

# **Adroddiad Blynyddol 2018/19 Clwb Athletau Harriers Caerfyrddin**

## **2018/19 Carmarthen Harriers Annual Report**



## W elcome to the 2018 Annual Report.

It has been a good year for the club with membership growing slightly and good performances in our core junior competitions. The club has real strength in depth across events with 33 individuals achieving a top 10 Welsh ranking up from only 20 last year. Four of our athletes ranked in the UK 's top 10. Progress and ambition in our athletes were demonstrated when 6 qualified to make the trip to compete in Bedford at the England/British championships returning with two medals. In addition we are delighted that 7 new club records were set this year , two of which date back to the 1970's. To be the best ever in the club at an event is a significant achievement.

In team events the club performed well coming second behind Swansea in the Louise Arthur League and equalling our best result in the cup final of the last 5 years with a creditable 5<sup>th</sup>.



The club was 3<sup>rd</sup> in the Gerald Codd competition, won 2 Gwent League age groups and a number of team medals in the Welsh Cross Country Championships and the Welsh National Road Relays. This success has led us to win the award for **National Junior Off-track Club of the Year**. This is a fitting reward for hard work by the coaches and young endurance athletes.

Developing athletes in the more technical events will be the key to improving this team performance. As a club we are committed to keeping athlete to coach ratios as low as possible with an emphasis on quality coaching and sessions rather than numbers to fill events regardless of athlete experience. Many of our junior athletes need to specialise less and develop a wider range of skills and confidence across events. Some see themselves as 'sprinters' or 'endurance runners' when in reality their aptitude may change as they physically develop. We have a number of athletes achieving international success in jumps and sprints who came to the club as cross-country runners. Our guests tonight are examples to all athletes of event versatility delivering success at an international level.

Behind the scenes we continue to modernise the club with a new website launched this year that allows us online payments for the first time. We could not have done this work without the support of **TININT** (many thanks Adam) who designed it and of course through the continued work of Nathan populating this and social media in what is now one of the best designed club website in the UK. A new bilingual logo and up to date club kit helps our members feel pride in the club.

We have hosted just one league track event this year but continue to work jointly with the County Council to put on the National Road Relays and Welsh Cross country Championships in Pembrey. Neil's contribution in this has been invaluable. It is expected that the track will be re-surfaced by May 2020 providing a premium venue for our athletes to train and compete.

Our finances and membership remain in very good health and Richard, our treasurer and Cressy our membership secretary have put in many hours of time delivering excellent management of our finances and membership database. Our Team Managers Kath and Keighley have worked incredibly hard ensuring we have teams of more than 50 athletes for

most of our events. Thanks to Alison's hard work we have also improved the number of officials we supply to events. As always it is through the support of volunteer coaches and those working behind the scenes that make the club work. We are short of volunteers to take on jobs and would ask some parents whose children benefit from the club to offer a few hours a week to make the club sustainable. The continued sponsorship of **Castell Howell** has been gratefully received along with our partnership with **Carmarthenshire County Council** where we hope to have a new track laid in time for the 2020 track season. Following the announcement at the last dinner and support of Peter Hughes Griffiths they have renamed our stand in honour of the club's president Dr Hedydd Davies. Thanks also to **Welsh Athletics** for their continued support of the club.

We are delighted to welcome two ex Carmarthen Harriers tonight as guests:

The first of these is **Caryl Granville** ex Carmarthen Harrier and British International. Caryl ran for Wales in both sprint hurdle events in the last Commonwealth Games and is still our club record holder in seven events including the senior women's Triple Jump. She is one of the most versatile and successful athletes we have ever had at the club. She has come a long way since winning bronze at Dyfed schools 1500m in 5.44 when she was 12.



The second guest we have is **Bruce Tasker** who joined Carmarthen Harriers when he was 11. As one of our most talented sprinters he set many club records at 400m which stand today including his 47.85 set in winning the junior AAA title in Birmingham when he was 16. In 2008 he won the Welsh senior 200m title. Whilst studying at Bath University he was introduced to Bobsleigh, going on to represent Great Britain with outstanding success winning medals at a European Championship. He is the first ever Welsh Athlete to win an Olympic medal at the Winter Olympics.



It is a pleasure to welcome these talented athletes to the dinner and inspire the next generation of athletes from this great club.

Jake Morgan



## CARMARTHEN HARRIERS RECORDS

(As at 1.09.2019)

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. The Club records are as follows:

### UNDER 13 GIRLS

### UNDER 15 GIRLS

<b>100m</b>	Manon Richards	12.7	1978	<b>100m NEW</b>	<b>Jess Lee</b>	<b>12.2</b>	<b>2019</b>
<b>200m</b>	Manon Richards	26.68	1978	<b>200m</b>	Hannah Jones	25.5	2005
<b>800m</b>	Daisy Thompson	2.25.07	2015	<b>300m</b>	Hannah Jones	40.54	2005
<b>1500m</b>	Catrin Davies	4.58.8	1992	<b>800m</b>	Mari Prys Jones	2.14.56	1987
<b>1000mW</b>	Lowri Heckler	6.55.85	2007	<b>1500m</b>	Heledd Gruffudd	4.45.5	1993
<b>70m Hurdles</b>	Ffion Rees	11.6	2005	<b>75m Hurdles</b>	Heather Jones	10.86	2001
<b>High Jump</b>	Julia Charlton	1.68	1978	<b>High Jump</b>	Julia Charlton	1.78	1980
<b>Long Jump</b>	Emma Jones	4.85	1989	<b>Long Jump NEW</b>	<b>Jess Lee</b>	<b>5.51</b>	<b>2019</b>
<b>Pole Vault</b>	Carys Jones	2.40	2011	<b>Triple Jump NEW</b>	<b>Zara Evans</b>	<b>9.92</b>	<b>2019</b>
<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>	Elli James	31.46	2009
<b>Javelin</b>	Cordelia Walker	33.26	2018	<b>Shot</b>	Delyth Evans	12.75	1980
<b>Pentathlon</b>	Ffion Rees	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>4x100m NEW</b>	<b>Sophia Reid Thomas Thaia Davies Zara Evans Jess Lee</b>	<b>51.10</b>	<b>2019</b>
				<b>Pentathlon</b>	Julia Charlton	3438	1980

**Jess Lee** was the stand out athlete in the girls' team this year. In her first year as an under 15 she broke a 30 year record in the 100m (12.20 to go 4<sup>th</sup> on the Welsh all time list) In the Long Jump she exceeded all expectations with 5.51. Ranked 1<sup>st</sup> in the UK for her year group she was ranked the 6<sup>th</sup> under 15 hitting the UK 10 mark for the first time and winning Welsh Schools gold. In the summer she represented Wales for the first time. The sprint group has grown this year with great success from our under 15 girls who raced to a club 4x100m relay record of 51.10.

