini marathon on Sunday 23 April 2017

Six Carmarthen Harriers competed for the Welsh schools team this year

U13 Boys 20 Liam Edwards; 36 Frank Morgan; 45 Dafydd Jones

U13 girls 21 Daisy Thompson; 62 Phoebe Davis

U17 Men 47 Ben Thomas

Former member Josh Griffiths won the UK London Marathon championships in a time of 2.14.49. It was his first marathon and as a result gained selection to compete for GB in the World championships in London in August 2017

Louise Arthur League in Carmarthen on Saturday 29 April 2017

1 Swansea 1272; 2 Bridgend 915; 3 Carmarthen 853; 4 Pembrokeshire 745; 5 Brecon 727

6 Barry and Vale 676; 7 Neath 632; 8 Llanelli 440; 9 Pontyclun 253

Welsh mountain running championship in Devils Bridge on Saturday 29 April 2017

Under 20 Men

1 Thomas Jones, 3 Iestyn Williams, 7 Morgan Llewelyn
Carmarthen won the team competition

Under 20 Women

4 Ellie Kiff

Dyfed secondary school relays at Carmarthen on Wednesday 3 May 2017

1 Dyffryn Aman 116; 2 Bro Dinefwr 102; 3 Queen Elizabeth 94; 4 Bro Myrddin 86

5 Llandovery College 40; 6 Strade 29; 7 Emlyn 18; 8 Preseli 3

Carmarthenshire primary schools championships at Carmarthen on Monday 8 May 2017

Boys

100 1 Owen Harri-Davies 14.7

800 1 Ifan Bowen 2.37.5; 2 Jack Thomas 2.39.9; 4 Iwan Thomas 2.46.3; 6 Steffan Davies 2.48.1

13 Jake Lynock 2.57.6; 16 James Sloyan 3.00.1; 21 Liam Upton-Boorman 3.02.3

Girls

100 1 Megan Roberts 14.5; 2 Sophie Reid-Thomas; 4 Ceindeg Evans 15.3
800 2 Erin Morgan 2.44.6; 3 Bessy Hill 2.45.7; 4 Amy Greatrick 2.55.3; 5 Milly John 2.59.9
9 Emma Brazier 3.02.9; 16 Flur Thompson 3.17.0
LJ 1 Jessica Lee 3.72; 3 Hanna Evans 3.41

West Wales championships in Carmarthen on Sunday 14 May 2017

Carmarthen Harriers won 40 medals (16 gold, 14 silver and 10 bronze)

Two championship bests (William Edwards U20HJ 2.10 and Frank Morgan U13 1500 4.49.16)

Gold

U13 Jack Thomas 800 2.34.43; U15 Daisy Thompson 800 2.22.78; U17 Trystan Leech 800 2.13.80 U15
Ellie Tromans 200 27.13; U20 Olivia Haines TJ 10.17; U17 Alicia Samuel 100 13.03
SM David Jones 3000 9.49.59; U13 Frank Morgan 1500 4.49.16; U17 Iestyn Williams 1500 4.15.70;
SM Paul Clarke 1500 4.22.78; U15 Siwan Jones-Evans 300 43.81; U17 Danielle Jones DT 33.84
U15 Nia Williams SP 9.38; U20 William Edwards HJ 2.10; U17 Joe Worrall DT 47.85
U15 Iwan Glynn 300 37.85

Silver

U15 Dafydd Jones 800 2.17.88; U13 Cordelia Walker JT 24.03; U15 Ellie Tromans 100 13.42
U20 Olivia Haines 100 13.36 and 200 27.59; U17 Haydn Davies 100H 14.38
U13 Steffan Davies 1500 5.35.83; U13 Amy Greatrick 1500 5.40.11; SM David Jones 1500 4.35.39
U15 Ryan Thomas HJ 1.55; U20 Megan Rowe 400 64.85; U20 Sam Bleach JT 47.01
U15 Lili Church HJ 1.55; U17 Non Morgan 1500 5.45.88

