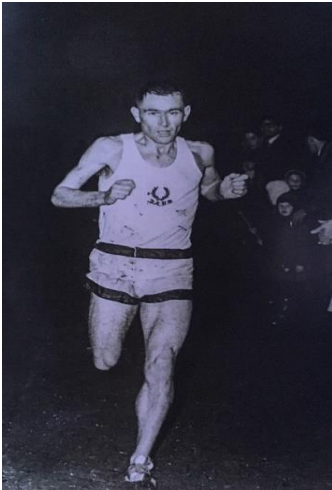


# Adroddiad Blynyddol 2017/18 Clwb Athletau Harriers Caerfyrddin

## 2017/18 Carmarthen Harriers Annual Report



Welcome to the 2018 Annual Report which gives an overview of the year 2017/18 for Carmarthen and District Harriers.



Carmarthen and District Harriers Athletics Club was established in 1948, exactly 70 years ago. This anniversary year has been one of great change with a new committee formed to run the club and Hedydd Davies stepping down from the role of chairman, a position he has held since 1981.

Hedydd was an excellent middle and long distance runner, and represented Wales on thirty occasions over more than twenty years, most notably in the marathon at the 1970 Commonwealth Games in Edinburgh and in six consecutive International Cross Country Championships. Hedydd won nine Welsh senior championships – including four marathon titles during his career. Between 1961 and 1964 he triumphed in four consecutive Welsh Championships in the

3000m steeplechase.

Hedydd is a former President and Treasurer of the Welsh Athletic Association and has covered many positions at national and international matches for Welsh Athletics and Great Britain.



He was awarded an MBE in 2007, and he was also the recipient of the Welsh Athletics Award of Honour and the UK Torch Trophy for volunteers in sport. In 2002, he was awarded life membership of Welsh Athletics and a lifetime achievement award.

Hedydd has been a presence every Tuesday and Thursday at the club encouraging and organising athletes, parents and coaches! He is possibly the most formidable administrator in athletics, single handedly organising schools athletics in Carmarthenshire and Dyfed. There are generations of children who have benefited from his commitment to the club with many going on to international honours. Hedydd has been a leading figure in Welsh athletics for more than half a century. Whilst he has

suggested he is cutting back his commitments of late I am grateful for his continued involvement in the club as our President and as the Chairman of West Wales RAC; The Secretary of Dyfed and Carmarthenshire schools and the chairman of the Louise Arthur league. The presence of Josh, Caryl and Dewi this evening is a testament to his contribution to the sport in West Wales and beyond. It is great to have ex Carmarthen Harriers who have represented their country in athletics amongst our guests for the Annual Awards evening.

The first of the former Harriers is Josh Griffiths, a familiar presence on the track on a Tuesday evening, Josh won the British marathon championship whilst still an under 23 athlete and represented Great Britain at the World Athletic Championship. He went on to represent Wales at the Commonwealth Games in Australia over the summer.



Our second guest is ex Carmarthen Harrier Caryl Jones. Caryl balances running a farm, working as an accountant and usually completing two runs a day! Narberth born, she produced one of the bravest runs of her career to finish eighth in the Woman's Marathon race at the Commonwealth Games clocking 2:43:58 in searing heat on the Gold Coast, with temperatures breaking 30 degrees. She went on to represent Great Britain in the European marathon Championship.



Our third Guest is Dewi Griffiths. Dewi is a regular in Carmarthen on a Thursday evening, training with his coach Kevin. After multiple British vests on the track, mountain and road Dewi had an extraordinary debut for the marathon in 2017 clocking 2 hours 9 minutes to go 15<sup>th</sup> on the British all-time list. Mo Farah is the only British athlete to have run faster over the distance in the last 20 years.

These local athletes all represented the club and have gone on to achieve internationally. I hope they serve as inspiration to our young people at our awards evening.

I am pleased to say 2017/18 was a successful year for the club. Our success has included coming second in the 2018 Welsh junior U15 League (Louise Arthur League) in the overall competition for both boys and girls.

- Third in the 2018 Gerald Codd Trophy (9-15) competition
- Eighth the 2018 Welsh Senior (U17/20/Senior) League
- Fifth in the 2018 Welsh Junior (9-15) Junior League Cup Final
- Won the 2017/18 under 11 boys Gwent Cross Country League team competition.
- Third in the under 11 novice girls team competition



- Second in the Welsh U13 boys and F40 Welsh cross country team championship.  
First in the U11 boys and second in the U11 girls team race

In addition the club has supported 20 athletes to be Welsh Champions, some multiple times. Seventeen of our athletes have also received international honours with Ben Thomas representing Great Britain.



Our Under 13 boys also won the Welsh Cross Country Relays. The year ended with one of our most successful events of the year with our both our under 13 and under 15 boys as Welsh Road Relay Champions. It was pleasing to see the growing number of seniors and veterans competing for the club at this event, some winning medals. This performance really gives us something to build on.

The club also successfully hosted the Louise Arthur league with our juniors achieving the best result for 4 years. With a growing group of under 15's I expect us to be even more competitive next year. The club also

successfully hosted the Gwent league in Pembrey with the club and council now scheduled to host the Welsh championships in February on the same course. Thanks to Neil Thomas for his lead on this. Our Carmarthen throws series, led by Ralph Siggery, continues to be a success for athletes from across Wales and is a national model for competitive, non-championship, events.

There are many people to thank over the year. Richard Jones who has done an excellent job as Treasurer, Kate and Lisa our welfare officers and Edward Morgan coordinating our fund raising and manning the all-important refreshment stall at events. Cressy Morgan has been an excellent club secretary and membership officer doing some of the work behind the scenes that is vital for the club to exist. Our improved performance in the Louise Arthur league is in no small part due to our Team managers Cressy and Hayley who have cajoled and charmed junior athletes to step out of their comfort zone to successfully compete for the club in a wide range of events. Ali Thomas has improved the number of qualified club officials without whom there would be no competitions. Finally our social media presence has gone from strength to strength with Nathan making our website the go to place in Wales for results.

After reaching a worrying low in the last few years the number of qualified coaches is beginning to grow and we are grateful to the continued guidance of our senior coaches Neil, Dorian, Steve, Ralph, Delyth, Jane, Simon, Kevin and Carol. Continuing to expand this pool is a priority for the club in the coming year. It is notable that three of our endurance coaches, Delyth Brown, Carol Jones and Kevin Evans were coaches of International teams.

Particular thanks go to our sponsors and partners. The Club is extremely grateful to Rhodri Evans of **Ffoshelig Coaches** for his support over many years.

**Castell Howell** sponsored the Louise Arthur competition covering critical costs that would otherwise fall on the club.

**McDonalds** sponsored our Carmarthenshire and Dyfed primary schools athletics and cross country championships. We are extremely grateful to Ron Mounsey for his support to the Club and schools events over many years.

We are, once again indebted to a whole range of charitable organizations for their generous sponsorship including **West Wales Freemasons Provincial Council, the Rotary Club of Carmarthen and the Tywi 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 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.

Carmarthen and District Harriers Athletics Club would not exist as a Club without the hard work put into the Club by the Officers, Club Committee members, Coaches, Team Managers, Administrators and Officials. We urgently need more parents to support the club as officials, administrators, team managers or coaches. Help and training is provided – don't be shy to volunteer. We need you if we are to keep giving the athletes the opportunities they deserve.

Jake Morgan

Club Chairman 2018

## CARMARTHEN HARRIERS RECORDS

(As at 1.10.2018)

I am delighted that once again we have athletes who have the honour to be considered the best we have ever had in their age groups. For this year these are Cordelia Walker (U 13 Javelin), Dafydd Jones (Under 15 1500m) , Alicia Samuel (U 20 100 & 200m) and Ben Thomas (U20 2000m SC).

The Clubs records are as follows:

### UNDER 13 GIRLS

<b>100m</b>	Manon Richards	12.7	1978	<b>100m</b>	Manon Richards	12.4	1978
<b>200m</b>	Manon Richards	26.68	1978	<b>100m</b>	Erin Walters	12.4	2010
<b>800m</b>	Daisy Thompson	2.25.07	2015	<b>200m</b>	Hannah Jones	25.5	2005
<b>1500m</b>	Catrin Davies	4.58.8	1992	<b>300m</b>	Hannah Jones	40.54	2005
<b>1000mW</b>	Lowri Heckler	6.55.85	2007	<b>800m</b>	Mari Prys Jones	2.14.56	1987
<b>70m Hurdles</b>	Ffion Rees	11.6	2005	<b>1500m</b>	Heledd Gruffudd	4.45.5	1993
<b>High Jump</b>	Julia Charlton	1.68	1978	<b>75m Hurdles</b>	Heather Jones	10.86	2001
<b>Long Jump</b>	Emma Jones	4.85	1989	<b>High Jump</b>	Julia Charlton	1.78	1980
<b>Pole Vault</b>	Carys Jones	2.40	2011	<b>Long Jump</b>	Julia Charlton	5.47	1980
<b>Shot</b>	Bethan Lewis	10.33	2011	<b>Pole Vault</b>	Carys Jones	3.20	2013
<b>Discus</b>	Jade Pearce	28.71	2004	<b>Hammer</b>	Elliw James	31.46	2009
<b>NEW Javelin</b>	<b>Cordelia Walker</b>	<b>33.26</b>	<b>2018</b>	<b>Shot</b>	Delyth Evans	12.75	1980
<b>Pentathlon</b>	<b>Ffion Rees</b>	2156	2005	<b>Discus</b>	Awen Rosser	34.78	2010
<b>4 x100m Relay</b>		54.8	1989	<b>Javelin</b>	Danielle Hamer	38.15	2005
				<b>Pentathlon</b>	Julia Charlton	3438	1980
				<b>4 x 100m Relay</b>		51.17	1988



Cordelia's season went from strength to strength. She shows fantastic promise throwing a massive 33.26 metres to take a club record and rank her 4<sup>th</sup> in the UK for her age group.