**Zara Evans** outstanding triple jump of 9m 92cm at the Welsh schools secured her both a gold medal and a club record.





**4x100m - Thaia Davies; Zara Evans; Sophia Reid-Thomas; Jess Lee**

### UNDER 17 WOMEN

### UNDER 20 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>100</b>	Alicia Samuel	12.0	2018
<b>300m</b>	Hannah Jones	39.60	2006	<b>200m</b>	Alicia Samuel	24.87	2018
<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				

## 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>	<b>Ben Thomas</b>	<b>9.07.78</b>	<b>2019</b>
<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>	Carys Jones	3.20	2018	<b>Discus</b>	Denis Day	42.60	1974
<b>Shot</b>	Delyth Evans	12.28	1983	<b>Javelin</b>	Stuart	66.33	2007

					Loughran		
<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>1500m</b>	<b>Frank Morgan</b>	<b>4.10.38</b>	<b>2019</b>
<b>Long Jump</b>	Matthew Roderick	5.29	1985	<b>3000m</b>	<b>Frank Morgan</b>	<b>9.12.65</b>	<b>2019</b>
<b>High Jump</b>	Aled Rees	1.57	2011	<b>80m Hurdles</b>	Daniel Evans	11.50	2003
<b>Shot</b>	Mathew Evans	14.47	2001		Rhys Webb	11.50	2006
<b>Discus</b>	Mathew Evans	35.35	2001	<b>300m Hurdles</b>	Graham Thomas	42.6	1992
<b>Javelin</b>	Rheon James	41.37	2005	<b>High Jump</b>	Simon Howells	1.83	1989
<b>Quadrathlon</b>	Nikita Neary	1813	2010		Chris Harries	1.83	1996
<b>Pentathlon</b>	Justin Jones	2059	1989	<b>Long Jump</b>	Kueni Igbagiri	6.30	2005
<b>4 x 100m Relay</b>		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	47.71	2003

					Evans		
				<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 **Frank Morgan** had an outstanding season beating Dewi Griffiths' 2005 under 15 club record for the 3000m (9.12.65.), setting a new club record for the 1500 metres (4.10.38), winning Welsh Schools Cross Country Championship and representing Wales at the SIAB XC in Dublin. He finished the season winning gold in 3000m at the British Championship in Bedford. He was unbeaten in his age group on the track this season.



#### Under 17 Men

<b>100m</b>	Shaun Pearce	10.73	2013
<b>200m</b>	Shaun Pearce	21.62	2013
<b>400m</b>	Bruce Tasker	47.85	2004
<b>800m</b>	Kyran Roberts	1.52.92	2012
<b>1500m</b>	Kyran Roberts	3.53.38	2012
<b>3000m</b>	David Jones	8.40.0	2000
<b>5000m</b>	Andres Jones	15.42.8	1993
<b>100m Hurdles</b>	Daniel Blain	13.4	2011
<b>400m Hurdles</b>	Graham Thomas	55.29	1993

#### UNDER 20 MEN

<b>100m</b>	Jamie Henthorn	10.45	1996
<b>200m</b>	Jamie Henthorn	21.46	1996
<b>400m</b>	Bruce Tasker	47.85	2004
<b>800m</b>	Kyran Roberts	1.52.12	2014
<b>1500</b>	Kyran Roberts	3.46.54	2014
<b>3000m</b>	Dewi Griffiths	8.26.87	2008
<b>5000m</b>	Dewi Griffiths	14.28.42	2010
<b>10000m</b>	Dewi Griffiths	30.19.37	2010
<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	2000m S/C	Ben Thomas	5.53.47	2018
<b>Long Jump</b>	Kueni Igbagiri	6.85	2007	<b>3000m S/C</b>	<b>Ben Thomas</b>	<b>9.07.78</b>	<b>2019</b>
<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

Whilst illness ended his season earlier than planned this didn't stop Junior GB international **Ben Thomas** from setting a club record at 3000m Steeplechase breaking a record set in 1971 by an impressive 15 seconds. Despite not being well he secured a bronze at the British championship and won the Welsh title. He finished the season ranked 3<sup>rd</sup> in the UK. We wish Ben all the best as he heads off to Birmingham University.



## WELSH CROSS COUNTRY CHAMPIONSHIPS CARMARTHEN HARRIERS TEAMS ROLL OF HONOUR

In 2019 3 Junior athletes achieved medals. Eva Edwards ran a strong race and won an excellent bronze in the under 17 girls. Frank Morgan and Ben Thomas also ran well and also received bronze in their age groups. The club had strength in depth dominating the primary races and winning 3 team titles at under 13 girls, under 15 boys and MW 40 women. Wendy Price was our most successful athlete winning the MW 40 gold and leading our veterans team home for an impressive team gold. In the teams this was our best result for a number of years.

### 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

2019	Pembrey Country Park	U13B U15B W40M	Iwan Thomas 7; Zach Elvy 10; Jack Thomas 11; Ifan Bowen 14 Frank Morgan 3; Liam Edwards 5; Ioan Cressy Rogers 16; Liam Evans 33 Wendy Price 18; Kate Lynock 72; Lisa Forrest 68
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## 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	Graham Thomas U13B	Yvonne Evans U13G Andres Jones U15B



		U15G		
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 Gwynne Bellamy U23M Rachel Marfleet U15G Caryl Jones U20W	Xien Witt U13B 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	Kyran Roberts U13B	Dewi Griffiths	Christian Lovatt U13B

	Builth	Caryl Jones U23W	U20M Lee Ladd U23M Alaw Beynon Thomas U20W	
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	
2018	Singleton Park Swansea	Frank Morgan U13B; Gordon Orme M75		
2019	Pembrey Country Park, Llanelli	Wendy Price W40		Frank Morgan U15B Ben Thomas U20M Eva Edwards U17W

# RANKINGS

## 2019 Welsh/ UK Top 10 Table

**35 athletes have achieved 56 top 10 performances and 5 placing in the top 10 UK**

### Under 13 Girls

Both Casi and Fran had consistent seasons with Casi still in the younger year of her age group and Fran winning her first Welsh Championship over 1500m.

100	6	Casi Gregson	13.41	Aberdare	4 August 2019
200	7	Casi Gregson	27.93	Aberdare	4 August 2019
800	6	Frances Mackie	2.34.10	Swansea	29 June 2019
1500	3	Frances Mackie	5.14.3	Carmarthen	25 May 2019

### Under 15 Girls

Cordelia continued into the next age group strongly ranking second in Wales whilst our sprinters and jumpers were strong throughout the season. Our relay team did not quite make the top 10 UK but they beat the club record and were a force to be reckoned with throughout the season. Sophia ran strongly throughout the season qualifying to run in Bedford where she performed well with a year to go in this age group. Although new to triple jump Zara showed real talent in setting a club record and winning the Welsh schools title as well as ranking second in long jump.