Bronze

U17 Olwen Batten 300H 53.23; U20 Olivia Haines LJ 4.60; U17 Benjamin Harris LJ 4.54
U17 Rhys Davies 3000 10.37.82; U13 Faye Jones 1500 5.40.93; U17 Tomos Rees 1500 2.27.45
U15 Morgan Batten JT 29.84; U15 Nia Williams DT 21.27; U15 Ellie Loweth 300 45.28
U13 Zara Evans LJ 4.10

Trapp Fun Run on Sunday 14 May 2017

Junior 2.8 mile

1 Callum Lovatt and Maddie Morgan

Senior 4.8 mile

2 Archi Morgan and Louise Jones-Evans was 3rd F45

Loughborough International at Loughborough on 21 May 2017

Three Carmarthen Harriers member s compete for Wales

Glen Elsdon 110H 14.56

William Edwards HJ 2.04

Kyran Roberts 1500 3.48.33

International athletics meeting in Flanders Belgium

William Edwards HJ 2.00

Louise Arthur League match in Neath on Saturday 27 May 2017

Match was cancelled after an hour

Welsh senior league at Brecon on Saturday 3 June 2017

In the Welsh Masters championships Carmarthen Harriers members won three medals

Jake Morgan (M45) gold in 200 and 400

Paul Clarke (M35) silver 1500

1 Brecon; 2 Swansea 616; 3 Cardiff 548; 4 Neath 431; 5 Carmarthen 391; 6 Pembrokeshire 324; 7
Aberdare 285; 8 Cardiff Archers

Dyfed secondary schools championships at Carmarthen on Friday evening 9 June 2017 and all day Saturday 10 June 2017

Fine evening for the competition on Friday 9 June but rained all day on Saturday 10 June 2017
resulting in the championships being cancelled at 9.30am

The Dyfed secondary schools team to compete in the Welsh schools championships in Cardiff on
Saturday 1 July 2017 was selected from the results of the four area championships

Welsh senior championships and some U15 championships at Cardiff on Saturday 10 June 2017

Carmarthen Harriers members won 3 medals (2 gold and 1 bronze)

Gold

William Edwards HJ 2.00

Glen Elsdon 110 H 14.93

Bronze

U15 Daisy Thompson 1500 4.54.50

Dyfed primary schools championships in Carmarthen on Wednesday 14 June 2017

Boys

100 6 Owain Harri-Davies 14.8

70H 1 Harri Howells 13.9

800 1 Ifan Bowen 2.34.6; 2 Jack Thomas 2.40.5; 7 Iwan Thomas 2.46.1; 11 Steffan Davies 2.49.1

12 Liam Upton-Boorman 2.49.3

HJ 1 Dion James 1.25

SP 2 Casper Krecewizh 7.10

Girls

100 1 Keira Carmody 14.1; 2 Megan Roberts 14.1; 3 Sophie Reid-Thomas 14.4; 7 Ceindeg Evans 15.4

800 3 Erin Morgan 2.47.8; 4 Faye Jones 2.48.5; 5 Amy Greatrick 2.52.2; 7 Bessy Hill 2.52.4

8 Milly John 2.56.2

LJ 1 Jessica Lee 3.94; 2 Hanna Evans 3.42

Dyfed NASUWT Cup Final in Haverfordwest on Wednesday 21 June 2017

JB 2 Bro Myrddin; 3 Dyffryn Taf

JG 1 Bro Myrddin; 2 Bro Dinefwr

MB 3 Llandovery College; 6 Bro Myrddin

MG 2 Dyffryn Taf; 3 Bro Dinefwr

World Youth Mountain Running Championship In Gagliano Del Caprio Italy on Saturday 24 June 2017

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

29 Iestyn Williams; 44 Ellie Kiff; DNF Thomas Jones

Welsh and Welsh schools combined events championships in Swansea on Saturday 24 June 2017

Under 13 Girls

7 Zara Evans 1343 SP 5.75 (5); 70H 14.08 (8); LJ 4.22 (2); 800 3.02.99 (12)

Under 15 Girls

3 Beca Roberts 2541 LJ 4.81 (2); 75H 13.07 (10); HJ 1.42 (2); SP 6.42 (6.42); 800 2.33.86 (4)

7 Lili Church 2240 LJ 4.28 (12); 75H 13.23 (12); SP 8.50 (4); HJ 1.65 (1); 800 3.28.26 (28)

Under 15 Boys

14 Dafydd Waters 1178 80H 15.67 (15); SP 6.78 (13); HJ 1.14 (16); LJ 3.75(15) 800 2.41.05 (12)

Welsh schools championships in Cardiff on Saturday 1 July 2017

70th Welsh schools national athletics championships

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 fourth 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