### UNDER 17 WOMEN

<b>100m</b>	Alicia Samuel	12.64	2017	<b>100m</b>	Diane Thorne	12.0	1976
<b>200m</b>	Hannah Jones	25.2	2006	<b>NEW 100</b>	<b>Alicia Samuel</b>	<b>12.0</b>	<b>2018</b>

### UNDER 20 WOMEN

<b>300m</b>	Hannah Jones	39.60	2006	<b>NEW 200m</b>	<b>Alicia Samuel</b>	<b>24.87</b>	<b>2006</b>
<b>400m</b>	Kate Williams	57.08	1993	<b>400m</b>	Caryl Granville	55.89	2008
<b>800m</b>	Katie Parkes	2.13.77	2006	<b>800m</b>	Katie Parkes	2.11.91	2007
<b>1500m</b>	Gillian Irvine	4.38.7	1978	<b>1500m</b>	Gillian Irvine	4.38.7	1978
<b>3000m</b>	Vicky Harmer	10.18.0	1987	<b>3000m</b>	Vicky Harmer	10.18.0	1987
<b>5000m</b>	Anwen Evans	20.52.0	1991	<b>5000m</b>	Anwen Evans	20.52.0	1991
<b>80m Hurdles</b>	Heather Jones	11.27	2003	<b>100m Hurdles</b>	Heather Jones	13.65	2005
<b>300m Hurdles</b>	Caryl Granville	42.65	2006	<b>400m Hurdles</b>	Alyson Evans	58.37	1985
<b>400m Hurdles</b>	Caryl Granville	61.55	2006	<b>2000m SC</b>	Aneura Phillips	7.38.69	2007
<b>1500m SC</b>	Angharad Davies	5.24.32	2007	<b>High Jump</b>	Julia Charlton	1.78	1980
<b>2000m SC</b>	Aneura Phillips	7.38.69	2007	<b>Long Jump</b>	Julia Charlton	5.92	1982
<b>High Jump</b>	Julia Charlton	1.78	1980	<b>Triple Jump</b>	Caryl Granville	11.69	2005
<b>Long Jump</b>	Julia Charlton	5.92	1982	<b>Pole Vault</b>	Carys Jones	3.45	2016
<b>Triple Jump</b>	Caryl Granville	11.69	2005	<b>Shot</b>	Delyth Evans	12.28	1983
<b>Pole Vault</b>	Carys Jones	3.40	2014	<b>Discus</b>	Awen Rosser	40.70	2012
<b>Shot</b>	Delyth Evans	12.04	1980	<b>Javelin</b>	Carys Mansfield	45.09	2011
<b>Discus</b>	Awen Rosser	40.67	2011	<b>Hammer</b>	Claire Williams	37.32	2004
<b>Javelin</b>	Carys Mansfield	45.09	2011	<b>Pentathlon</b>	Caryl Granville	3736	2007
<b>Hammer</b>	Claire Williams	37.32	2004	<b>Heptathlon</b>	Caryl Granville	4807	2007
<b>Heptathlon</b>	Julia Charlton	4803	1982				
<b>4 x 100m Relay</b>		51.89	1989				



Alicia Samuel was the both the clubs and Wales's outstanding sprinter ranking 16<sup>th</sup> in the UK in her first year at under 20 she set new club records at 100 and 200 metres and equalled the senior club record set in 1976! There could be great things ahead for Alicia in 2019.

## SENIOR WOMEN

## SENIOR MEN

<b>100m</b>	Diane Thorne	12.0	1976	<b>100m</b>	Jamie Henthorn	10.45	1996
<b>200m</b>	Hannah Jones	25.2	2006	<b>200m</b>	Jamie Henthorn	21.12	1997
<b>400m</b>	Anwen Rees	54.50	2005	<b>400m</b>	Roger Barrett	47.5	1984
<b>800m</b>	Katie Parkes	2.11.91	2007	<b>800m</b>	Roger Barrett	1.49.18	1984
<b>1500m</b>	Caryl Jones	4.29.21	2009	<b>1500m</b>	Kyran Roberts	3.45.18	2017
<b>3000m</b>	Caryl Jones	9.42.01	2009	<b>3000m</b>	Dewi Griffiths	8.26.87	2008
<b>5000m</b>	Caryl Jones	17.01.55	2010	<b>5000m</b>	Dewi Griffiths	14.28.42	2010
<b>10000m</b>	Caryl Jones	34.46.07	2009	<b>10000m</b>	Dewi Griffiths	30.30.2	2010
<b>½ Marathon</b>	Caryl Jones	1-16.52	2009	<b>Marathon</b>	Hedydd Davies	2.30.25	1981
<b>Marathon</b>	Caroline Jones	2.58.45	1991	<b>110m Hurdles</b>	James Archampong	14.18	1994
<b>100m Hurdles</b>	Heather Jones	13.65	2005	<b>400m Hurdles</b>	Paul Bennett	54.05	2010
<b>400m Hurdles</b>	Anwen Rees	58.15	2007	<b>3000m S/C</b>	Steve Gibbons	9.23.4	1971
<b>2000m SC</b>	Caryl Jones	6.57.69	2010	<b>High Jump</b>	Kim Harland	2.01	2001
<b>3000m SC</b>	Caryl Jones	10.33.74	2009	<b>Long Jump</b>	Aled Price	7.12	2015
<b>High Jump</b>	Julia Charlton	1.78	1980	<b>Triple Jump</b>	Charles Madeira Cole	15.89	1997
<b>Long Jump</b>	Julia Charlton	5.92	1982	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Triple Jump</b>	Caryl Granville	11.69	2005	<b>Shot</b>	Mathew Evans	14.40	2007
<b>Pole Vault</b>	Jacqui Lloyd	3.00	2002	<b>Discus</b>	Denis Day	42.60	1974
<b>Shot</b>	Delyth Evans	12.28	1983	<b>Javelin</b>	Stuart Loughran	66.33	2007
<b>Discus</b>	Claire Williams	43.15	2011	<b>Hammer</b>	David Procter	42.23	2003
<b>Javelin</b>	Sara Siggery	46.20	2010	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Hammer</b>	Claire Williams	38.61	2006	<b>Shot</b>	Mathew Evans	14.40	2007
<b>Heptathlon</b>	Caryl Granville	4807	2007	<b>Discus</b>	Denis Day	42.60	1974
<b>4 x 100m Relay</b>		52.5	1987	<b>Javelin</b>	Stuart Loughran	66.33	2007
<b>4 x 400m Relay</b>				<b>Hammer</b>	David Procter	42.23	2003



				<b>4 x 100m Relay</b>		43.4	1987/8
				<b>4x400m Relay</b>		3.25.8	1987

#### UNDER 13 BOYS

#### UNDER 15 BOYS

<b>100m</b>	Simon Davies	12.60	1995	<b>100m</b>	Steve Perks	11.2	1972
<b>200m</b>	Matthew Roderick	25.0	1985	<b>200m</b>	Tomas Coleman	23.39	2006
<b>800m</b>	Nikita Neary	2.11.9	2010	<b>300m</b>	Iwan Glynn	37.58	2017
<b>1500m</b>	Frank Morgan	4.33.32	2017	<b>400m</b>	Bruce Tasker	52.51	2002
<b>1000mW</b>	Jordan Richards	6.01.37	2010	<b>800m</b>	Nikita Neary	1.58.65	2012
<b>75m Hurdles</b>	Rhys Webb	12.4	2004	<b>NEW 1500m</b>	<b>Dafydd Jones</b>	<b>4.12.51</b>	<b>2018</b>
<b>Long Jump</b>	Matthew Roderick	5.29	1985	<b>3000m</b>	Dewi Griffiths	9.16.2	2005
<b>High Jump</b>	Aled Rees	1.57	2011	<b>80m Hurdles</b>	Daniel Evans	11.50	2003
Shot	Mathew Evans	14.47	2001		Rhys Webb	11.50	2006
Discus	Mathew Evans	35.35	2001	<b>300m Hurdles</b>	Graham Thomas	42.6	1992
Javelin	Rheon James	41.37	2005	<b>High Jump</b>	Simon Howells	1.83	1989
Quadrathlon	Nikita Neary	1813	2010		Chris Harries	1.83	1996
Pentathlon	Justin Jones	2059	1989	<b>Long Jump</b>	Kueni Igbagiri	6.30	2005
4 x 100m Relay		53.08	1988	<b>Triple Jump</b>	Owen Jones	12.50	2002
					Daniel Davis	12.50	2013
				<b>Pole Vault</b>	Robert Hughes	3.55	1977
				<b>Shot</b>	Mathew Evans	17.36	2003
				<b>Discus</b>	Mathew Evans	47.71	2003
				<b>Javelin</b>	Garth Loughran	55.61	2003
				<b>Hammer</b>	Mathew Evans	52.14	2003
				<b>Pentathlon</b>	Aled Price	2698	2010
				<b>4 x 100m Relay</b>		45.85	1987

Junior club team captain Dafydd Jones had an outstanding breakthrough season beating Dewi Griffiths under 15 club record for the 1500m ( 4.12.51), getting his first full international vest and winning the fastest leg in the Welsh road relays. He has been a core member of the strong under 15 boy's endurance group coached by Carol Jones.



### Under 17 Men

### UNDER 20 MEN

<b>100m</b>	Shaun Pearce	10.73	2013	<b>100m</b>	Jamie Henthorn	10.45	1996
<b>200m</b>	Shaun Pearce	21.62	2013	<b>200m</b>	Jamie Henthorn	21.46	1996
<b>400m</b>	Bruce Tasker	47.85	2004	<b>400m</b>	Bruce Tasker	47.85	2004
<b>800m</b>	Kyran Roberts	1.52.92	2012	<b>800m</b>	Kyran Roberts	1.52.12	2014
<b>1500m</b>	Kyran Roberts	3.53.38	2012	<b>1500</b>	Kyran Roberts	3.46.54	2014
<b>3000m</b>	David Jones	8.40.0	2000	<b>3000m</b>	Dewi Griffiths	8.26.87	2008
<b>5000m</b>	Andres Jones	15.42.8	1993	<b>5000m</b>	Dewi Griffiths	14.28.42	2010
<b>100m Hurdles</b>	Daniel Blain	13.4	2011	<b>10000m</b>	Dewi Griffiths	30.19.37	2010
<b>400m Hurdles</b>	Graham Thomas	55.29	1993	<b>110m Hurdles</b>	James Archampong	14.18	1994
<b>1500m S/C</b>	Ben Thomas	4.22.51	2017	<b>400m Hurdles</b>	Paul Bennett	54.05	2010
<b>High Jump</b>	Kim Harland	1.96	1998	<b>NEW 2000m S/C</b>	<b>Ben Thomas</b>	<b>5.53.47</b>	<b>2018</b>
<b>Long Jump</b>	Kueni Igbagiri	6.85	2007	<b>3000m S/C</b>	Paul Clarke	9.39.74	1999
<b>Triple Jump</b>	Owen Jones	14.39	2004	<b>High Jump</b>	William Edwards	2.10	2017
<b>Pole Vault</b>	Islwyn Rees	4.49	1974	<b>Long Jump</b>	Aled Price	6.97	2014
<b>Shot</b>	Matthew Evans	16.48	2004	<b>Triple Jump</b>	Charles Madeira Cole	14.80	1996

<b>Discus</b>	Joe Worrall	49.87	2017	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Javelin</b>	Jon Llewelyn	63.60	2009	<b>Shot</b>	Mathew Evans	16.26	2007
<b>Hammer</b>	David Procter	50.48	2000	<b>Discus</b>	Mathew Evans	45.58	2007
<b>Octathlon</b>	Aled Price	4887	2011	<b>Javelin</b>	Garth Loughran	63.05	2008
<b>Decathlon</b>	Aled Price	5954	2011	<b>Hammer</b>	David Procter	51.44	2003
<b>4 x 100m Relay</b>		43.3	1977	<b>Decathlon</b>	Aled Price	6457	2014
<b>4 x 400m Relay</b>		3.43.0	1988	<b>4 x 100m Relay</b>		43.4	1970



A great season for Ben Thomas in the steeple chase. This was his first year as an under 20, finishing the season ranked 2<sup>nd</sup> in the UK and setting a club record for the 2000m steeple-chase to go 5<sup>th</sup> on the UK all-time list for the Distance. He finished the season in Hungary with a British vest and ranked the 10<sup>th</sup> best under 18 in Europe! Ben also won the Carmarthenshire junior sports personality of the year. Ben has always been a good club runner but he has come a long way from the 2 min 56 800m he achieved as an under 11 more than 7 years ago!

## WELSH CROSS COUNTRY CHAMPIONSHIPS

### CARMARTHEN HARRIERS TEAMS ROLL OF HONOUR

The under 13 boys took the team title in 2017 with a member of that team, Frank Morgan taking the individual under 13 title this year. Gordon Orme won a championship for the 3<sup>rd</sup> year in a row – this time as a 75 veteran. After excellent performances in the road relays we can be hopeful for medals again next year when strong junior teams will have a home fixture in Pembrey.