<b>100</b>	<b>1</b> <b>(UK 9)</b>	<b>Jessica Lee</b>	<b>12.20</b>	<b>Swansea</b>	<b>29 June 2019</b>
100	6	Zara Evans	12.86	Swansea	29 June 2019
100	7	Sophia Reid-Thomas	12.98	Swansea	11 May 2019
200	2	Jessica Lee	25.67	Cardiff	14 July 2019
200	7	Sophia Reid-Thomas	26.90	Aberdare	4 August 2019
300	7	Zara Evans	43.38	Aberdare	4 August 2019
<b>LJ</b>	<b>1</b> <b>(UK 6)</b>	<b>Jessica Lee</b>	<b>5.51</b>	<b>Cardiff</b>	<b>6 July 2019</b>
LJ	2	Zara Evans	5.15	Swansea	7 April 2019
<b>TJ</b>	<b>1</b>	<b>Zara Evans</b>	<b>9.92</b>	<b>Cardiff</b>	<b>6 July 2019</b>
DT	10	Cordelia Walker	22.22	Swansea	29 June 2019
JT	2	Cordelia Walker	32.54	Swansea	7 April 2019
<b>Relay</b>	<b>2</b>	<b>Carmarthen H</b>	<b>51.1</b>	<b>Carmarthen</b>	<b>25 May 2019</b>

## Under 17 Women

Despite injuries, Lili and Beca dominated their events and both represented Wales in SIAB. Lili won Bronze at the British championship in Bedford. Nia maintained her good form in the throws and also represented Wales. Ellie made great gains in the 100m and was a key member of the West Wales team securing an invitation to the international in Swansea for the first time.

100	5	Ellie Loweth	12.8	Swansea	11 May 2019
200	10	Ellie Loweth	26.74	Swansea	11 May 2019
300	6	Ellie Loweth	42.45	Cardiff	6 July 2019
<b>HJ</b>	<b>1</b>	<b>Lili Church</b>	<b>1.69</b>	<b>Aberdare</b>	<b>4 August 2019</b>
TJ	1	Beca Roberts	11.19	Swansea	20 July 2019
TJ	5	Maddie Morgan	10.23	Swansea	28 July 2019
SP	4	Nia Williams	11.88	Cardiff	6 July 2019
DT	7	Nia Williams	28.61	Carmarthen	30 May 2019

## Under 20 Women

Eva represented Wales for the first time this year at the Celtic games.

3000	5	Eva Edwards	10.47.56	Swansea	28 July 2019
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## Under 13 Boys

Our under 13 boys middle distance team (in particular Ifan, Max and Iwan) was extremely strong and dominating the Gwent League and winning medals at the Welsh Championships. Iwan won his first Welsh cross country title. Max has another year in the age group and will be joined by some strong under 11's moving up an age group next year. Despite injury Dion ranked first in high jump again. Cai is our first under 13 in Pole Vault for some time and was rewarded with a top 10 UK ranking.

800	3	Macsen Toogood	2.20.72	Swansea	25 Aug 2019
800	5	Ifan Bowen	2.23.95	Wrexham	16 June 2019
1500	3	Macsen Toogood	4.52.01	Aberdare	4 August 2019
1500	4	Iwan Thomas	4.52.56	Swansea	31 July 2019
1500	5	Ifan Bowen	4.53.37	Wrexham	16 June 2019
75H	9	Dion James	13.90	Swansea	29 July 2019
<b>HJ</b>	<b>1</b>	<b>Dion James</b>	<b>1.48</b>	<b>Swansea</b>	<b>12 Jan 2019</b>
<b>PV</b>	<b>1</b> <b>(UK 9)</b>	<b>Cai Allen</b>	<b>2.20</b>	<b>Swansea</b>	<b>7 April 2019</b>



### Under 15 Boys

Frank Morgan dominated the 1500m and 3000m whilst Harry Fuller performed exceptionally well to be ranked 4<sup>th</sup> and win a medal at Welsh schools. Osian ranked first in High Jump and narrowly missed a medal at the British championships. As with the girls the relay team performed consistently well all season.

800	9	Frank Morgan	2.09.08	Swansea	7 April 2019
<b>1500</b>	<b>1</b> <b>(UK 4)</b>	<b>Frank Morgan</b>	<b>4.10.38</b>	<b>Swansea</b>	<b>31 July 2019</b>
<b>3000</b>	<b>1</b> <b>(UK 5)</b>	<b>Frank Morgan</b>	<b>9.12.65</b>	<b>Wrexham</b>	<b>16 June 2019</b>
80H	4	Harry Fuller	12.44	Cardiff	10 July 2019
80H	8	Finlay Hayes	12.80	Swansea	29 June 2019
<b>HJ</b>	<b>1</b>	<b>Osian Roberts</b>	<b>1.75</b>	<b>Wrexham</b>	<b>15 June 2019</b>
TJ	7	Osian Roberts	10.27	Wrexham	15 June 2019
JT	2	Sion O'Keefe	44.82	Neath	27 July 2019
Relay	4	Carmarthen H	48.9	Carmarthen	25 May 2019

### Under 17 Men

Iwan won Welsh schools 400m and got another Welsh vest as the former under 13 cross country champion has now developed into an excellent sprinter. Morgan did well to secure a Welsh title, PB and finish the season 3<sup>rd</sup> in Wales for Javelin. Dafydd had an exceptional first year at Seepleshase winning a medal in SIAB in one of the most tense finishes of the day and ending the year 9<sup>th</sup> in the UK - impressive as this is the first year at this age group.

<b>400</b>	<b>1</b>	<b>Iwan Glynn</b>	<b>50.70</b>	<b>Cardiff</b>	<b>6 July 2019</b>
800	7	Dafydd Jones	2.00.04	Swansea	31 July 2019
800	8	Liam Edwards	2.00.24	Swansea	31 July 2019
1500	5	Dafydd Jones	4.07.78	Wrexham	16 June 2019
1500	7	Liam Edwards	4.11.74	Cardiff	6 July 2019
<b>1500Sc</b>	<b>1</b> <b>UK(9)</b>	<b>Dafydd Jones</b>	<b>4.30.80</b>	<b>Milton Keynes</b>	<b>1 June 2019</b>
JT	3	Morgan Batten	48.55	Carmarthen	27 June 2019

### Under 20 Men

Trystan dropped from 800m to 400m managing the transition to speed work well. Ben made a significant breakthrough to finish the season in 9.07 to demonstrate he remains one of the best Under 20 steeplechasers in the UK. Joshua Thomas had a PB as he represented Wales and won Welsh Schools gold.