80 athletes competed for Dyfed at Cardiff and this year the Dyfed team was up against a very strong Cardiff and Vale team, a home match for them, Afan Nedd Tawe and five other Welsh school districts

This year the Dyfed schools championships on Saturday 10 June 2017 had to be cancelled on the due to the heavy rain that started at 8am and it rained all day. Selection of the Dyfed schools was a problem this year

This year Dyfed schools were not expected to win as Afan Nedd Tawe (Swansea and Neath/Port Talbot) were the favourites closely followed by a very strong Cardiff and Vale schools team. Both these school districts have a concentrated population and excellent training and competition facilities

Dyfed were behind the Afan Nedd Tawe schools team for most of the day but came through strongly to win by 17.5 points.

1 Dyfed 529; 2 Afan Nedd Tawe 511.5; 3 Cardiff and Vale 471; 4 South East Wales 311.5; 5 Glamorgan Valleys 309; 6 Eryri 2447; 7 North East Wales 233; 8 Powys 225

Dyfed also won the senior girls and senior boys team trophies.

In the junior boys and middle boys team sections Dyfed came second and third in the Junior and middle girls sections

At Cardiff the overall team trophy was presented to the two Dyfed schools captains Matthew Williams Milford and Carys Jones Bro Dinefwr by Gareth Oldham Chairman of Welsh schools athletic association

At Cardiff Dyfed school athletes won a total of 65 medals (15 gold, 29 silver and 21 bronze)

Senior Girls (Captain Carys Jones Bro Dinefwr) First

Gold

Carys Jones Pole Vault

Bronze

Ellie Kiff 3000

Ellie Kiff 800

Olivia Haines Triple Jump

Amy Evans Javelin

Middle Girls (Captain Alicia Samuel Dyffryn Aman and Amy Rothero STP)

Gold

Danielle Jones Discus

Bronze

Alicia Samuel 100

4x 100 Relay Alicia Samuel , Celyn Williams Lisa Cowdy

Junior Girls (Captain Lili Church Aberaeron)

Gold

Lili Church High Jump

Silver

Daisy Thompson 800

Bronze

Lili Church Javelin

Senior Boys (captain Matthew Williams Milford)

Silver

Thomas Jones 3000

Bronze

Morgan Llewellyn 1500

Middle Boys (Captain Joe Worrall Emlyn)

Gold

Ben Thomas 1500 steeplechase

Joshua Thomas Javelin

Silver

Joe Worrall Discus

Iestyn Williams 1500

Haydn Davies 100 Hurdles

4 x 100 Relay Haydn Davies

Junior Boys (Captain Harry Davies St Michaels)

Gold

Iwan Glynn 800

Hedydd Davies the Dyfed schools secretary and senior team manager for the last 21 years thanked all the Dyfed school athletes who made the effort to compete for the District in Cardiff.

Their efforts upheld the fine tradition of Dyfed in these championships and the success of Dyfed schools once again was due to the commitment and efforts of all the members of the team. Several members on the day volunteered at short notice to fill in gaps in the team

A real solid effort once again

A special thanks to Pembrokeshire Harriers members, Jo Salmon, Jane Wheeler, Liz Rowland, Gareth Elliott, Jonathan Phillips and Carmarthen Harriers members Nathan Jones and Delyth Rees for assisting with the administrative duties and field event officiating on the day.