### CARMARTHEN HARRIERS GOLD MEDAL WINNING TEAMS

1972	Cwmbran	U15B	Steve Rolfe; Carl Phillips
1990	Colcot Barry	U13G	1 Angharad Howells; 10 Yvonne Evans; 11 Kathryn Jones 17 Angharad Morgan
		U15B	4 David Rowley; 8 Brett Pillinger; 18 David Lewis 19 David O’Gorman
1991	Singleton Park Swansea	U13G	1 Heledd Gruffydd; 3 Yvonne Evans; 7 Elizabeth Jones 8 Kathryn Jones
		U13B	2 Graham Thomas; 5 Sion Meredith; 11 Stuart Roy 28 Jason Morris
		U17W	11 Kay Vobe; 13 Mari Prys Jones; 18 Catrin Jones 25 Sian Jones
1992	Heath Park Cardiff	U13G	1 Heledd Gruffydd; 5 Elizabeth Jones; 9 Catrin Davies 15 Jessica Parry Williams
		U15G	4 Yvonne Evans; 5 Angharad Howells; 14 Angharad Morgan 31 Kathryn Jones
		U15B	1 Alan Jones; 4 Andres Jones; 7 Sion Meredith; 11 Huw Jones
1993	Singleton Park Swansea	U15B	2 Tom Cairns; 6 Gary Edwards; 13 Sion Meredith 24 Hedd ap Hywel
1994	Showground Carmarthen	U15G	1 Heledd Gruffydd; 5 Catrin Davies; 12 Jessica Parry Williams 14 Clare Peck
		U17M	2 Andres Jones; 6 Tom Cairnes; 7 Sion Meredith 13 Gary Edwards
1995	Heath Park Cardiff	U15G	5 Clare Peck; 9 Jessica Parry Williams; 11 Catrin Davies 26 Llinos Phillips
		U17M	3 Sion Meredith; 6 Tom Cairnes; 10 Tobben Tyman 16 Gary Edwards
1998	Newbridge F Bridgend	U13B	1 Charles Harvey; 12 Owen Evans; 25 Owain Williams 26 Thomas Page
		U15B	5 Tony Gregory; 8 Stephen Clarke; 20 Adrian Blowfield 25 Adam Blowfield
1999	Colwyn Bay	U13B	1 Owen Evans; 5 Thomas Page; 14 Elliot Wonfor 15 Matthew McCabe
2000	Heath Park Cardiff	U15B	5 Charles Harvey; 11 Thomas Page; 14 Daniel Evans 17 Leon Trott
		U13B	7 Jack Davey; 13 Keith Davies; 15 Huw Evans 16 Aled Patterson
2001	Heath Park Cardiff	U13B	3 Jack Davey; 7 Jonathon Dowle; 13 Aled Davies 15 Adam Webber
		U15B	2 Daniel Evans; 3 Thomas Page; 4 Mark Wilson 5 Wynne Evans
2002	Clwyd St Asaph	U13G	3 Kayleigh Brown; 10 Caryl Granville; 11 Catrin Vaughan 12 Megan Thomas
		U15B	5 Wynne Evans; 7 Rhys Beynon Thomas; 9 Gareth John 10 Lee Ladd
2003	Newbridge F Bridgend	U13 B	2 Tomas Northcott; 6 Rhodri Bell; 9 Steffan Raw Rees 12 Rhidian Evans
		U13G	3 Kayleigh Brown; 4 Rachel Marfleet; 8 Caryl Granville 13 Ffion John
		U17M	1 Danny Evans; 3 Wynne Evans; 17 Chris Walters 18 Thomas Page
2004	Singleton Park Swansea	U13B	3 Dewi Griffiths; 4 Tomos Northcott; 16 Darren Brown 17 Xien Witt
2005	Leckwith Cardiff	U15G	1 Kayleigh Brown; 2 Rachel Marfleet; 6 Alaw Beynon-Thomas 7 Caryl Granville
		U15B	3 Dewi Griffiths; 5 Richard Stephenson; 8 Daniel Davies 12 Geraint Mansfield
		U13G	4 Catrin Lewis; 5 Angharad Davies; 8 Aneura Phillips 16 Ffion Rees
2006	Pembrey Park Llanelli	U13B	3 Andrew Drakeley; 5 Luke Parker; 14 Joseph Fisher 15 Glen Elsdon
		U15B	1 Dewi Griffiths; 6 Geraint Mansfield; 15 Aled Bowen 20 Xien Witt
		U17/20W	3 Kayleigh Brown; 7 Caryl Jones; 8 Alaw Beynon-Thomas 11 Katie Parkes
2007	Ruthin High School Mold	U15G	6 Aneura Phillips; 11 Catrin Lewis; 12 Angharad Roberts 13 Efa Jones
2008	Singleton Park Swansea	U13B	6 Ronan Llyr; 8 Kyran Roberts; 10 Timmy Jones 11 Christian Lovatt
		U17M	1 Dewi Griffiths; 2 Adam Bitchell; 7 Nicky Morrell 15 Geraint Mansfield
		U17/20W	1 Alaw Beynon-Thomas; 7 Angharad Davies; 8 Aneura Phillips 16 Megan Thomas
2011	Glyndwr Univ Northop	U13B	2 Nikita Neary; 7 Hendrik de Smet; 9 Tom Walters 11 Jordan Richards
		U17M	2 Joshua Griffiths; 5 Lloyd Heckler; 8 Tom Earley 22 Nathan Richards
		U15G	4 Kari O’Neill; 16 Lucy Jones; 17 Megan Thomas 18 Niamh Elain
2013	Glanusk Estate Powys	U15B	3 Nikita Neary; 7 Ashraf Liles; 12 Brychan Williams 18 Aled Phillips
2015	Rhug Estate Corwen	U13B	1 Iwan Glynn; 7 Archi Morgan; 9 Gareth Thompson 11 Tomos Rees
		U17M	4 Ashraf Liles; 8 Ryan Jenkins; 13 Sion Lewis 16 Dwayne Griffiths
2017	Singleton Park	U13B	2 Frank Morgan; 5 Liam Edwards; 6 Dafydd Jones; 22 Morgan Lloyd

## WELSH CROSS COUNTRY CHAMPIONSHIPS

### INDIVIDUALS

Year	Venue	Gold	Silver	Bronze
1959	Cardiff	Dilwyn Griffiths U17M		
1960	Gabalfa Cardiff			Maldwyn Jones U17M
1963	Gilwern	Chris Loosely U17M Fred Bell U20M		
1963	Bridgend			Fred Bell U20M
1972	Cwmbran			Carl Phillips U15B
1973	Blackweir Cardiff	Fred Bell U20M		
1974	Glebelands Newport		Steve Rolfe U17M	
1976	Bridgend	Gillian Irvine U13G		
1977	Singleton Park Swansea			Gillian Irvine U15G
1978	Singleton Park Swansea	Gillian Irvine U15G		
1980	Singleton Park Swansea	Jane Thomas U15G		
1981	Heath Park Cardiff			Jane Thomas U15G
1987	Colcot Barry	Mari Prys Jones U13G	Catrin Jones U13G Nicola Morgan U17W	
1988	Singleton Park Swansea			Vicky Hamer U17W
1989	Heath Park Cardiff		Vicky Hamer U20W	Mari Prys Jones U15G
1990	Colcot Barry	Angharad Howells U13G	Andres Jones U13B	
1991	Singleton Park Swansea	Heledd Gruffydd U13G Angharad Howells U15G	Graham Thomas U13B	Yvonne Evans U13G Andres Jones U15B
1992	Heath Park Cardiff	Heledd Gruffydd U13 G Alan Jones U15B		
1993	Singleton Park Swansea	Heledd Gruffydd U15G	Tom Cairns U15B	
1994	Showground Carmarthen	Heledd Gruffydd U15G	Andres Jones U17M	Gemma Mounsey U13G
1995	Heath Park Cardiff	Andres Jones U20M		Gemma Thomas U13G Sion Meredith U17M
1996	Singleton Park Swansea		Sion Meredith U20M	
1997	Heath Park Cardiff			
1998	Newbridge F Bridgend	Charles Harvey U13B		Sion Meredith U20M
1999	Colwyn Bay	Owen Evans U13B David Jones U15B		
2000	Heath Park Cardiff		David Jones U17M	Claire Evans U17W
2001	Heath Park Cardiff	David Jones U17M	Daniel Evans U15B	Jack Davey U13B Thomas Page U15B
2002	Ysgol Glan Clwyd St Asaph			Kayleigh Brown U13G
2003	Bridgend	Daniel Evans U17M	Tomos Northcott U13B Lee Ladd U15B	Wynne Evans U17M Kayleigh Brown U13G
2004	Singleton Park Swansea		Lee Ladd U17M	Dewi Griffiths U13B Wynne Evans U17M Danny Evans U20M Kayleigh Brown U15G
2005	Leckwith Cardiff	Kayleigh Brown U15G	Wynne Evans U20M	Xien Witt U13B



			Gwynne Bellamy U23M Rachel Marfleet U15G Caryl Jones U20W	Dewi Griffiths U15B
2006	Pembrey Park Llanelli	Dewi Griffiths U15B Angharad Davies U15G	Nick Jones U17M Caryl Jones U20W	Andrew Drakeley U13B Kayleigh Brown U17W
2007	Ruthin High School Mold	Dewi Griffiths U17M Alaw Beynon Thomas U17		
2008	Singleton Park Swansea	Dewi Griffiths U17M Alaw Beynon Thomas U20W	Adam Bitchell U17M	
2009	Showground Builth	Kyran Roberts U13B Caryl Jones U23W	Dewi Griffiths U20M Lee Ladd U23M Alaw Beynon Thomas U20W	Christian Lovatt U13B
2010	Singleton Park Swansea	Christian Lovatt U13B Dewi Griffiths U20M	Lee Ladd U23M Angharad Davies U20W	
2011	Glyndwr University Northop	Rhys Granville U15B	Nikita Neary U13B Joshua Griffiths U17M Alaw Beynon-Thomas U23W	
2012	St Fagans Cardiff		Christian Lovatt U15B Lloyd Heckler U17M Alaw Beynon Thomas U23W	Angharad Davies U23W
2013	Glanusk Estate Powys			Nikita Neary U15B
2014	Dinefwr Park Llandeilo			Christian Lovatt U17M Kari O'Neill U20W
2015	Rhug Estate Corwen	Iwan Glynn U13B		
2016	Singleton Park Swansea	Gordon Orme M70		
2017	Singleton Park Swansea	Gordon Orme M70	Frank Morgan U13B	
<b>2018</b>	<b>Singleton Park Swansea</b>	<b>Frank Morgan U13B; Gordon Orme M75</b>		

## RANKINGS

We have good strength in depth with 10 Athletes from the club ranked as first in Wales and a total of 29 others ranked in the top 10 for at least one other event.

### 2018 Welsh Top 10 Tables:

**Under 13 Girls** - Six Under 13 girls made the top 10 with the sprint pair of Megan securing national sprint medals and Sophia showing particular promise for the future. In the long jump Jess Lee continued to make good progress with Cordelia dominating two of the throws events in Wales.