400	5	Trystan Leech	51.88	Swansea	5 May 2019
1500	3	Ben Thomas	3.58.44	Millfield	4 May 2019
<b>2KSc</b>	<b>1</b> <b>(UK 9)</b>	<b>Ben Thomas</b>	<b>6.10.24</b>	<b>Cardiff</b>	<b>6 July 2019</b>
3KSc	2 <b>(UK3)</b>	Ben Thomas	9.07.78	Ooredagam-Lede,	25 May 2019

				Belgium	
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## Results 2018/2019

*Thanks to Hedydd Davies for complete this summary of results*

### Saturday 6 October 2018 Cardiff Road Races

#### 2K Races

U13 Boys 2 Iwan Thomas; 3 Jake Lynock; 4 Steffan Davies

U20 men 1 Ben Thomas

### Saturday 13 October 2018 John H Collins Gwent Cross Country League at Cardiff

#### Carmarthen Harriers teams

1 Novice Boys, U13 Boys and U15 boys; 2 Novice Girls; 3 U13 girls

U11 boys 1 Macsen Toogood; 2 Daniel Warrender; 3 Liam Upton-Boorman

U13 boys 4 Ifan Bowen 5 Iwan Thomas

U13 girls 5 Frances Mackie

U15 boys 5 Dafydd Jones

U20 Men 2 Ben Thomas

### Sunday 21 October 2018 Welsh combined events championships at UWIC indoor Centre Cardiff

U13 boys 1 James Sloyan 6.22 SP; 12.99 60H; 3.33 LJ; 2.51.70 800

U14 boys 2 Osian Roberts 10.02 60H; 7.28 SP; 4.22 LJ; 2.35.15 800

U18 girls 4 Beca Roberts 3023 8.38 SP; 9.55 H; 4.82 LJ; 1.59 HJ; 2.33.64 800

Beca has been chosen to compete for Welsh schools in the schools international combined events match in Glasgow on Saturday 3 November 2018

### 70<sup>th</sup> Anniversary Carmarthen Harriers Annual Dinner at the Ivy Bush Hotel on Friday 2 November 2018

*170 members present and the chief guests were Jake Hayward (Cardiff) and four former Carmarthen Harriers members Dewi Griffiths, Josh Griffiths, Caryl Jones and Claire Williams*

### SIAB schools international combined events international in Glasgow on Saturday 3 November 2018

Beca Roberts competed in the U18 event and finished 12th with a score of 2999 points

9.79 60H; 5.07 LJ; 7.41 SP; 1.56 Sp 2.36.05 800

### John H Collins Gwent League match in Pembrey Country Park on Saturday 10 November 2018

Carmarthen Harriers hosted the event in conjunction with Carmarthenshire County Council. It included the West Wales championships as well as the selection race for the Welsh inter regional championships in Llandrindod Wells on Saturday 8 December 2018

U11 Boys 1 Team 1 Macsen Toogood; 2 Daniel Warrender

U13 Boys 1 Team 4 Ifan Bowen; 3 Iwan Thomas; 6 Zach Elvey  
U15 Boys 3 Team 7 Liam Edwards; 8 Frank Morgan  
U11 girls 3 team  
Under 13 Girls 2 team; 3 Frances Mackie  
Under 20 Men 1 Ben Thomas

**Welsh schools inter schools cross country championships in Brecon  
on Saturday 17 November 2018**

Y7/8 Girls 12 Faye Jones; 17 Amy Greatrick; 18 Erin Morgan  
Y7/8 Boys 5 Iwan Thomas; 7 Jack Thomas; 15 Iwan Bowen; 17 Rogan Cox; 19 Steffan Davies  
21 Jack Lynock; 42 Brynmor Peters  
Y9/10 Girls 20 Tanwen Moon  
9/10 Boys 3 Liam Edwards; 4 Frank Morgan 16 Ian Cressy-Rodgers; 23 Scott Price  
Senior Boys 1 Ben Thomas; 17 Rhys Davies; 32 Lewis Jones

**Masters cross country international in Singleton Park Swansea on Saturday 17 November 2018**

Over 75 8 Peter Moody. Over 75 Welsh team won gold medals

**John H Collins Gwent League Cross Country match at Parc Bryn Bach Tredegar  
Sunday 2 December 2018**

U11 Boys 1 Team 2 Macsen Toogood; 3 Alex Coles  
U13 Boys 1 Team 4 Jack Thomas  
U15 Boys 4 Team 3 Frank Morgan  
U11 Girls 3 Team  
U13 Girls Team 2 Team 3 Frances Mackie  
O70 1 Gordon Orme

**West Wales indoor championships at NIAC Cardiff on Sunday 2 December 2018**

12 members competed and six medals won

**Gold**

**U13G Casi Gregson 200m 29.51**

**Silver**

**U15G Ellie Loweth 200m 27.79**

**U15G Ellie Loweth 300m 44.94**

**U13B Dion James 200m 29.33**

**Bronze**

**Sophia Reid-Thomas U13G 200m 28.03**

**Matthew Williams U15B 200m 27.26**

**Welsh inter regional cross country championships at Ysgol Trefynnon Llandrindod  
on Saturday 8 December 2018**

1 South Wales 221; 2 West Wales 211; 3 East Wales 198; 4 North Wales 176  
Best performance by West Wales for a number of years. Winners of the male overall trophy

**Under 11 primary schools race**

2 Carmarten Harriers

2 Alex Coles; 6 James Sloyan; 7 William Coles; 14 Emyr Macrae-Jones

**Under 13 Girls (second)**

2 Frances Mackie; 14 Chloe Hale; 18 Erin Morgan; 26 Carys Wood; 29 Amy Greatrick

**Under 13 Boys (second)**

3 Zach Elvey; 8 Jack Thomas; 15 Ifan Bowen; 16 Iwan Thomas; 21 Ellis Caddick; 23 Steffan Davies

24 Jake Lynock; 28 Rogan Cox

Under 15 Girls

26 Tanwen Moon

**Under 15 Boys (First)**

3 Dafydd Jones; 12 Ioan Cressy-Rodgers; 31 Scott Price

**Under 17 Women**

9 Eva Edwards

**Under 17 Men**

39 Lewis Jones

**Under 20 Women**

11 Ellie Kiff

**Under 20 Men (first)**

6 Ben Thomas; 14 Rhys Davies

**Senior Men**

Paul Lynock; Dafydd Bowen; Huw Davies; Gordon Orme; Jonathan Cox

**Senior Women**

Wendy Price, Kate Parker; Lisa Forrest

**West Wales indoor championships (800 and 1500) at NIAC Cardiff on Sunday 6 January 2019****Gold medals**

U13 800 Macsen Toogood 2.30.51

U13 1500 Iwan Thomas 5.04.05

**Silver medal**

U13 1500 Ifan Bowen 5.04.84

**Bronze Medal**

U13 1500 Jake Lynock 5.21.11

**West Wales indoor championships at Swansea on Saturday 12 and Sunday 13 January 2019**

24 medals , 14 gold and 10 silver

**Gold**

U13 HJ Dion James 1.48

U11 LJ Beatrice Morgan 3.89

U17 TJ Beca Roberts 10.71

U17 LJ Beca Roberts 4.68

U15 HJ Osian Roberts 1.68

U17 HJ Lili Church 1.62

U13 PV Cai Allen 1.95

U15 LJ Zara Evans 4.91

U13 60H Dion James 10.97

U11 60 Beatrice Morgan 8.96

U13 60 Cafi Gregson 8.74

U13 60 Dion James 8.51



U17 60 Ellie Loweth 8.20  
U20 60 Alicia Samuel 7.85

### **Silver**

U13 LJ Dion James 4.05  
U17 HJ Beca Roberts 1.50  
U13 60H James Sloyan 11.41  
U15 60H Osian Roberts 10.19  
U17 Beca Roberts 60H 9.76  
U20 60H Haydn Davies 9.34  
U13 60 Tom Williams 8.81  
U15 60 Jessica Lee 8.30  
U17 SP Nia Williams 10.17  
U15 SP Kasper Krawcewicz 8.10