Louise Arthur League match in Swansea on Sunday 9 July 2017

60 Carmarthen Harriers competed and Carmarthen did well to finish in second place

1 Swansea 1351; 2 Pembrokeshire 1052; 3 Carmarthen 1024; 4 Bridgend 804; 5 Brecon 788
6 Barry and Vale 584; 7 Neath 557; 8 Llanelli 541 9 Pontyclun 292

U20 international in Cardiff on Wednesday 12 July 2017

3 Carmarthen Harriers members competed in Cardiff

William Edwards competing for Wales U20 came 2nd in the High Jump (1.96)

Carys Jones and Lauryn Davey competed for the Welsh schools

Carys was 1st in the pole vault (3.35) and Lauryn also came 4th in the High Jump (1.58) and also ran in the relay

Welsh schools NASUWT Cup and Plate Final at Brecon on Thursday 13 July 2017

JB Cup 3 STP; JG Cup 6 Bro Myrddin

MB Cup 3 Preseli; MG Cup 7 STP

JB Plate 4 Bro Myrddin; JG Plate 1 Bro Dinefwr

MB Plate 2 STP; MG Plate 3 Dyffryn Taf

2 Thaia Davies 100 13.66 (P)

5 Nia Williams 200 30.19 (P)

1 Daisy Thompson 800 2.27.11(C)

1 Phoebe Davis 800 2.33.91(P)

2 Phoebe Davis HJ 1.40 (P)

1 Nia Williams SP 10.19 (P)

3 Liam Edwards 800 2.25.18 (P)

1 Frank Morgan 1500 4.42.42 (P)

3 Dafydd Waters 75H 13.92 (P)

5 Dafydd Jones HJ 1.35 (P)

Dyfed v West Glamorgan primary schools match in Carmarthen on Thursday 13 July 2017

1 Dyfed 179 2 West Glamorgan 100

Boys

70H 1 Osian Roberts 13.7 4 Harri Howells 14.5
800 2 Ifan Bowen 2.32.9; 3 Jack Thomas 2.36.1
HJ 2 Dion James 1.25
SP 1 Kasper Kraciewicz 7/95

Girls

100 1 Sophie Reid-Thomas 13.7; 2 Megan Roberts 13.9; 3 Keira Carmody 13.9
800 3 Erin Morgan 2.42.4; 6 Bessy Hill 2.56.8
LJ 6 Hanna Evans 3.44

SIAB Schools international in Dublin on Saturday 15 July 2017

Six Carmarthen Harriers members competed for Welsh schools with Joan Goldsmith as one of the team managers and Delyth Brown as a coach

2 Ben Thomas 1500m steeplechase 4.29.31
4 Joe Worrall DT 48.49
5 Danielle Jones DT 35.08
7 Lili Church HJ 1.55
8 Joe Worrall SP 11.43
8 Joshua Thomas JT 50.12
3 4x100 Relay Alicia Samuel 49.46

2 Non scoring Alicia Samuel 100 12.86

Welsh U17/20/senior league match in Neath on Sunday 16 July 2017

1 Swansea 909; Aberdare 622; 3 Pembrokeshire 582; 4 Brecon 558; 5 Neath 518; 6 Cardiff 482
7 Run4All Neath 393; 8 Barry and Vale 325; 9 Carmarthen 260; 10 Cardiff Archers 212
11 Bridgend 178; 12 Newport 116

Louise Arthur League match in Brecon on Saturday 22 July 2017

1 Swansea 1126; 2 Pembrokeshire 1059; 3 Brecon 942; 4 Carmarthen 811; 5 Bridgend 651
6 Llanelli 608; 7 Neath 572; 8 Barry and Vale 359; 9 Pontyclun

Final Louise Arthur League Team scores after 3 matches

1 Swansea 27 (3749); 2 Pembrokeshire 22 (2856); 3 Carmarthen 20 (2688); 4 Bridgend 19 (2370)
5 Brecon (2457); 6 Barry and Vale 10 (1619); 7 Neath 9 (1761); 8 Llanelli 8 (1589)
9 Pontyclun 3 (756)

Fourth and final Welsh U17/20/senior League match in Swansea on Saturday 29 July 2017

1 Swansea 1415; 2 Cardiff 945; 3 Brecon 756; 4 Neath 685; 5 Pembrokeshire 617; 6 Carmarthen 511
7 Run4All Neath 477; 8 Newport 473; 9 Aberdare 380; 10 Barry and Vale 234; 11 Cardiff Archers
12 Bridgend 86

Overall 2017 Welsh Athletics League team positions (U17/20 and senior)