2	100	Megan Roberts	13.20	Newport	23 June 2018
7	100	Sophia Reid-Thomas	13.58	Neath	13 May 2018
3	200	Megan Roberts	27.35	Newport	24 June 2018
5	1500	Frances Mackie	5.18.07	Newport	23 June 2018
6	LJ	Jessica Lee	4.48	Carmarthen	5 May 2018
9	SP	Elen Williams	7.57	Carmarthen	26 April 2018
2	DT	Cordelia Walker	25.13	Swansea	19 Aug 2018
1	JT	Cordelia Walker	33.26	Carmarthen	26 July 2018

**Under 15 Girls:** 5 under 15 girls made the top 10 with Nia Williams, our junior team captain showing particular promise in the throws. Ellie Loweth competed well in the longer sprints winning her first national medal at the inter Counties final. Daisy Thompson maintain her performance levels as she moved into the older year for under 15's ranking 5<sup>th</sup> and 7<sup>th</sup> in Wales for the middle distance events.

10	200	Ellie Loweth	26.91	Brecon	11 July 2018
6	300	Ellie Loweth	43.01	Cardiff	7 July 2018
5	800	Daisy Thompson	2.19.15	Newport	24 June 2018
7	1500	Daisy Thompson	4.55.71	Cardiff	14 July 2018
3	HJ	Phoebe Davis	1.55	Carmarthen	5 May 2018
2	SP	Nia Williams	10.50	Carmarthen	5 May 2018
3	DT	Nia Williams	27.07	Haverfordwest	12 Aug 2018
9	JT	Abbie Thomas	25.06	Cardiff	7 July 2018

**Under 17 Women:** This was a real breakthrough year for Beca Roberts. Lili Church maintained her number 1 ranking despite injuries. Beca received her first international vest representing Wales in the Triple jump and showing real multi event potential. Dorian their coach and the club look forward to seeing what progress they make over the winter.

10	80H	Beca Roberts	13.0	Swansea	8 April 2018
4	300H	Beca Roberts	47.27	Neath	13 May 2018
1	HJ	Lili Church	1.63	Swansea	10 June 2018
8	HJ	Beca Roberts	1.53	Swansea	9 June 2018
1	TJ	Beca Roberts	10.75	Grangemouth	21 July 2018
3	Hept	Beca Roberts	3562	Street	28 April 2018

**Under 20 Women** There were some stand out performances from international sprinter Alicia Samuel and multi eventer Lauryn Davey.

<b>1</b>	<b>100</b>	<b>Alicia Samuel</b>	<b>12.0</b>	<b>Swansea</b>	<b>8 April 2018</b>
<b>1</b>	<b>200</b>	<b>Alicia Samuel</b>	<b>24.87</b>	<b>Brecon</b>	<b>25 Aug 2018</b>
8	200	Lauryn Davey	26.08	Brecon	25 Aug 2018
3	100H	Lauryn Davey	15.65	Exeter	1 July 2018
2	HJ	Lauryn Davey	1.61	Cardiff	27 May 2018
2	LJ	Lauryn Davey	5.49	Swansea	29 July 2018
6	SP	Lauryn Davey	10.44	Brecon	25 Aug 2018
3	DT	Danielle Jones	34.51	Grangemouth	4 Aug 2018
8	JT	Lauryn Davey	32.09	Swansea	29 July 2018
9	JT	Amy Evans	31.24	Exeter	1 July 2018
2	Hept	Lauryn Davey	4429	Sportcity	5 Aug 2018

**Senior Women** Pole Vaulter Carys Jones finished the season 6<sup>th</sup> overall and the 2<sup>nd</sup> ranked under 23 in Wales

6	PV	Carys Jones	3.30	Grangemouth	7 July 2018
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**Under 13 Boys** Our middle distance boys showed great strength in depth with Macsen Toogood entering the top 10 whilst still an under 11. The talented junior set an under 11 Louise Arthur league record for the 800m. New member Osian Roberts surprised everyone in winning the Welsh championship double over sprint hurdles and high jump. Ranking 1<sup>st</sup> in Wales for both events it will be exciting to see what he can achieve after a winters training.

9	800	Macsen Toogood	2.28.1	Carmarthen	30 May 2018
9	1500	Jack Thomas	5.07.38	Carmarthen	5 May 2018
10	1500	Ifan Bowen	5.09.02	Carmarthen	5 May 2018
<b>1</b>	<b>75H</b>	<b>Osian Roberts</b>	<b>12.9</b>	<b>Haverfordwest</b>	<b>12 Aug 2018</b>
<b>1</b>	<b>HJ</b>	<b>Osian Roberts</b>	<b>1.52</b>	<b>Swansea</b>	<b>19 Aug 2018</b>
9	HJ	Dion James	1.35	Neath	3 June 2018
3	SP	Kasper Krawcewicz	9.39	Haverfordwest	12 Aug 2018

**Under 15 Boys** Morgan Batten was the highest ranked under 15 in Javelin ranking 1<sup>st</sup> in Wales and 24<sup>th</sup> in the UK. Middle distance trio Dafydd Jones, Liam Edwards and Frank Morgan continued good progress with Liam placing a very good 5<sup>th</sup> in the British 1500m final and 5<sup>th</sup> in the British Triathlon championship. Jac Walters joined the club late in the season following an excellent performance in Welsh schools.

10	300	Dafydd Jones	39.40	Neath	3 June 2018
3	800	Dafydd Jones	2.02.70	Newport	1 August 2018
5	800	Liam Edwards	2.05.3	Carmarthen	30 May 2018
2	1500	Dafydd Jones	4.12.51	Cardiff	14 July 2018
4	1500	Liam Edwards	4.17.19	Newport	1 August 2018
6	1500	Frank Morgan	4.25.11	Exeter	28 Aug 2018
4	3000	Frank Morgan	9.25.10	Swansea	25 July 2018
10	80H	Dafydd Waters	12.8	Haverfordwest	12 Aug 2018

3	HJ	Jac Walters	1.72	Swansea	19 Aug 2018
10	SP	Ieuan Phillips	25.88	Swansea	19 Aug 2018
<b>1</b>	<b>JT</b>	<b>Morgan Batten</b>	<b>42.68</b>	<b>Carmarthen</b>	<b>28 June 2018</b>
10	JT	Ryan King	31.01	Carmarthen	26 April 2018

**Under 17 Men** Iwan Glynn continued excellent progress. The former national cross country champion finished the season representing Wales over 400m sprint. Tomos Rees finished the season ranked top in Wales and 9<sup>th</sup> in the UK over the steeplechase. A bronze medal in the Schools international for Wales was one of the highlights of the season for him.

2	400	Iwan Glynn	50.23	Grangemouth	4 August 2018
5	1500	Tomos Rees	4.13.33	Cardiff	27 May 2018
<b>1</b>	<b>1.5K Sc</b>	<b>Tomos Rees</b>	<b>4.35.44</b>	<b>Grangemouth</b>	<b>21 July 2018</b>
4	1.5K Sc	Archi Morgan	4.53.16	Swansea	29 July 2018
9	100H	Rhys Homfrey	15.72	Exeter	1 July 2018

**Under 20 Men** In his first year at under 20 Iestyn was ranked 8<sup>th</sup> overall in Wales, winning international honours and a Welsh Championship.

8	800	Iestyn Williams	1.56.85	Tipton	14 Aug 2018
<b>1</b>	<b>2K Sc</b>	<b>Ben Thomas</b>	<b>5.53.70</b>	<b>Gyor</b>	<b>8 July 2018</b>

### Senior Men

3	110H	Glen Elsdon	14.91	Loughborough	20 May 2018
3	JT	Aaron Morgan	62.13	Leigh	5 May 2018

## 2017/18 Results Listing:

### Saturday 4 November 2017 Welsh cross Country relay championships at Monmouth Show Ground

Carmarthen Harriers won a total of 24 medals

Under 11 girls 1 Carmarthen Harriers 20 points

3 Erin Morgan 6.36; 7 Frances Mackie 6.49; 10 Carys Wood 7.17; 25 Nia Seren Thomas 8.08  
28 Ellie-May John 9.01

Under 11 boys 1 Carmarthen Harriers 8 points; 2 Carmarthen Harriers 31 points

1 Iwan Thomas 6.16; 3 Ifan Bowen 6.29; 4 Liam Upton-Boorman 6.31; 5 Jake Lynock 6.32  
10 Macsen Toogood 6.50; 14 Tygan Davies 7.01; 18 Alex Coles 7.14; 22 Huw Cressy-Rodgers 7.16  
25 James Sloyan 7.27;

Under 13 girls (7<sup>th</sup>) Faye Jones 7.07; Keira Carmody 7.00; Milly John 7.43; Amy Greatrick 7.03

Under 13 boys (first) Iwan Cressy-Rodgers 5.56; Jack Thomas 6.17; Scott Price 6.13; Frank Morgan 5.42  
Frank Morgan ran the fastest lap and Iwan Cressy-Rodgers the second fastest

Under 17 men (second) Iestyn Williams 7.18; Tomos Rees 7.20; Ben Thomas 7.03

Under 17 Women (third) Cerys Davies 9.32; Grace Page 9.15; Non Morgan 9.25

Female 35 (fourth) Elizabeth Tremlett 10.42; Lisa Forrest 13.40; Wendy Price 11.15  
Elizabeth Tremlett ran the second fastest lap

Male 35 (sixth) Jack Tremlett 12.19; Huw Davies 14.52; Dafydd Bowen 14.19; Paul Clarke 12.55

Jack Tremlett ran the second fastest lap

Male 55 Gordon Orme 16.36; Peter Moody 18.08

### **Schools combined events international in Glasgow on Friday 10 November 2017**

Beca Roberts a Year 10 pupil competed for the Welsh schools team and came 12<sup>th</sup> in the under 16 age group

LJ 4.97; 60H 9.97; HJ 1.53; SP 7.86; 800 2.30.82 – 2997 points

### **Welsh inter schools cross country championships at Brecon on Saturday 18 November 2017**

Primary schools races

Y5 girls 6 Nia Seren Thomas 3.51; 8 Ellie - May John 3.55

Y5 boys 1 Carmarthen Harriers 8 points

1 Liam Upton-Boorman 3.16; 2 Aaron Hedd Jones 3.17; 5 James Sloyan 3.29; 8 Alex Coles 3.34

Y6 girls 1 Carmarthen Harriers 8 points

1 Erin Morgan 3.15; 2 Frances Mackie 3.17; 5 Carys Wood 3.34; 6 Bessy Hill 3.40

Y6 Boys 1 Carmarthen Harriers 8 points

1 Ifan Bowen 3.08; 2 Iwan Thomas 3.12; 3 Jake Lynock 3.12

Under 13 girls 11 Amy Greatrick; 33 Keira Carmody

Under 13 boys 1 Frank Morgan; 16 Scott Price; 20 Jack Thomas; 39 Morgan Lloyd; 42 Steffan Davies

Under 15 girls 2 Daisy Thompson; 8 Phoebe Davis; 15 Siwan Jones-Evans

Under 15 boys 10 Liam Edwards; 13 Dafydd Jones; 43 Jac Chapman

Senior Girls 7 Eva Edwards; 10 Ellie Kiff; 15 Cerys Davies; 19 Grace Page

Senior Boys 1 Ben Thomas

### **Masters cross country international in Derry Ireland on Saturday 18 November 2017**

Two Carmarthen Harriers members competed for Wales

Peter Moody was 18<sup>th</sup> in the M70 age group and Gordon Orme was second in the M75 class and won the silver medal