### **Celtic International and UK cross country challenge in Belfast on Saturday 19 January 2019**

Eva Edwards ran for Welsh schools In the Celtic U17/20 race and finished 33rd

Dafydd Jones was 2<sup>nd</sup> in the U15 race and Liam Edwards 14<sup>th</sup> in the same race

### **Dyfed secondary schools cross country championships at Oakwood on Tuesday 22 January 2019**

Y7G 1 Frances Mackie; 2 Erin Morgan; 3 Carys Wood; 5 Bessy Hill  
JG 4 Amy Greatrick; 10 Keira Carmody  
MG 4 Tanwen Moon; 5 Heledd Jones  
SG 1 Eva Edwards; 4 Cerys Davies; 5 Grace Page  
Y7B 1 Iwan Thomas; 2 Ifan Bowen; 3 Frank Tarling; 6 Jake Lynock  
JB 1 Frank Morgan; 2 Ioan Cressy-Rodgers; 4 Zach Elvey; 5 Jack Thomas; 6 Scott Price  
7 Steffan Davies; 12 Ellis Caddick  
MB 2 Dafydd Jones; 4 Liam Edwards

### **Carmarthen Town Sports Awards at the Carmarthen Quins Club Carmarthen on Friday 25 January 2019**

21 nominations were submitted on behalf of Carmarthen Harriers

### **Winners**

Ben Thomas U19 Male  
Alicia Samuel U19 Female

### **Runners Up**

Osian Roberts U13 Male  
Liam Edwards U15 Male  
Emily Sawyer U16 Female  
Lauryn Davey U19 Female

Carmarthen Harrier Nia Thomas won the U13 female award (karate) and former Carmarthen Harrier Bethan Lewis the senior female award (rugby)

### **Welsh senior indoor championships at NIAC Cardiff on Saturday 26 January and Sunday 27 January 2019**

### **Gold Medal**

Kyran Roberts SM 800 1.55.76

Lili Church U17 HJ 1.66

#### **Bronze medal**

Beca Roberts U17 TJ 10.68

#### **Welsh Junior indoor championships at NIAC Cardiff on Saturday 2 February and Sunday 3 February 2019**

#### **Gold**

Frances Mackie U13 1500 5.19.77

Dion James U13 HJ 1.43

Frank Morgan U15 3000 9.38.10

Osian Roberts U15 HJ 1.63

Lili Church U17 HJ 1.63

Beca Roberts U17 TJ 10.82

#### **Silver**

Iwan Thomas U13 1500 5.00.71

Zara Evans U15 LJ 4.73

Macsen Toogood 800 2.29.98

#### **Carmarthenshire Sports Personalities Awards Evening at the Fwrnes Theatre Llanelli on Friday 8 February 2019**

Ben Thomas winner of the Young male award

Emily Shawyer Runner up in the Young Female award

Nathan Jones Runner Up in the Volunteer Award

#### **2019 Welsh schools cross country championships in Brecon on Wednesday 13 February 2019**

Dyfed secondary schools have an outstanding record in the Welsh schools cross country championships having won the Welsh schools inter district overall team championship 25 times since 1991

**In the Team race competitions Dyfed won the year 7 boys race, came second in both the junior girls and senior girls race, and third in junior boys and middle boys race**

Iwan Thomas Strade won the Y7 boys race and Frank Morgan Bro Myrddin the junior boys race.

Finlay Tarling Aberaeron came second in the Y7 boys race as did Eva Edwards Bro Myrddin in the senior girls race and Ben Thomas Strade in the senior boys event

**In all Dyfed won a total of 34 medals, 8 gold, 14 silver and 12 bronze**

Five Dyfed schools athletes have been selected to compete for Welsh schools in the schools international cross match in Dublin on Saturday 23 March 2019

#### **Team result**

**1 Cardiff and Vale 114; 2 Dyfed 104 3 South East Wales 97; 4 Eryri 92; 5 Powys 76  
6 Glamorgan Valleys 74; 7 North East Wales 66; 8 Afan Nedd Tawe 65**

#### **Year 7 Girls (fourth)**

8 Frances Mackie ; 11 Erin Morgan ;18 Carys Wood ; 33 Bessy Hill

**Junior (Y8/9) Girls (second)**

21 Amy Greatrick ; 57 Chloe Hale

**Middle Girls (Y 10/11) (fourth)**

37 Tanwen Moon

**Senior Girls (second)**

2 Eva Edwards ; 29 Grace Page ; 32 Emily Shawyer

**Year 7 Boys (first)**

1 Iwan Thomas ; 4 Ifan Bowen; 54 Jake Lynock

**Junior Boys (third)**

1 Frank Morgan ; 9 Ioan Cressy Rodgers ;21 Zach Elvey; 30 Steffan Davies ; 43 Jack Thomas  
50 Scott Price

**Middle Boys (third)**

12 Dafydd Jones; 17 Liam Edwards

**Senior Boys (fifth)**

2 Ben Thomas

**Welsh cross country championships and primary schools races at Pembrey Country Park on Saturday 23 February 2019**

Carmarthen Harriers won a total of 24 medals 17 golds and 7 bronze and was the best junior Welsh club in Pembrey

**Gold teams****U11 boys**

1 Macsen Toogood; 5 William Coles; 7 Alexander Coles; 8 Daniel Warrender

**U13 boys**

7 Iwan Thomas; 10 Zach Elvey; 11 Jack Thomas; 14 Ifan Bowen

**U15 boys**

3 Frank Morgan; 5 Liam Edwards; 16 Ioan Cressy-Rodgers; 33 Liam Evans

**Female 40 Women**

18 Wendy Price; 72 Kate Lynock; 88 Lisa Forrest

**Bronze teams****U11 girls**

10 Ellie-May John; 11 Mabli Collier; 15 Jessica Norman; 20 Esme Lynock

**Individual Gold**

Macsen Toogood U11 boy

Wendy Price F40

**Individual bronze**

Frank Morgan U15 boy

Eva Edwards U17 woman

Ben Thomas U20 man

**Medal Table in the 2019 Welsh cross country championships and primary school races at Pembrey Country Park on Saturday 23 February 2019**