1 Swansea 47(4143); 2 Brecon 41 (2806); 3 Cardiff 39 (3011); 4 Neath 32(2056)
5 Pembrokeshire 32 (2048); 6 Aberdare 29(1870); 7 Carmarthen 21 (1361); 8 Newport 18 (1362)
9 Run4All Neath 17 (1159); 10 Barry and Vale 17 (9960); 11 Cardiff Archers 14 (780)
12 Bridgend 5 (434)

Gerald Codd Trophy competition in Haverfordwest on Sunday 30 July 2017

1 Pembrokeshire 594; 2 Swansea 538; 3 Carmarthen 442; 4 Llanelli 372; 5 Neath 107

Celtic Games in Dublin on Saturday 5 August 2017

Three Carmarthen Harriers members competed for Wales. All three won medals

2 Lili Church HJ 1.65
2 Ben Thomas 2K steeplechase 6.16.98
3 Danielle Jones DT 33.90

Delyth Brown was the endurance coach with the team

Welsh Junior League Cup Final in Newport on Sunday 6 August 2017

1 Cardiff Archers 1131; 2 Cardiff 1092; 3 Swansea 1074; 4 Rhymney Valley 781; 5 Newport 644
6 Bridgend 589; 7 Pembrokeshire 577; 8 Carmarthen 402

UNDER 11 GIRLS (eighth)

1 Cardiff Archers 130; 2 Bridgend 106; 3 Rhymney Valley 101; 4 Swansea 101; 5 Newport 95

6 Cardiff 93; 7 Pembrokeshire 56; 8 Carmarthen 25

8A	75	Ruby Skone	13.89
7B	75	Luisa Reid-Thomas	15.67
2A	SP	India Skone	5.99
5B	SP	Ruby Skone	4.43
8A	JT	India Skone	8.05
8B	JT	Ruby Skone	5.93

Under 13 Girls

**1 Cardiff Archers 207; 2 Swansea 177; 3 Pembrokeshire 161; 4 Cardiff 155; 5 Newport 139
6 Carmarthen 130 7 Rhymney 113; 8 Bridgend 92**

1A	100	Thia Davies	13.95
2B	100	Sophia Reid-Thomas	14.58
2A	200	Keira Carmody	29.56
2B	200	Megan Roberts	30.08
3A	LJ	Megan Roberts	4.04
7B	LJ	Sophia Reid-Thomas	3.32

8A	SP	Elen Williams	6.15
7B	SP	Cordelia Walker	6.03
2A	DT	Cordelia Walker	17.02
3B	DT	Holly Jeffs	12.78
2A	JT	Cordelia Walker	26.20
3B	JT	Holly Jeffs	16.77

Under 15 Girls

**1 Cardiff 264; 2 Swansea 254; 3 Cardiff Archers 251; 4 Newport 157; 5 Pembrokeshire 130
6 Rhymney Valley 112; 7 Carmarthen 64; 8 Bridgend 53**

7A	100	Emma Adams	14.45
7A	200	Emma Adams	29.89
3A	1500	Phoebe Davis	5.14.35
5A	1000W	Emma Adams	7.52.44
4A	HJ	Phoebe Davis	1.35
2A	SP	Nia Williams	9.41
3A	DT	Nia Williams	21.17

Under 11 Boys

**1 Cardiff Archers 147; 2 Newport 106; 3 Swansea 104; 4 Cardiff 94; 5 Bridgend 88; 6 Rhymney Valley
7 Carmarthen 47; 8 Pembrokeshire 34**

7A	75	Tygan Davies	11.94
7B	75	Oliver Dawson-John	13.15
8A	150	Ifan Bowen	26.59
2A	800	Ifan Bowen	2.35.45
2B	800	Tygan Davies	2.50.28
8A	LJ	Oliver Dawson-John	2.71
2A	SP	Tygan Davies	6.07
7B	SP	Ifan Bowen	3.81

Under 13 Boys

**1 Cardiff Archers 201; 2 Cardiff 193 3 Swansea 174; 4 Rhymney Valley 158 5 Bridgend 145
6 Pembrokeshire 122; 7 Carmarthen 82; 8 Newport 63**