### **Gwent Cross Country League match in Pembrey Country Park on Sunday 3 December 2017**

The third match of the season was organised by Carmarthen Harriers in conjunction with Carmarthenshire County Council



Under 11 boys (first) Ifan Bowen; 2 Iwan Thomas; 4 Jake Lynock; 6 Liam Upton-Boorman; 23 Alex Coles  
25 James Sloyan; 33 Dylan Bevan; 78 Tygan Davies; 82 Rhys Darling

Under 11 girls (first) 2 Erin Morgan; 3 Frances Mackie; 12 Bessy Hill; 13 Carys Wood; 28 Efa Vardill; 30 Nia Seren Thomas 31 Ellie-May John

Under 13 boys 2 Ioan Cressy –Rodgers; 10 Scott Price; 18 Jack Thomas; 53 Rogan Cox

Under 13 girls 14 Faye Jones; 22 Amy Greatrick

Under 15 boys 6 Liam Edwards

Under 15 girls 27 Maddie Morgan; 35 Heledd Jones

Under 17/20 Men (overall positions) 3 Ben Thomas; 8 Thomas Jones; 18 Tomos Rees

Under 17/under 20 Women (overall) 18 Cerys Davies; 24 Grace Page Senior Men (overall positions)

28 Jack Tremlett; 31 Lloyd Heckler; 208 Huw Davies; 211 Vince Bailey; 269 Paul Lynock  
341 Jonathan Cox

**Senior Women (overall positions)** 20 Elizabeth Tremlett; 28 Wendy Price; 53 Louise Jones-Evans; 125 Kayleigh Bradshaw  
126 Gordon Orme (M75); 128 Kate Lynock; 193 Gill Edwards; 206 Lisa Forrest

#### **UK Cross Challenge in Antrim N. Ireland on Saturday 6 January 2018**

Frank Morgan ran an excellent race to win the U13 race.

#### **West Wales indoor championships at Swansea on Saturday 21 January and Sunday 22 January 2018**

Carmarthen Harriers won 11 medals (7 gold, 2 silver, 2 bronze)

##### **Gold**

Elen Williams U13 SP 6.82  
Nia Williams U15 SP 9.27  
Ryan Thomas U17 HJ 1.55  
Beca Roberts U17 HJ 1.50  
Olivia Haines U20 TJ 9.87  
Haydn Davies U20 60 Hds 9.33  
Alicia Samuel U20 60 7.78

##### **Silver**

Megan Roberts U13 60 9.60  
Beca Roberts U17 60Hds 9.60

##### **Bronze**

Sophia Reid-Thomas U13 60 8.69  
Beca Roberts U17 LJ 4.73

Carys Jones U19 female  
Ellie Kiff U19 Female  
Haydn Davies U19 Male  
Dorrien Thomas coach

Nathan Jones volunteer  
Josh Griffiths Senior Male

#### Welsh senior and certain junior championships at NIAC Cardiff on Saturday 27 January 2018

Carmarthen Harriers won five medals ( 1 gold, 1 silver and 3 bronze)

##### **Gold**

Daisy Thompson U15 1500 4.53.61

##### **Silver**

William Edwards SM HJ 1.94

##### **Bronze**

Jack Thomas U13 800 2.29.22

Iestyn Williams U20 800 2.00.46

Alicia Samuel U20 60 7.78

#### Welsh junior athletics championships at NIAC Cardiff on Saturday 10 and Sunday 11 February 2018

Carmarthen Harriers won four medals

##### **Gold**

Daisy Thompson U15 800 2.19.05

Alicia Samuel U20 60 7.77

##### **Silver**

Haydn Davies U20 60H 9.08

Iestyn Williams U20 1500 4.17.05

#### Dyfed secondary schools cross country championships at Dinefwr Park Llandeilo

##### On Tuesday 13 February 2018

**Y7 Girls** 3 Faye Jones; 4 Emma Brazier; 13 Keira Carmody; 14 Jessica Lee; 15 Amy Greatrick  
22 Sophia Reid-Thomas; 24 Megan Roberts

**Y7 Boys** 1 Jack Thomas; 8 Brynmor Peters; 16 Steffan Davies; 20 Rogan Cox

**Y8/9 Girls** 1 Phoebe Davis; 2 Daisy Thompson;

**Y8/9 Boys** 3 Liam Edwards; 4 Frank Morgan; 5 Dafydd Jones; 6 Ioan Cressy- Rodgers; 11 Scott Price

**Y10/11 Girls** 2 Eva Edwards; 4 Siwan Jones-Evans; 8 Maddie Morgan; 11 Emily Shawyer

**Y10/11 Boys** 1 Tomos Rees; 3 Archi Morgan

**Y12/13 Girls** 4 Cerys Davies

**Y12/13 Boys** 1 Thomas Jones; 3 Rhys Davies

#### Welsh cross country championships at Singleton Park Swansea on Saturday 24 February 2018

Carmarthen Harriers won 20 medals (9 gold and 11 silver)

##### **Individual golds**

Erin Morgan U11 girl

Iwan Thomas U11 boy

Frank Morgan U13 boy

Wendy Price F40  
Gordon Orme M75

### **Team Gold**

U11 boys 1 Iwan Thomas (5.03); 4 Ifan Bowen (5.10); 9 Macsen Toogood (5.18); 11 Huw Cressy-Rodgers (5.19)

### **Silver**

#### **U11 Girls**

1 Erin Morgan (5.10); 14 Carys Wood (5.46); 20 Elli-May John (6.04); 22 Bessy Hill (6.11)

#### **Under 13 Boys**

1 Frank Morgan (10.16); 6 Iwan Cressy-Rodgers (10.43); 9 Scott Price (10.59); 26 Jack Thomas (11.41)

### **F40**

2 Wendy Price (25.06); 12 Kate Parker (31.15); 18 Lisa Forest (33.24)

[Fifth and final Gwent cross country League match at Blaise Castle Bristol on Saturday 3 March 2018 was cancelled due to snow](#)

Final results based on the four matches only

### **Individuals**

#### **Novice Boys**

1 Iwan Thomas; 3 Ifan Bowen; 5 Jake Lynock

#### **Over 65 male**

2 Gordon Orme ( 1 Over 75)

#### **Teams**

1 Novice Boys; 3 Novice girls

A total of 65 Carmarthen Harriers members competed in one or more Gwent cross country League match during the season

[Welsh schools cross country championships at Brecon on Wednesday 7 March 2018](#)

Dyfed won the Y7 girls and junior boys team races. The senior girls and senior boys age group teams came third

#### **Overall team result**

1 Cardiff and Vale 107; 2 Eryri 103; 3 Dyfed 98; 4 South East Wales 87; 5 Afan Nedd Tawe 75; 6 Glamorgan Valleys 73; 7 North East Wales 73; 8 Powys 71

#### **Year 7 girls (first)**

2 Chloe Hall (12.05); 13 Faye Jones (12.50); 15 Amy Greatrick (12.55)

#### **Year 7 boys (fourth)**

19 Jack Thomas (11.46); 45 Zach Elvy (12.24); 64 Brynmor Peters (12.58)

#### **Junior Girls (fourth)**

9 Daisy Thompson (15.12); 11 Phoebe Davis (15.29); 53 Tanwen Moon (17.23)

**Junior Boys (first)**

4 Liam Edwards (14.31); 5 Frank Morgan (14.31); 7 Dafydd Jones (14.37)  
22 Ioan Cressy-Rodgers (15.46); 23 Scott Price (15.47)

**Middle Girls (sixth)**

14 Eva Edwards (17.24); 37 Heledd Jones (18.54); 47 Siwan Jones-Evans (19.28)

**Senior Girls (third)**

25 Ellie Kiff (23.16); 26 Dwynwen Davies (23.54); 32 Grace Page (24.54)  
33 Cerys Davies (24.55)

**Senior Boys (third)**

13 Thomas Jones (22.41); 20 Morgan Llewellyn (23.20); 26 Rhys Davies (23.55)

**UK inter county cross country championship at Loughborough on Saturday 10 March 2018**

**U13 Boys** 187 Scott Price; 287 Jack Thomas;

**Senior Ladies** 183 Wendy Price

**Welsh sportshall athletics final in Cwmbran on Sunday 11 March 2018**

**U13 Girls** Thia Davies 10 2 lap; 10 SLJ Jessica Lee 9 2 lap; 9 SP

**U15 Girls** Ellie Loweth 3 2 lap; 10 SB; 11 VJ

**Dyfed primary schools cross country championships at the United Counties Showground Nantyci on Thursday 15 March 2018**

**Year 4 Girls** 13 Nia Seren Thomas

**Year 5 girls** 4 Ella Glynn; 5 Ellie-May John

**Year 5 Boys** 1 Macsen Toogood; 4 Aron Hedd Jones; 6 Liam Upton- Boorman; 8 Alex Coles

**Year 6 Girls** 1 Erin Morgan; 2 Frances Mackie; 5 Carys Wood; 6 Seren Davies; 7 Bessy Hill; 11 Efa Vardill  
12 Fflur Thompson; 15 Mari Collier

**Year 6 Boys** 1 Ifan Bowen; 3 Iwan Thomas; 7 Jake Lynock

**Dyfed v West Glamorgan primary schools match at Swansea on Wednesday 21 March 2018**

Girls Dyfed 21 (1<sup>st</sup>) West Glamorgan 79

1 Erin Morgan; 3 Frances Mackie; 6 Carys Wood; 9 Bessy Hill

Boys Dyfed 21 (1<sup>st</sup>) West Glamorgan 88

1 Ifan Bowen; 2 Macsen Toogood; 6 Jake Lynock; 9 Iwan Thomas

**SIAB schools cross country international match at Wollaton Park Nottingham on Saturday 24 March 2018**

The Welsh schools junior boys team came second with four Dyfed school boys in the scoring team  
Three Carmarthen Harriers members in the Welsh schools junior team

11 Dafydd Jones; 17 Liam Edwards; 23 Frank Morgan

**London mini marathon in London on Sunday 22 April 2018**

Four Carmarthen Harriers members competed for Welsh schools

**Under 13 boys** 41 Ioan Cressy-Rodgers 17.42; Frank Morgan DNF

**Under 15 girls** 44 Daisy Thompson 18.36

**Under 18 Men** 18 Ben Thomas 14.56

### Welsh U17/20/senior league at Cardiff on Sunday 22 April 2018

1 Swansea 1102; 2 Cardiff 923; 3 Brecon 808; 4 Newport 518; 5 Neath 447; 6 Cardiff Archers 424; 7 Pembrokeshire 80; 8 Parc Bryn Bach Running Club 143; 9 Run4All Neath 132; 10 Carmarthen 102; 11 Barry and Vale 76

### Dyfed Relays at Carmarthen on Wednesday 25 April 2018

1 Dyffryn Aman 108; 2 Bro Dinefwr 105; 3 QEH 72; 4 Dyffryn Taf 51; 5 Bro Myrddin 47  
6 Greenhill 39; 7 Maes y Gwendraeth 19; 8 Bro Gwaun 7; 9 St John Lloyd 5; 10 Strade 5

### Endurance meeting at the Cardiff Met Cardiff on Wednesday 25 April 2018

7A U15 1500 Dafydd Jones 4.25.75; 1B U15 1500 Liam Edwards 4.24.29

### Carmarthenshire Primary schools championships at Carmarthen on Wednesday 9 May 2018

**Boys** 800 1 Macsen Toogood 2.32.0; 2 Ifan Bowen 2.34.4; 4 Ifan Thomas 2.40.2; 5 Liam Upton-Boorman 2.42.0; 6 Jake Lynock 2.43.1; 7 James Sloyan 2.49.7. 8 Aron Hedd Jones 2.51.5