Club	Gold	Silver	Bronze	Total
<b>1 Carmarthen</b>	<b>3</b>	-	<b>1</b>	<b>4</b>
<b>2 Cardiff</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>7</b>
<b>3 Swansea</b>	<b>2</b>	<b>1</b>	-	<b>3</b>
<b>4 Cardiff Archers</b>	<b>1</b>	<b>1</b>	-	<b>2</b>
<b>5 Brecon</b>	-	<b>1</b>	-	<b>1</b>
<b>5 Deeside</b>	-	<b>1</b>	-	<b>1</b>
<b>5 Pembrokeshire</b>	-	<b>1</b>	-	<b>1</b>
<b>8 Newport</b>	-	-	<b>2</b>	<b>2</b>
<b>9 Menai</b>	-	-	<b>1</b>	<b>1</b>

**U20 international indoor match at NIAC Cardiff on Sunday 3 March 2019**

Beca Roberts and Lili Church competed for Wales in the U20 match

TJ 3 Beca Roberts 10.74

HJ 5 Lili Church 1.61

Osian Roberts won the U15 Boys Triple Jump development event 9.66

**UK inter county cross country championships at Prestwold Hall Loughborough on Saturday 9 March 2019**

U13 girls 217 Amy Greatrick; 236 Erin Morgan; 290 Carys Wood

U13 boys 101 Zack Elvey; 124 Iwan Thomas; 141 Steffan Davies; 147 Jack Thomas; 278 Ifan Bowen

U15 girls 293 Tanwen Moon

U15 boys 67 Dafydd Jones

**Welsh sportshall athletics final at Cwmbran Leisure Centre on Sunday 10 March 2019**

**Dyfed teams**

2 U13 girls and boys

4 U15 girls

**U13 girls**

1 Sophia Reid-Thomas 2 lap

2 Jessica Lee LJ ; 5 6lap

3 Elen Williams SP

**U15 girls**

Zara Evans 2 overall; 1 LJ; 4 2 lap; 5 SB; 1 Relay

Ellie Loweth 2 4 lap; 7 LJ; 12 SB :1 Relay

Nia Williams 1 SP 6 2 lap; 12 VJ; 1 Relay

### **SIAB international cross country match in Dublin on Saturday 23 March 2019**

Both Frank Morgan and Dafydd Jones ran for Welsh schools

Frank Morgan 9<sup>th</sup> in the Junior boys race despite running with only one shoe for the entire race  
Dafydd Jones (second fastest leg) ran in the relay and team came fourth

### **Leicester University Open meeting at Leicester on Saturday 23 March 2019**

Ben Thomas 2<sup>nd</sup> in his first 3000m steeplechase and sets a new Carmarthen Harriers U20 record with a time of 9.24.90

### **2018/19 Final JH Collins Gwent Cross Country League final positions**

1 U11B and U13B teams; 2 U13 girls and 3 U11 girls novice teams

#### **Individuals**

U11B 1 Macsen Toogood; 3 Daniel Warrender; 4 Alex Coles

U13B 4 Iwan Thomas

U13G 5 Frances Mackie

### **Dyfed primary schools cross country championships at the Showground on Thursday 4 April 2019**

1255 competitors

#### **Year 5 girls**

1 Jessica Norman; 2 Martha Morgan; 6 Beatrice Morgan; 7 Nia Seren Thomas;

#### **Year 6 girls**

1 Mared Jones; 3 Ellie-May John; 6 Casi Gregson; 8 Marged Jones

#### **Year 5 boys**

1 William Coles; 2 Gwilym Jac Jones; 5 Tristan Warrender

#### **Year 6 boys**

1 Macsen Toogood; 3 Alex Coles; 4 Daniel Warrender; 5 Aron Hedd Jones; 6 James Sloyan  
8 Liam Upton-Boorman

### **Annual inter county primary schools cross country match at Swansea on Monday 8 April 2019**

Girls 1 Dyfed 39; 2 West Glamorgan 41

Boys 1 Dyfed 41; 2 West Glamorgan 41

Girls 2 Jessica Norman; 6 Ellie-May John; 8 Martha Morgan

Boys 5 Daniel Warrender; 7 Alex Coles; 8 James Sloyan; 9 William Coles; 11 Gwilym Jac Jones  
21 Tristan Warrender

### **UK Sportshall Athletics Finals at Manchester Sports City on Saturday 13 April 2019**

Club President Hedydd Davies presented with UK award for services to Sportshall Athletics

### **London Mini Marathon on Sunday 28 April 2019**

4 Carmarthen Harriers athletes competed for Wales

U13 56 Zach Elvey 18.14; 66 Jack Thomas 19.31

U15 46 Liam Edwards 16.23; 51 Dafydd Jones 16.28

### **WJL/ Louise Arthur League match on Saturday 4 May 2019 at Haverfordwest**

1 Swansea 1015; 2 Pembrokeshire 924; 3 Carmarthen 821; 4 Bridgend 551; 5 Pontyclun 363  
6 Brecon 341; 7 Llanelli 338; 8 Neath 293; 9 Barry and Vale 200

### **West Wales championships at Swansea on Saturday 11 May 2019**

**Carmarthen Harriers members won 36 medals (15 gold, 16 silver and 5 bronze)**

#### **Gold**

Ellie May John U13 800 2.44.1  
Frances Mackie U13 1500 5.14.5  
James Sloyan U13 800 2.35.9  
Cai Allan U13 PV 2.00  
Macsen Toogood U13 1500 4.54.8  
Cordelia Walker U15 JT 31.34  
Frank Morgan U15 800 2.09.7  
Osian Roberts U15 HJ 1.71  
Ellie Loweth U17 100 12.8  
Tanwen Moon U17 1500 5.37.8  
Lili Church U17 HJ 1.55  
Beca Roberts U17 TJ 10.47  
Dafydd Jones U17 1500 4.18.4  
Trystan Leech U20 400 52.7  
Lauryn Davey Senior LJ 5.15

#### **Silver**

Casi Gregson U13 100 13.8  
Casi Gregson U13 200 28.7  
Carys Wood U13 1500 5.36.0  
Iwan Thomas U13 1500 4.57.0  
Jessica Lee U15 100 12.90  
Jessica Lee U15 200 27.3  
Rogan Cox U15 80H 17.8  
Rogan Cox U15 300 50.3  
Matthew Vaughan-Williams U15 200 26.4  
Jack Thomas U15 1500 4.50.0  
Ellie Loweth U17 100 12.8  
Ellie Loweth U17 200 27.7  
Tanwen Moon U17 3000 12.15.6  
Morgan Batten U17 JT 44.05  
Lauryn Davey Senior 200 27.5  
Lauryn Davey Senior HJ 1.50