6A	100	Owen Harri Davies	15.17
6A	200	Owen Harri Davies	30.71
3A	1500	Jack Thomas	5.17.55
3B	1500	Steffan Davies	5.59.07
5A	75H	Jack Thomas	16.86
6A	LJ	Owen Harri Davies	3.99
2A	SP	Josh Morse	8.27
1A	DT	Josh Morse	24.19
5A	JT	Josh Morse	21.94

Under 15 Boys

**1 Cardiff 293; 2 Swansea 264; 3 Rhymney Valley 217; 4 Cardiff Archers 195; 5 Bridgend 105
6 Newport 84; 7 Pembrokeshire 74; 8 Carmarthen 54**

8A	100	Rhydian Morgan	14.13
8A	200	Rhydian Morgan	28.36
5A	80H	Rhys Homffrey	13.41
4A	HJ	Ryan Thomas	1.50
6A	SP	Rhydian Morgan	7.60
5A	DT	Morgan Batten	22.58
3B	DT	Rhydian Morgan	19.40
3A	JT	Morgan Batten	32.57

Welsh mountain running trial race at Devils Bridge on Sunday 6 August 2017

2 FU20 Ellie Kiff
5 FU17 Grace Page
6 FU17 Ceris Davies
10 MU17 Casper Farquahar

AAA of England U15 combined events championships at Manchester Regional Arena on Saturday 12 and Sunday 13 August 2017

2 Beca Roberts in Welsh championships (15th overall in competition) 27778 points

75H 12.81 (8); LJ 4.54 (8); JT 17.74 (14); SP 6.81 (190); HJ 1.50 ((14); 800 2.45.21 (15)

Welsh junior championships in Wrexham on Saturday 19 August and Sunday 20 August 2017

14 medals – 5 gold, 5 silver and 4 bronze

Gold

Olivia Haines U20 400H 82.73
Olivia Haines U20 TJ 9.61
William Edwards U20 HJ 1.95
Carys Jones U20 PV 3.40
Lili Church U15 HJ 1.65

Silver

Thaia Davies U13 100 13.90
Cordelia Walker U13 JT 23.53
Iestyn Williams U17 1500 4.13.51
Iwan Glynn U15 800 2.06.29
Megan Rowe U20 800 2.37.54

Bronze

Cordelia Walker U13 DT 19.94
Beca Roberts U15 LJ 4.92
Ellie Tromans U15 300 43.63
Josh Thomas U17 JT 49.85

4 Lili Church U15 JT 26.94
4 Beca Roberts U15 HJ 1.45
5 Zara Evans U13 HJ 1.20
5 Megan Rowe U20 400 66.17
5 Megan Rowe U20 100 14.09
6 Zara Evans U13 LJ 3.96
6 Holly Jeffs U13 JT 15.53
9 Holly Jeffs U13 DT 12.25
9 Dafydd Jones U15 800 2.16.12
9 Gareth Thompson U17 800 2.08.16
5h Zara Evans U13 200 30.31
DNF U13 Frank Morgan 1500

Welsh inter regional championships in Brecon on Saturday 26 August 2017

1 West Wales 1047.5; 2 South Wales 837.7; 3 North Wales 815.5; 4 East Wales 720.0

West Wales won six of the seven trophies

Carmarthen Harriers members won a total of 17 medals (6 gold, 5 silver and 6 bronze)

Gold

Lili Church U15 HJ 1.68
Ellie Tromans U15 300 42.96
Danielle Jones U17 DT 32.79
Alicia Samuel 4 x 100 relay
Carys Jones U20 PV 3.00
Aled Price SM 110H 15.99

Silver

Nia Williams U15 SP 9.64
Alicia Samuel U17 100 12.78
Ellie Loweth U17 300 44.55
Tomos Rees U17 1500 4.19.78
Haydn Davies U17 100H 14.30

Bronze

Dafydd Jones U15 3000 10.13.00
Ryan Thomas U15 HJ 1.52
Danielle Jones U17 SP 10.05
Olivia Haines U20 TJ 9.96
Aled Price SM SP 10.96

Aled Price SM DT 28.34

AAA of England U15 and U17 championships at Bedford on Saturday 26 and Sunday 27 August 2017

2 Ben Thomas U17 1500 steeplechase 4.22.51 (new Carmarthen Harriers record)
6 Daisy Thompson U15 800 2w.19.04 (3rd in heat 2.18.87)
8 Iestyn Williams U17 800 2.01.54 (5th heat 2.02.32)
8 Joe Worrall U17 DT 45.92