HJ 1 Dion James 1.25

**Girls** 100 1 Casi Gregson 14.7 800 1 Frances Mackie 2 Erin Morgan 2.45.1; 3 Bessy Hill 2.49.8; 4 Ellie-May John 3.05.2 7 Ella Glynn 3.12.3; 8 Fflur Thompson 3.14.2; 9 Esme Lynock 3.15.0 LJ 1 Mared Jones 3.08 SP 1 India Skone 6.32

### Grand Prix meeting in Manchester Sports City on Saturday 12 May 2018

Ben Thomas 3<sup>rd</sup> in 2000 steeplechase 5.57.89, a new Carmarthen Harriers record and a qualifying time for the GB team for the European Youth championships in Győr Hungary 5-7 July 2018

### West Wales Championships at Neath on Sunday 13 May 2018

26 Carmarthen Harriers athletes competed 26 medals 15 gold; 7 silver and 4 bronze

#### **Gold**

Beca Roberts U17 300H 47.27  
Jack Thomas U13 800 2.29.53  
Trystan Leech U20 800 2.08.06  
Glen Eldon SM 100 10.89  
Chloe Hale U13 1500 5.28.30  
Frank Morgan U15 1500 4.36.37  
Daisy Thompson U15 1500 4.59.96  
Iestyn Williams U20 1500 4.24.17  
Paul Clarke SM 1500 4.33.51  
Tomos Rees U17 1500 St 4.43.99  
Lili Church U17 HJ 1.55  
Nia Williams U15 SP 10.50  
Morgan Batten U15 JT 41.83  
Cordelia Walker U13 JT 26.62 DT 20.44

#### **Silver**

Sophia Reid-Thomas U13 100 13.58; 200 28.83  
Beca Roberts HJ 1.50  
Iwan Thomas U13 800 2.38.35  
Ellie Loweth U15 300 44.32  
Jessica Lee U13 LJ 4.31  
Kacper Krawcewicz U13 SP 7.32



## **Bronze**

Dafydd Jones U15 800 2.05.26  
Lewis Evans SM 200 28.53  
Jake Lynock U13 1500 5.23.57  
Amy Greatrick U13 1500 5.30.60

## **International match in Loughborough on Sunday 20 May 2018**

Glen Elsdon and Alicia Samuel both competed for the Welsh senior team Glen Elsdon 5 110H 14.91  
Alicia Samuel 2nd 100m 12.26.

## **Welsh Trail Running Festival at Llanellwedd Builth Wells on Saturday 19 May 2018**

Thomas Jones 2<sup>nd</sup> in the 10K race

## **Second Welsh U17/20 and senior league at Neath on Sunday 20 May 2018**

1 Swansea 716; 2 Brecon 622; 3 Cardiff 437; 4 Neath 392; 5 Carmarthen 244; 6 Run4All Neath 226; 7 Pembrokeshire 210; 8 Newport Harriers 150; 9 Cardiff Archers 130; 10 Parc Bryn Bach 18

## **Second Endurance meeting at Carmarthen on Wednesday 30 May 2018**

**800** U11B Macsen Toogood 2.28.1  
U15 B Liam Edwards 2.05.3; Dafydd Waters 2.15.8  
U20M Iestyn Williams 1.56.9; Trystan Leech 2.02.3  
SM Paul Clarke 2.04.0

**1500** U13G Chloe Hale 5.28.2; Amy Greatrick 5.35.3  
U13B Jack Thomas 5.10.3; Scott Price 5.16.9  
U15B Dafydd Jones 5.18.8

## **Second Louise Arthur League match in Neath on Sunday 3 June 2018**

1 Swansea 1317; 2 Carmarthen 1076; 3 Pembrokeshire 868; 4 Bridgend 797; 5 Brecon 720; 6 Neath 699; 7 Pontyclun 428; 8 Barry and Vale 425; 9 Llanelli 417

## **Dyfed primary schools championships in Carmarthen on Wednesday 6 June 2018**

**Girls** 100 1 Casi Gregson 14.6; 5 Beatrice Morgan 15.4  
800 2 Erin Morgan 2.42.1; 3 Frances Mackie 2.42.2; 4 Bessy Hill; 6 Ellie May John 3.02.1  
7 Fflur Thompson; 11 Sofia-Mai Davies 3.11.6; 13 Nia Seren Thomas 3.16.8  
LJ 1 Mared Jones 3.55; 6 Louis Thomas 2.80  
SP 1 India Skone 6.48

**Boys** 100 2 Tomos Williams 14.3  
70H 1 Tomos Lewis 13.4  
800 1 Ifan Bowen 2.30.8; 2 Macsen Toogood 2.30.8; 3 Liam Upton-Boorman 2.31.1  
9 Jake Lynock 2.46.1  
LJ 4 James Sloyan 3.80; ; 6 Finn Best 3.42  
HJ 1 Dion James 1.35

## **Welsh schools and Welsh Athletics combined events in Swansea on Saturday 9 June 2018**

Osian Roberts won silver medal in the Welsh Athletics U13 combined events championship

**U11 boys run ,jump, throw** 7 Tom Williams 11.1 75; 2.86 LJ; 3.89 SP (1158 points)  
9 William Coles 12.0 75; 3.16 LJ; 4.08 SP (1112 points)  
12 Alexander Coles 12.2 75; 2.61 LJ; 4.79 SP (964 points)

**U11 girls run, jump, throw** 19 Ellie- May John 12.15 75; 3.31 SP; 2.15 LJ (758 points)

**U13 girls Welsh CE championship** 11 Jessica Lee 6.69 SP; 12.98 70H; 3.94 LJ; 2.58.88 800 (1465 points)  
15 Faye Jones 5.32 SP; 14.46 70H; 4.04 LJ; 2.48.44 800 (1387 points)

20 Frances Mackie 5.41 SP; 16.31 70H; 3.27 LJ; 2.39.11 800 (1212 points)

**U13 boys Welsh CE championship** 2 Osian Roberts 6.25 SP; 13.4 75H; 3.80 LJ; 2.44.79 800 (1054 points)  
4 Jack Thomas 4.95 SP; 16.7 75H; 3.92 LJ ; 2.28.60 800 (924 points)

**U17 girls Welsh schools combined events championship** 5 Beca Roberts 1.53 HJ; 13.13 80H; 4.73 LJ;  
7.80 SP; 2.39.17 800 (2802 points)

**Third Welsh U17/20/senior league at Swansea on Sunday 10 June 2018** 1 Swansea 998; 2 Cardiff 777; 3 Brecon; 4 Pembrokeshire 292; 5 Neath 243; 6 Cardiff Archers 230; 7 Carmarthen 184; 8Newport 143; 9 Run4All Neath 56

**AAA U20 championships in Bedford on Sunday 17 June 2018**

Ben Thomas won the U18 2000m steeplechase trial race in 5.59.70 and gained selection to compete for Great Britain in the European U18 championships in Győr Hungary (5-7 July 2018)

**Dyfed secondary schools championships in Carmarthen on Friday 15 June and Saturday 16 June 2018**

**Y7 Girls** 100 2 Megan Roberts 14.3;  
100 3 Keira Carmody 100 14.3  
JT 1 Cordelia Walker 30.40 (NR)  
DT 1 Elin Williams 15.79  
200 2 Megan Roberts 28.1  
1500 2 Chloe Hale 5.28.6

**Y8 Girls** 100 3 Zara Evans 14.0  
Lj 2 Zara Evans 4.34

**Y9 Girls** 75H 1 Sadie-May Mason 13.0  
300 1 Ellie Loweth 300 45.1  
800 1 Daisy Thompson 800 2.26.9  
SP 1 Nia Williams SP 9.93  
DT 2 Nia Williams 22.21  
100 2 Sadie=May Mason 14.2  
Lj 1 Ellie Loweth 4.64

**Middle Girls** 300H 3 Beca Roberts 50.6  
Jt 2 Lili Church 23.76  
HJ 1 Lili Church  
TJ 1 Beca Roberts 10.75  
TJ 2 Maddie Morgan 8.74

**Senior Girls** 100 1 Alicia Samuel 12 .1 (NR)

**Y7 Boys** 75H 1 Osian Roberts 13.7  
800 1 Jack Thomas 800 2.31.0  
HJ 1 Osian Roberts 1.42  
1500 3 Zac Elvey 5.16.5

**Y8 Boys** 300 3 Ioan Collier 44.4  
SP 3 Josh Morse 9.63  
1500 1 Frank Morgan 4.27.7 (NR)

**Y 9 Boys** 80H 1 Dafydd Waters 13.5  
800 1 Dafydd Jones 800 2.06.4  
100 1 Iestyn Gwilliam 12.3  
1500 1 Liam Edwards 4.23.3  
TJ 3 Liam Edwards 10.70

**Middle Boys** 100H 2 Rhys Homphrey 16.0  
400 1 Iwan Glynn 54.2  
HJ 1 Ryan Thomas 1.60  
1500 Sc 1 Tomos Rees 4.46.1

**Senior Boys** 1500 1 Rhys Davies 4.42.1

Frank Morgan and Alicia Samuel awarded the Frank Davies Memorial award for the best performances at the Dyfed championships

#### **Dyfed Schools NASUWT Cup Final at Carmarthen on Wednesday 20 June 2018**

JG 2 Queen Elizabeth; 3 Bro Myrddin  
JB 1 Dyffryn Taf; 5 Dyffryn Aman  
MG 1 Queen Elizabeth; 4 Bro Dinefwr  
MB 1 Bro Myrddin; 4 Maes y Gwendraeth

#### **Welsh junior athletics championships at Newport on Saturday 23 June and Sunday 24 June 2018**

A total of 17 medals won ( 7 gold, 5 silver and 5 bronze)

##### **Gold**

U13 Cordelia Walker JT 32.16  
U13 Osian Roberts HJ 1.45  
U13 Osian Roberts 75H 13.30  
U17 Beca Roberts TJ 10.74  
U17 Lili Church HJ 1.55  
U20 Alicia Samuel 100 12.25  
U20 Iestyn Williams 800 1.57.92

##### **Silver**

Megan Roberts U13 100 13.20  
Dafydd Jones U15 800 2.03.68  
Lauren Davey U20 HJ 1.50  
Lauren Davey U20 LJ 5.18  
Iwan Glynn U17 400 51.30

##### **Bronze**

U13 Kasper Krawcewicz SP 8.39  
U13 Frances Mackie 1500 5.18.07  
U13 Megan Roberts 200 27.64  
U13 Ifan Bowen 1500 5.10.55  
U15 Daisy Thompson 800 2.19.15

#### **Third Louise Arthur League match in Brecon on Saturday 30 June 2018**

1 Swansea 1383; 2 Carmarthen 989; 3 Brecon 851; 4 Pembrokeshire 838; 5 Bridgend 744; 6 Pontyclun 476; 7 Llanelli 415; 8 Barry and Vale 406

#### **European Under 18 Championships in Gyor Hungary 5-7 July 2018**

Carmarthen Harrier Ben Thomas competing for Great Britain finished 8<sup>th</sup> in the heat of the 2000m steeplechase (recovering well from being pushed as he approached a barrier) in a time of 6.01.47 on Friday 6 July 2018 and qualified as one of the fastest losers for the final

In the final he finished 9<sup>th</sup> in a new Carmarthen Harriers record with a time of 5.53.47

#### **Welsh schools athletics championships in Cardiff on Saturday 7 July 2018**

In Cardiff on Saturday 7 July 2018 75 Dyfed school athletes made the long journey to compete in Cardiff. This year Dyfed was competing against a very strong and talented Cardiff and Vale schools team (on home ground) and Afan Nedd Tawe. Dyfed won three age group trophies (junior girls, middle boys and senior girls) and

finished a very close third to Cardiff and Vale and Afan Nedd Tawe in the inter district inter District Team competition.