#### **Bronze**

Ellie May Williams U13 100 14.3  
Sophia Reid-Thomas U15 100 12.90  
Sophia Reid-Thomas U15 200 27.40  
Amy Greatrick U15 1500 5.20.00  
Zara Evans U15 LJ 4.70

### **Dyfed primary schools championships at Carmarthen on Wednesday 15 May 2019**

#### **Girls**

100 1 Casi Gregson 13.2; 2 Beatrice Morgan 13.9; 3 Ellie May Williams 14.1  
800 1 Ellie-May John 2.49.3; 3 Jessica Norman 2.54.8; 5 Esme Lynock 3.03.8  
6 Sofia-Mai Davies 3.05.2; 9 Martha Morgan 3.05.2; 9 Martha Morgan 3.08.0  
11 Nia Seren Thomas 3.10.6

LJ 2 Ffion Norgrove 3.29; 4 Luisa Reid-Thomas 3.18  
HJ 1 Marged Jones 1.14

### **Boys**

70H 2 Alex Coles  
100 2 Tom Williams  
800 1 Macsen Toogood; 4 Liam Upton-Boorman  
LJ 1 Cai Allan  
SP 1 James Sloyan

### **Carmarthen Journal Awards night at Stradey on Friday 24 May 2019**

Club President Hedydd Davies presented with the Editor's Choice Award

### **WJL/Louise Arthur League at Carmarthen on Saturday 25 May 2019**

1 Swansea 1331; 2 Carmarthen 1259; 3 Pembrokeshire 930; 4 Brecon 718; 5 Pontyclun 664  
6 Llanelli 613; 7 Bridgend 469 ; 8 Neath 420; 9 Barry and Vale 362

### **Welsh Junior championships at Wrexham on 15 and 16 June 2019**

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

### **Gold**

Frank Morgan U15 3000 9.12.65 (new Carmarthen Harriers record)  
Osian Roberts U15 HJ 1.75  
Beca Roberts U17 TJ 10.88

### **Silver**

Ifan Bowen U13 1500 4.53.37  
Ifan Bowen U13 800 2.23.95  
Frances Mackie U13 1500m 5.17.01  
Osian Roberts U15 TJ 10.27  
Morgan Batten U17 JT 46.02

### **Bronze**

Iwan Thomas U13 1500 4.59.17  
Jessica Lee U15 100 12.80  
Dafydd Jones U17 1500 4.07.78

### **UK U20 championships in Bedford on Saturday 22 June 2019**

Ben Thomas bronze medal in the 3000m steeplechase in a time of 9.17.26

### **Louise Arthur League match at Swansea on Saturday 29 June 2019**

After the Swansea match the scores after 3 matches are as follows

1 Swansea 3372; 2 Carmarthen 3173; 3 Pembrokeshire 2665; 4 Pontyclun 1538; 5 Brecon 1532  
6 Llanelli 1448; 7 Bridgend 1415; 8 Neath 1183; 9 Barry and Vale 847

### **Welsh schools championship at Cardiff on Saturday 6 July 2019**

Dyfed secondary schools have an outstanding record in the Welsh schools athletics championships winning the overall inter team title 21 times in the last 26 years

**Dyfed won two age group trophies (junior girls, and junior boys) and finished second out of eight school districts to the home school district Cardiff and Vale Schools**



**1 Cardiff and Vale 611.5 2 Dyfed 513; 3 Afan Nedd Tawe 490; 4 South East Wales 365  
5 Glamorgan Valleys 296.5 6 Powys 278; 7 Eryri 248; 8 North East Wales 238**

**At individual level Dyfed athletes won a total of 62 medals, 29 gold, 15 silver and 18 bronze**

Many Dyfed school athletes have been chosen to compete for Welsh schools in the SIAB schools international in Swansea on Saturday 20 July 2019

#### **Gold Medals**

Lili Church MG HJ 1.65  
Jessica Lee JG 100 12.65 and LJ 5.51  
Beca Roberts MG TJ 10.96  
Frank Morgan JB 1500 4.16.28  
Osian Roberts JB HJ 1.70  
Dafydd Jones MB 1500 S/C 4.33.44  
Ben Thomas SB 2000 S/C 6.10.24  
Iwan Glynn MB 400 50.70  
Joshua Thomas SB JT 51.32  
Zara Evans JG TJ 9.92  
JG 4x100 Relay Sophia Reid-Thomas, Jessica Lee 50.63

#### **Bronze Medals**

Sion O'Keefe JB JT 36.30  
Cordelia Walker JG JT 28.37  
Nia Williams MG SP 11.88

#### **Welsh Schools Cup and Plate Finals at Brecon on Wednesday 10 July 2019**

JG Cup 2 Preseli JG Plate 2 Coedcae  
JB Cup 4 Aberaeron JB Plate 4 Queen Elizabeth  
MG Cup 4 Haverfordwest High MG Plate 2 Queen Elizabeth  
MB Cup 7 Queen Elizabeth MB Plate 2 Dyffryn Taf

#### **Welsh senior championships at Cardiff on 13 and 14 July 2019**

Carmarthen Harriers members won 4 medals , 2 gold , 1 silver and 1 bronze

#### **Gold**

Cordelia Walker U15 JT 32.28  
Frank Morgan U15 1500 4.16.04

#### **Silver**

Jessica Lee U15 200 25.67

#### **Bronze**

4x100 U15 relay Thaia Davies, Bethany Davies, Zara Evans, Jessica Lee 52.27

#### **West Glamorgan v Dyfed primary schools at Swansea on Wednesday 17 July 2019**

1 West Glamorgan 159.5; 2 Dyfed 126.5

#### **Boys**

3 Tom Williams 100 14.2  
6 Cai Allan 14.9  
7 Alex Coles 70H 16.1  
1 Macsen Toogood 800 2.24.6  
5 Liam Upton-Boorman 800 2.38.9

7 Gwilym Jac Jones 800 2.39.3  
1 Cai Allan LJ 4.02  
5 William Coles LJ 3.61  
4 James Sloyan SP 6.93

#### **Girls**

1 Casi Gregson 100 13.3  
2 Ellie-May Williams 100 14.0  
3 Beatrice Morgan 100 14.1  
1 Ellie-May John 800 2.41.7  
4 Jessica Norman 800 2.51.6  
6 Ffion Norgrove LJ 3.21  
7 Luisa Reid-Thomas LJ 2.92  
3= Marged Jones HJ 1.20

#### **SIAB Schools International at Swansea on Saturday 20 July 2019**

##### **Under 17 Girls**

8 Lili Church HJ 1.61  
8 Nia Williams SP 10.62  
4 Beca Roberts TJ 11.19  
Jessica Lee Dyffryn Taf 1 n/s 100 13.03; 6 LJ 5.33 and 4x100 relay

##### **Under 17 Boys**

Iwan Glynn Bro Myrddin 4 400 50.71 and 3 4x400 relay  
Dafydd Jones Bro Myrddin 3 1500 Sc 4.34.15