British and Irish Fell running international in Peebles Scotland on Saturday 16 September 2017

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

U17 Men 23 Iestyn Williams
U20 Women 21 Ellie Kiff
U20 Men 15 Thomas Jones

Welsh road relay championships and primary road races at Pembrey Country Park on Saturday 16 September 2017

Carmarthen Harriers did well winning a total of 23 medals (8 gold and 15 silver)

Primary school boys (first and second)

1 Carmarthen 7; 2 Carmarthen 22; 3 Blaenau Gwent 28; 4 Bridgend 30

1 Iwan Thomas 5.40; 2 Ifan Bowen 5.44; 4 Jake Lynock 6.08; 5 Liam Upton-Boorman 6.10; 7 Tygan Davies 6.14; 10 Alexander Coles 6.29; 11 James Sloyan 6.31; 17 Aron Bowen 7.46

Primary school girls (second)

1 Cardiff 17; 2 Carmarthen 19; 3 Bridgend 24

2 Erin Morgan 6.10; 5 Bessy Hill 6.35; 12 Ella Glynn 7.14

Under 13 girls (second)

Faye Jones 10.11; Keira Carmody 10.42; Milly John 10.19; Amy Greatrick 10.18

Under 13 boys (fourth)

Under 15 Boys (second)

Liam Edwards 10.26; Jac Chapman 11.14; Dafydd Jones 10.18

Dafydd Jones was third fastest

Under 15 girls (fourth and seventh)

A team Phoebe Davis 11.38; Siwan Jones-evans 12.57; Daisy Thompson 11.11

B team Maddie Morgan 12.55; Beca Roberts 13.36; Megan Jones 12.51

Daisy Thompson was fourth fastest

Under 17 men (second)

Tomos Rees 9.48; Archi Morgan 10.16; Ben Thomas 9.37

Ben Thomas fastest lap and Tomos Rees third fastest

Under 17 women (fourth)

Eva Edwards 11.52; Grace Page 13.28; Cerys Davies 13.03

Eva Edwards was third fastest

Senior Men

David Jones 16.42

Female 35

Liz Tremlett fastest lap

Male 35 (fourth)

Paul Clarke 17.34; Dafydd Bowen 20.39; Jack Tremlett 16.49

Jack Tremlett won gold medal for the fastest lap

Female 45 (second)

Louise Jones-Evans 21.13; Elizabeth Davies 25.57; Gill Edwards 25.14

Louise Jones-Evans won gold medal for the fastest lap

Male 45 (sixth)

Huw Davies 19.44; Peter Moody 23.05; Gordon Orme 21.30

Carmarthenshire Primary schools cross country championships at the Showground on Thursday 21 September 2017

Year 5 Boys

1 Aron Hedd Jones; 2 Liam Upton-Boorman; 7 Alex Coles

Year 6 Boys 1 Ifan Bowen; 2 Iwan Thomas; 4 Jake Lynock

Year 5 Girls

1 Mared Jones; 3 Ella Glynn

Year 6 Girls

1 Erin Morgan; 2 Bessy Hill; 7 Mari Collier; 8 Flur Thompson

Swansea Bay Road Races on Sunday 24 September 2017

U11 Boys 2 Steffan Davies

U11 Girls 3 Amy Greatrick

£K 3 Liam Edwards; 5 Dafydd Jones

5K 1 Eva Edwards 4 Cerys Davies

Welsh one mile road championship at Cardiff on Saturday 30 September 2017 and Cardiff Half Marathon at Cardiff on Sunday 1 October 2017

Under 11 Boys Race

1 Iwan Thomas 5.42; 2 Ifan Bowen 5.46; 3 Liam Upton-Boorman 5.52; 5 Jake Lynock 5.55

Welsh one mile championship

U13 Boys 1 Frank Morgan 5.19; 5 Jake Thomas 5.43

U17 men 1 Ben Thomas 5.33; 3 Tomos Rees 4.43; 6 Trystan Leech 5.00

U17 Women 5 Grace Page 6.54

MM 35 5 Paul Clarke (4th Welsh) 4.45

FM45 1 Sharon Leech and 1 British F45 5.55

Cardiff Half Marathon

Jack Tremlett M35) 1.17.39; David Jones 1.17.58; ; Liz Tremlett 1.27.38 F35); Huw Davies (M45) 1.34.41; Liz Davies (F45) 2.00.58