1 Cardiff and Vale 578; 2 Afan Nedd Tawe 558; 3 Dyfed 542; 4 Glamorgan Valleys 373; 5 South East Wales 341; 6 Eryri 314; 7 Powys 238; 8 North East Wales 227

At individual level Dyfed athletes won a total of 69 medals, 28 gold, 28 silver and 11 bronze

#### Junior Girls (First)

1 Dyfed 93; 2 Cardiff and Vale 92; 3 Eryri 72; 4 South East Wales 72; 5 Afan Nedd Tawe 70; 6 Glamorgan Valleys 58; 7 North east Wales 53; 8 Powys 29

#### **Gold**

Nia Williams SP 10.22

4a100 relay Phoebe Davis , Thia Davies , Zara Evans , Ella Wintle Preseli 50.89

#### **Silver**

Daisy Thompson 2.21.98

Phoebe Davis HJ 1.50

#### **Bronze**

Ellie Loweth 300 43.01

Sadie-May Mason 75H 12.21

Phoebe Davis 1500 5.05.24

4 Abbie Thomas JT 25.06

6 Ellie Loweth LJ 4.11

7 Nia Williams HT 14.57

#### Middle Girls (fourth)

1 Afan Nedd Tawe 111; 2 Cardiff and Vale 108; 3 South East Wales 86 4 Dyfed 84; 5 North East Wales 68; 6 Glamorgan Valleys 65; 7 Eryri 58; Powys 36

#### **Gold**

Beca Roberts TJ 10.65

#### **Silver**

Lili Church HJ 1.58

4 Lili Church JT 31.86

#### Senior Girls (first)

**1 Dyfed 100; 2 Afan Nedd Tawe 80; 3 Glamorgan Valleys; 4 Cardiff and Vale 70; 5 Powys 40; 6 South East Wales 38; 7 Eryri 23; 8 North East Wales 15**

#### **Gold**

Alicia Samuel 100 12.24

Alicia Samuel 200 25.65

Danielle Jones DT 33.28

4x100 Relay Alicia Samuel 54.06

#### **Silver**

Cerys Davies 3000 13.58.90

#### **Bronze**

Danielle Jones SP 8.48

4 Non Morgan 400 72.34  
5 Amy Evans JT 28.79  
5 Amy Evans HT 16.24  
6 Non Morgan 800 2.55.66

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

**1 Afan Nedd Tawe 99; 2 Cardiff and Vale 92; 3 Dyfed 78; 4 Eryri 74; 5 South East Wales 58; 6 Glamorgan Valleys 54; 7 Powys 53; 8 North East Wales 34**

### **Gold**

Jac Walters HJ 1.71

### **Silver**

Dafydd Jones 800 2.04.39  
Morgan Batten JT 40.33  
4 Iestyn Gwilliam 100 11.94  
4 Dafydd Waters 75H 12.96

### **Middle Boys (First)**

**1 Dyfed 101; 2 Cardiff and Vale 96; 3 Afan Nedd Tawe 81; 4 Glamorgan Valleys 78; 5 Eryri 74; 6 South East Wales 68; 7 Powys 57; 8 North East Wales 47**

### **Gold**

Tomos Rees 1500 steeplechase 4.40.71

### **Silver**

Iwan Glynn 400 51.22

### **Senior Boys (Third)**

**1 Cardiff and Vale 118; 2 Afan Nedd Tawe 117; 3 Dyfed 96; 4 Glamorgan Valleys 47; 5 Eryri 45  
6 Powys 23; 7 South East Wales 19; 8 North East Wales 10**

### **Silver**

Trystan Leech 400 52.83  
Iestyn Williams **800 1.57.30**

6 Rhys Davies 3000 10.51.07  
8 Rhys Davies 1500 4.51.80

### **Welsh schools NASUWT Cup and Plate Final in Brecon on Wednesday 11 July 2018**

U 14B Cup 5 Dyffryn Taf; Plate 3 Preseli  
U14G Cup 1 Preseli Plate 3 Queen Elizabeth  
U16G Cup 4 Queen Elizabeth Plate 6 STP  
U16 B Cup 2 Bro Myrddin Plate 2 STP

### **Welsh Senior championships in Cardiff on Friday 13 July and Saturday 14 July 2018**

### **Carmarthen Harriers members won six medals, 5 silver and 1 bronze**

### **Silver**

Nia Williams U15 SP 9.67  
Morgan Batten U15 JT 39.17  
Dafydd Jones U15 1500 4.12.51 (new Harriers record)  
Lili Church SW HJ 1.62  
Carys Jones SW PV 3.15



**Bronze**

Daisy Thompson U15 1500 4.55.71

**West Glamorgan v Dyfed Primary schools match in Swansea on Wednesday 18 July 2018**

1 Dyfed 154; 2 West Glamorgan 133

**Boys**

100 2 Tom Williams 13.7

70H 2 Tomos Lewis

800 1 Macsen Toogood 2.26.8; 3 Liam Upton-Boorman 2.33.7; 4 Ifan Bowen 2.39.3

HJ 1 Dion James 1.40

**Girls**

100 1 Casi Gregson 13.9; 2 Elli Mai Williams 14.0

800 3 Erin Morgan 2.47.0; 7 Ellie-May John 2.56.7

LJ 4 Mared James 3.56

SP 3 India Skone 6.55

**SIAB Schools international match in Grangemouth Scotland on Saturday 21 July 2018**

Four Carmarthen Harriers members competed for the Welsh schools

3 Tomos Rees 1500 steeple chase 4.35.44

7 Lili Church HJ 1.61

7 Beca Roberts TJ 10.75

8 Iwan Glynn 400 51.13 and 4 4x400

Delyth Brown was the endurance coach

**Welsh U15 3000m championship at Swansea on Wednesday 25 July 2018**

3 Frank Morgan 9.25.10

**Inter Area U20 international at Swansea on Wednesday 25 July 2018**

Iestyn Williams competing for Welsh schools finished 6<sup>th</sup> in the 800 in 1.58.17

**Louise Arthur League match in Swansea on Saturday 28 July 2018**

Match was cancelled at 2.30pm due to the bad weather

**Scores**

1 Swansea 749; 2 Carmarthen 599; 3 Pembrokeshire 457; 4 Bridgend 349; 5 Brecon 253

6 Llanelli 248; 7 Barry and Vale 205; 8 Neath 178; 9 Pontyclun 126

**Celtic Games in Grangemouth Scotland on Saturday 4 August 2018**

Seven Carmarthen Harriers members competed for Wales in the U18 team

1 Alicia Samuel 100 (12.11) and Relay (1)

2 Ben Thomas 2000 steeplechase 6.14.56

2 Danielle Jones DT 34.51

3 Iwan Glynn invitation 400 50.23

4 Iestyn Williams 800 2.00.83

4 Lili Church HJ 1.56

4 Beca Roberts TJ 10.80

Delyth Brown was an endurance coach with the team

**Combined events international in Sports City Manchester Saturday 4 August and Sunday 5 August 2018**

Lauryn Davey competed for Wales in the international and finished 7<sup>th</sup> with a score of 4429 points. She recorded several personal bests

HJ 1.56; 100 hds 16.02; SP 10.42; 200 26.50; LJ 5.38; JT 27.69; 800 2.36.07

**Gerald Codd match in Haverfordwest on Sunday 12 August 2018**

Carmarthen Harriers finished third to Pembrokeshire Harriers and Swansea Harriers

1 Pembrokeshire 778; 2 Swansea 772; 3 Carmarthen 659; 4 Neath 360; 5 Llanelli 311; 6 Bridgend 225

**Welsh Under 15 Cup Final in Swansea on Sunday 19 August 2018**

1 Swansea 1070; 2 Cardiff Archers 1060; 3 Cardiff 937; 4 Newport 884; 5 Carmarthen 826

6 Pembrokeshire 618; 7 Bridgend 442; 8 Rhymney Valley 441

**UNDER 11 GIRLS (fourth)**

1 Cardiff 211; 2 Swansea 207; 3 Cardiff Archers 185; 4 Carmarthen 169; 5 Newport 161

6 Pembrokeshire 98; 7 Rhymney Valley; 8 Bridgend 65

75	2A	Casi Gregson	11.28
75	1B	Beatrice Morgan	11.68
150	2A	Casi Gregson	22.16
150	1B	Beatrice Morgan	23.43
800	3A	Ellie-May John	2.56.27
800	4B	Sofia-Mai Davies	3.06.09
<b>LJ</b>	<b>1A</b>	<b>Beatrice Morgan</b>	<b>3.61</b>
LJ	4B	Sofia- Mai Davies	2.79
SP	6A	Luisa Reid-Thomas	4.80
SP	3B	Ellie –May John	4.73
JT	8A	Nia Seren Thomas	7.04
JT	-		
Relay	3	C Gregson; B Morgan	61.34
		S-M Davies; M Morgan	

**Under 13 Girls (third )**

1 Cardiff Archers 233; 2 Swansea 189; 3 Carmarthen 170; 4 Newport 136; 5 Pembrokeshire 129

6 Bridgend 111; 7 Cardiff 110; 8 Rhymney Valley 92

100	5A	Megan Roberts	14.10
100	4B	Sophia Reid-Thomas	14.08
200	3A	Sophia Reid-Thomas	28.58
200	2B	Jessica Lee	28.75
800	5A	Amy Greatrick	2.46.37
800	3B	Bessy Hill	2.56.81
<b>1500</b>	<b>1A</b>	<b>Chloe Hale</b>	<b>5.22.47</b>
1500	-		
70H	-		
70H	-		
1K Walk	7A	Milly John	7.29.87
1K Walk	4B	Mati Morgan	7.29.88
HJ	4A	Bessy Hill	1.25
HJ	-		
LJ	3A	Jessica Lee	4.32
LJ	3B	Megan Roberts	3.53
SP	3A	Elen Williams	7.16

SP	3B	Jessica Lee	6.16
DT	1B	Elen Williams	15.79
DT	2A	Cordelia Walker	25.13
<b>JT</b>	<b>1A</b>	<b>Cordelia Walker</b>	<b>33.19</b>
JT	4B	Mati Morgan	10.29
Relay	4	C Hale; M Roberts	57.26
		J Lee; S R-Thomas	

#### Under 15 Girls (sixth)

**1 Cardiff Archers 267; 2 Cardiff 227; 3 Newport 223; 4 Swansea 223; 5 Bridgend 114  
6 Carmarthen 105; 7 Pembrokeshire; 8 Rhymney Valley 36**