Former Carmarthen Harriers members

Dewi Griffiths 61.31; Josh Griffiths 65.37; Caryl Jones 75.24; Alaw Beynon-Thomas 81.33

Gwent Cross Country League and West Wales cross country championships at Llandaff Fields on Saturday 14 October 2017

2017 GWOBRAU CARMARTHEN HARRIERS AWARDS

2017 BURSARY AWARDS

Bessy Hill	Y Ddwylan
Jake Lynock	Rhys Pritchard
Jack Thomas	Richmond Park
Keira Carmody	Model

Zara Evans	Henry Richard
Faye Jones	Bro Pedr
Amy Greatrick	Johnstown
Thaia Davies	Bro Dinefwr
Ryan Thomas	Bro Myrddin
Beca Roberts	Bro Pedr

GWOBRAU NEWYDD /NEW AWARDS

201 7WELSH CHAMPION AND INTERNATIONAL

Frank Morgan	Bro Myrddin
Phoebe Davis	Bro Dinefwr
Jake Morgan	

2017 WELSH CHAMPION

Ellie Tromans	Bro Teifi
---------------	-----------

2017 WELSH INTERNATIONAL

Liam Edwards	Bro Myrddin
Tomos Rees	Dyffryn Aman
Dafydd Jones	Bro Myrddin

2017 REPEAT AWARDS

2017 WELSH CHAMPION AND INTERNATIONAL

Daisy Thompson	Bro Myrddin
Ben Thomas	Strade
Lili Church	Aberaeron
Danielle Jones	Queen Elizabeth
Joshua Thomas	Queen Elizabeth
Gordon Orme	
William Edwards	
Carys Jones	Bro Dinefwr
Lauryn Davey	Gower College
Glen Elsdon	
Thomas Jones	Bro Myrddin

2017 WELSH CHAMPION

Iwan Glynn	Bro Myrddin
Aled Price	Birmingham University
Olivia Haines	Llandovery College
Sharon Leech	
Paul Clarke	

2017 WELSH INTERNATIONAL

Peter Moody	
Ellie Kiff	Bro Dinefwr
Alicia Samuel	Dyffryn Aman
Iestyn Williams	Bro Dinefwr
Joe Worrall	Emlyn
Kyran Roberts	Loughborough University

2017 WELSH UNDER 13 CROSS COUNTRY TEAM CHAMPIONS

Liam Edwards	Bro Myrddin
Dafydd Jones	Bro Myrddin
Morgan Lloyd	Bro Myrddin
Frank Morgan	Bro Myrddin

2017 UNDER 17 WELSH FELL RUNNING TEAM CHAMPIONS

Thomas Jones	Bro Myrddin
Iestyn Williams	Bro Dinefwr
Morgan Llewelyn	Dyffryn Aman

2017 RICHARD WYER MEMORIAL THROWS AWARD

Nia Williams	Bro Dinefwr
Cordelia Walker	Llanarth

2017 OSSIE MORGAN MEMORIAL HURDLES AWARD

Haydn Davies	Bro Dinefwr
---------------------	--------------------

2017 CARMARTHEN HARRIERS ACHIEVEMENT AWARDS

Grace Page	Bro Pedr
Caspar Farquahar	
Trystan Leech	Dyffryn Aman
Callum Lovatt	Dyffryn Aman

2017 YOUNG VOLUNTEER OF THE YEAR AWARD

Gareth Thompson

2017 CLUB SERVICE AWARD

Alan Walker

2017 ERNIE JONES MEMORIAL AWARD

William Edwards

2017 J EIRWYN WALTERS MEMORIAL AWARD

Carys Jones Bro Dinefwr

Ben Thomas Strade

2017 RB EVANS AWARD

Jane Batten

2017 SPECIAL AWARDS

Hywel Rees

Lloyd and Sylvia Thomas

Dylan and Glenys Jones

2017 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
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