100	5A	Zara Evans	13.93
100	3B	Thaia Davies	13.97
200	6A	Zara Evans	29.30
200	6B	Bethany Davies	30.31
300	5A	Hafwen Addis	48.82
300	-		
800	-		
800	-	-	
1500	-		
1500	-		
75H	-		
75H	-		
1KWalk	4A	Hafwen Addis	8.02.34
1KWalk	-		
HJ	3A	Rosie McGarth	1.35
HJ	-		
LJ	2A	Zara Evans	4.67
LJ	3B	Bethany Davies	4.28
PV	-		
PV	-		
<b>SP</b>	<b>1A</b>	<b>Nia Williams</b>	<b>9.99</b>
SP	5B	Hafwen Addis	5.39
DT	6A	Nia Williams	16.48
DT	-		
HT	-		
HT	-		
JT	-		
JT	-		
Relay	6	Z Evans; H Addis	56.34
		B Davies	

#### Under 11 Boys (second )

**1 Newport 140; 2 Carmarthen 132; 3 Swansea 87; 4 Cardiff 81; 5 Cardiff Archers 77  
6 Rhymney Valley 74; 7 Pembrokeshire 66; 8 Bridgend 38**

75	2A	Tom Williams	10.97
75	5B	James Sloyan	12.07
150	2A	Tom Williams	22.31
150	4B	Cai Allen	23.73
800	2A	Macsén Toogood	2.32.64
800	1B	Liam Upton-Boorman	2.39.44
LJ	2A	Cai Allen	3.66
LJ	1B	James Sloyan	
SP	4A	James Sloyan	5.83
SP	5B	Liam Upton-Boorman	3.89
<b>JT</b>	<b>1A</b>	<b>Liam Upton-Boorman</b>	<b>19.37</b>

JT	2B	Cai Allen	13.04
Relay	2	T Williams; C Allen	59.17
		J Sloyan; M Toogood	

#### Under 13 Boys (fourth )

**1 Cardiff 211; 2 Swansea 207; 3 Cardiff Archers 188; 4 Carmarthen 169; 5 Newport 161  
6 Pembrokeshire 98; 7 Rhymney Valley 78; 8 Bridgend 65**

100	6A	Owain Hari-Davies	15.02
100	6B	Tygan Davies	15.42
200	5A	Owain Hari-Davies	30.89
200	3B	Ellis Caddick	30.44
800	3A	Jack Thomas	2.31.32
800	3B	Rogan Cox	2.32.58
1500	5A	Steffan Davies	5.19.90
1500	1B	Ellis Caddick	5.27.95
<b>75H</b>	<b>1A</b>	<b>Osian Roberts</b>	<b>13.17</b>
75H	2B	Rogan Cox	15.43
1K Walk	4A	Kasper Krawcewicz	8.02.34
1K Walk	-		
<b>HJ</b>	<b>1A</b>	<b>Osian Roberts</b>	<b>1.52</b>
HJ	4B	Ellis Caddick	1.15
LJ	6A	Owen-Hari Davies	3.94
Lj	4B	Jack Thomas	3.42
SP	2A	Kasper Krawcewicz	9.23
SP	4B	Tygan Davies	5.34
DT	5A	Samrat Ghosh	14.37
DT	5B	Steffan Davies	10.28
JT	7A	Jack Thomas	18.41
JT	5B	Rogan Cox	13.60
Relay	5	O H-Davies; J Thomas	58.63
		E Cuddick; T Davies	

#### Under 15 Boys (fifth )

**1 Swansea 239; 2 Cardiff 222; 3 Pembrokeshire 184; 4 Cardiff Archers 182; 5 Carmarthen 136  
6 Newport 122; 7 Rhymney Valley 87; 8 Bridgend 69**

100	8A	Jac Walters	12.77
100	-		
200	8A	Liam Edwards	27.11
200	8B	Ieuan Phillips	30.39
300	3A	Dafydd Jones	40.57
300	4B	Frank Morgan	45.05
800	3A	Dafydd Jones	2.07.63
800	1B	Liam Edwards	2.06.68
1500	2A	Frank Morgan	4.25.78
1500	-		
80H	5A	Ieuan Phillips	19.75
80H	-		
1K Walk	-		
1K Walk	-		
<b>HJ</b>	<b>1A</b>	<b>Jac Walters</b>	<b>1.72</b>
HJ	-		
LJ	5A	Liam Edwards	4.44
LJ	2B	Jac Walters	4.43
PV	-		
PV	-		
SP	4A	Joshua Morse	9.48

SP	-		
DT	4A	Ieuan Phillips	25.88
DT	2B	Joshua Morse	22.17
HT	5A	Ieuan Phillips	19.75
HT	-		
JT	3A	Dafydd Jones	29.24
JT	-		
Relay	8	F Morgan; L Edwards	52.71
		L Edwards; J Walters	

#### **Past record**

2014 5th in Brecon 879 points

2015 5th in Newport 701 points

2016 5<sup>th</sup> in Newport 606 points

2017 8<sup>th</sup> in Newport 402 points

#### **Welsh inter regional championship at Brecon on Saturday 25 August 2018**

West Wales won the overall Welsh inter district team title for the 18<sup>th</sup> time in the last 20 Years (before 1997 it was an inter district competition with Dyfed winning on many occasions)

**1 West Wales 904; 2 North Wales 754; 3 South Wales 736; 4 East Wales 704**

**At Brecon this year West Wales won all seven trophies**

Nia Williams U15 girls captain U20 and Senior Women Lauryn Davey Carmarthen

There were 12 Carmarthen Harriers members in the West Wales team of 120

Carmarthen Harriers members won a total of 19 medals (11 gold, 3 silver and 5 bronze)

#### **Gold**

Alicia Samuel 100 (11.89); 200 (24.87) and Relay (52.54)

Lauryn Davey SW 100H (15.89); SW SP (10.44); and Relay (52.54)

Dafydd Waters U15 1K walk (6.06.42)

Jac Walters U15 HJ 1.70

Archi Morgan U17 1500 steeplechase 4.59.64

Danielle Jones SW DT 32.60

Lewis Evans SM relay 45.38

#### **Silver**

Nia Williams U15 SP (10.33); U15 DT (25.41)

Lewis Evans SM 100 11.15

#### **Bronze**

Ellie Loweth U15 200 27.16; 300 45.30 and Relay

Sadie-May Mason U15 75H 12.40

Lauryn Davey SW 200 (26.08)

Danielle Jones SW SP 8.75

Lili Church 4<sup>th</sup> U17HJ1.50; 7<sup>th</sup> JT 27.18

Zara Evans 5<sup>th</sup> U15 LF 4.50

#### **AAA of England U15 and U17 championships in Bedford Saturday 25 August and Sunday 26 August 2018**

U15 Boys 1500 5 Liam Edwards 4.23.11; 10 Dafydd Jones 4.28.17

### Swansea Bay Road Races on Sunday 15 September 2018

**3K Boys** 1 Dafydd Jones 9.37; 2 Frank Morgan 9.39; 4 Iwan Thomas 11.00; 5 Steffan Davies 11.16

**3K Girls** 6 Amy Greatrick 12.01; 9 Carys Wood 12.45

### Welsh Road Relays Championships at Pembrey Country Park on Saturday 22 September 2018

#### **Gold medal winning teams**

##### **U11 Boys road race**

1 Macsen Toogood 5.06; 3 Liam Upton-Boorman 5.18; 4 James Sloyan 5.24

##### **U11 Girls road race**

5 Jessica Norman 6.01; 7 Ellie-May John 6.04; 9 Martha Morgan 6.13

##### **U13 Boys road relay**

Jake Lynock 6.15; Iwan Thomas 6.17; Ifan Bowen 6.11; Jack Thomas 6.16

Ifan Bowen 4<sup>th</sup> fastest and Jake Lynock 6<sup>th</sup> fastest

##### **U15 Boys Relay**

Dafydd Jones 10.06; Frank Morgan 10.25; Liam Edwards 10.14

Dafydd Jones had the fastest lap, Liam Edwards third fastest and Frank Morgan fifth fastest

#### **Silver medal winning teams**

##### **U11 Boys road race**

7 Alex Coles 5.26; 8 Daniel Warrender 5.28; 14 Tristan Warrender 5.43

##### **U13 Girls**

Frances Mackie 6.24, Carys Wood 7.05; Amy Greatrick 6.48; Chloe Hale 6.29

Frances Mackie 2<sup>nd</sup> fastest and Chloe Hale 4<sup>th</sup> fastest

#### **Bronze medal winning team**

**U13 Boys** Rogan Cox 6.19; Zach Elvey 6.38; Ellis Caddick 6.36; Steffan Davies 6.26

##### **F35 Ladies**

Wendy Price 22.18, Kate Parker 26.25, Liz Tremlett 21.36

##### **M35**

8<sup>th</sup> Jack Tremlett 18.57; Dafydd Bowen 23.59; Jamie Best 21.24

13<sup>th</sup> Jonny Cox 24.04; Edward Morgan 27.48; David Toogood 23.02

Jack Tremlett ran the fastest lap

##### **M45 (only 2 runners)**

13 Jake Morgan 22.59; 25 Paul Lynock 24.02

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Our Junior teams dominated the Welsh relays in Pembrey this year. Overall the club took home 29 medals!

#### CLUB INTERNATIONAL AND SPECIAL AWARDS 2017/18

Beca Roberts	Welsh Champion and International
Wendy Price	Welsh Champion
Nia Williams	Welsh Champion
Jac Walters	Welsh Champion
Dafydd Waters	Welsh Champion
Archi Morgan	Welsh Champion
Jack Tremlett	Welsh Champion
Cordelia Walker	Welsh Champion
Osian Roberts	Welsh Champion

NAME	AWARD
Frank Morgan	Welsh Champion & International Repeat Award
Ben Thomas	Welsh Champion & International Repeat Award
Gordon Orme	Welsh Champion & International Repeat Award



Alicia Samuel	Welsh Champion & International Repeat Award
Daisy Thompson	Welsh Champion & International Repeat Award
Lili Church	Welsh Champion & International Repeat Award
Iestyn Williams	Welsh Champion & International Repeat Award
Danielle Jones	Welsh Champion & International Repeat Award
Tomos Rees	Welsh Champion & International Repeat Award
Lauryn Davey	Welsh Champion & International Repeat Award
Dafydd Jones	Welsh Champion & International Repeat Award

NAME	AWARD
Peter Moody	Welsh international
Liam Edwards	Welsh international
Iwan Glynn	Welsh international
Glen Elsdon	Welsh international
Ioan Cressy-Rogers	Welsh International

NAME	AWARD
Ioan Cressey-Rodgers	Xc relay Welsh champs
Jack Thomas	Xc relay Welsh champs
Scott Price	Xc relay Welsh champs
Frank Morgan	Xc relay Welsh champs U13

NAME	AWARD
Ifan Bowen	Welsh Rd Relays Welsh champions U13
Jake Lynock	Welsh Rd Relays Welsh champions U13
Iwan Thomas	Welsh Rd Relays Welsh champions U13
Jack Thomas	Welsh Rd Relays Welsh champions U13

NAME	AWARD
Frank Morgan	Welsh Rd Relays Welsh Champions U15
Liam Edwards	Welsh Rd Relays Welsh Champions U15
Dafydd Jones	Welsh Rd Relays Welsh Champions U15

NAME	AWARD
Morgan Batten	2018 Richard Wyer Memorial throws award
Sadie-May Mason	2018 Ossie Morgan Memorial Hurdles award
Alicia Samuel	Ernie Jones memorial Award
Ben Thomas	J Eirwyn Walters memorial award
Hedydd Davies	RB Evans award
Dafydd Jones & Nia Williams	Junior Club captain
Emily Sawyer	Special award