#### **Wales U20 international match at Cardiff on Wednesday 24 July 2019**

2 Carmarthen Harriers members competed for Wales  
6 JT Joshua Thomas 53.61  
8 HJ Lili Church 1.65

#### **WJL West/Louise Arthur League match at Neath on Saturday 27 July 2019**

1 Swansea 1321; 2 Carmarthen 1026; 3 Pembrokeshire 821; 4 Neath 717; 5 Brecon 690  
6 Llanelli 628; 7 Pontyclun 493; 8 Bridgend 401; 9 Barry and Vale 313

#### **2019 Welsh inter regional athletics championships in Aberdare on Sunday 4 August 2019**

##### **1 West Wales (77; 2 East Wales 706; 3 North Wales 693; 4 South Wales 673**

U13B 1 West Wales 126; 2 South Wales 121; 3 East Wales 98; 4 North Wales 69  
U13G 1 West Wales 138; 2 East Wales 128; 3 South Wales 110; 4 North Wales 69  
U15B 1 West Wales 187; 2 East Wales 143; 3 North Wales 102; 4 South Wales 88  
U15G 1 West Wales 177; 2 East Wales 146; 3 South Wales 127; 4 North Wales 87  
U17M 1 West Wales 204; 2 North Wales 165; 3 East Wales 114; 4 South Wales 77  
U17W 1 North Wales 201; West Wales 145; 3 South Wales 138; 4 East Wales 77  
Overall U13 1 West Wales 264; 2 South Wales 227; 3 East Wales 226; 4 North Wales 138  
Overall U15 1 West Wales 364; 2 East Wales 289; 3 South Wales 215; 4 North Wales 189  
Overall U17 1 North Wales 366; 2 West Wales 349; 3 South Wales 227; 4 East Wales 191

Overall Male 1 West Wales 517; 2 North Wales 336; 3 East Wales 355; 4 South Wales 298  
 Overall Female 1 West Wales 460; 2 south Wales 375; 3 North Wales 357; 4 East Wales 351

23 Carmarthen Harriers members in the West Wales team of 100  
 Harriers members won a total of 30 medals , 16 gold, 11 silver and 3 bronze

### Gold

Zara Evans U15 LJ 4.65  
 Osian Roberts U15 HJ 1.65  
 Jessica Lee U15 100 12.60; 200m 26.00; 4x100m 50.68  
 Sophia Reid-Thomas 4x100 50.68  
 Beca Roberts U17 TJ10.69; 4x200m 1.48.31  
 Tanwen Moon U17 4x200m 1.48.31  
 Ellie Loweth U17 4x200m 1.48.31  
 Casi Gregson U13 4x100 53.26  
 Liam Upton-Boorman 1000 walk 7.05.64  
 Dafydd Jones U17 1500 4.14.64  
 Morgan Batten U17 JT 46.34  
 Lili Church U17 HJ 1.69  
 Frank Morgan U15 3000m 9.24.73

### Silver

Osian Roberts U15 80H 13.24  
 Jessica Lee 4x200m 1.51.96  
 Sophia Reid-Thomas 4x200m 1.51.96  
 Beca Roberts 4x100m 53.09  
 Tanwen Moon U17 1500 5.19.84; 4x100m 53.09  
 Casi Gregson U13 4x100m 2.03.05  
 Macsen Toogood U13 1500 4.52.01  
 Liam Edwards U17 800m 2.03.18  
 Zach Elvey U15 3000m 10.33.43  
 Amy Greatrick U15 3000m 11.38.86

### Bronze

Zara Evans U15 300 43.38  
 Nia Williams U17 DT 27.97  
 Liam Upton-Boorman 4x100m 55.07

### Welsh Under 15 Cup Final in Swansea on Sunday 25 August 2019

1 Swansea 1087; 2 Cardiff Athletics 1012; 3 Cardiff archers 989; 4 Newport 931; 5 Carmarthen 840  
 6 Rhymney Valley 579; 7 Pembrokeshire 573; 8 Brecon 464

### UNDER 11 GIRLS

75	3A	Beatrice Morgan	10.93
75	6B	Sofia-Mai Davies	12.65
150	3A	Beatrice Morgan	22.48
150	2B	Jessica Norman	23.80
<b>800</b>	<b>1A</b>	<b>Amelia Williams</b>	<b>2.41.12</b>
800	-		
LJ	2A	Beatrice Morgan	4.02

LJ	1B	Sofia Mai Davies	3.59
SP	7A	Chloe Thomas	4.82
SP	7B	Grace Toogood	3.48
JT	7A	Grace Toogood	7.03
JT	--		
Relay	6	B Morgan, J Norman G Toogood, S-M Davies	66.91

### Under 13 Girls

100	2A	Casi Gregson	13.69
100	5B	Ellie-May John	15.54
200	2A	Casi Gregson	28.20
200	4B	Frances Mackie	32.56
800	5A	Ellie-May John	2.42.25
800	4B	Bessy Hill	2.51.75
1500	3A	Frances Mackie	5.30.48
1500	1B	Carys Wood	5.50.80
70H	--		
70H	--		
1K Walk	--		
1K Walk	--		
HJ	3A	Bessy Hill	1.25
HJ	--		
LJ	6A	Carys Wood	3.26
LJ	4B	Mared Jones	3.12
SP	5A	Ellie-May John	5.50
SP	3B	Mared Jones	5.30
DT	5A	Frances Mackie	13.04
DT	2B	Megan Pridmore	11.36
<b>JT</b>	<b>2A</b>	<b>Casi Gregson</b>	<b>19.92</b>
JT	4B	Bessy Hill	11.91
Relay	4	C Gregson, M Jones, F Mackie, E-M John	58.43

### Under 15 Girls

<b>100</b>	<b>1A</b>	<b>Jessica Lee</b>	<b>12.76</b>
100	1B	Sophia Reid-Thomas	13.26
<b>200</b>	<b>1A</b>	<b>Jessica Lee</b>	<b>26.91</b>
200	1B	Sophia Reid-Thomas	27.09
300	2A	Zara Evans	44.19
300	3B	Chloe Hale	45.64
800	6A	Chloe Hale	2.45.40
800	--		
1500	4A	Amy Greatrick	5.30.80
1500	--		
75H	--		
75H	--		
1KWalk	--		
1KWalk	--		
HJ	--		
HJ	--		

<b>LJ</b>	<b>1A</b>	<b>Zara Evans</b>	<b>4.93</b>
LJ	4B	Sophia Reid-Thomas	4.06
PV	--		
PV	--		
SP	2A	Elen Williams	8.60
SP	3B	Zara Evans	6.59
DT	4A	Elen Williams	22.09
DT	--		
HT	--		
HT	--		
JT	5A	Jessica Lee	19.84
JT	-		
<b>Relay</b>	<b>1</b>	<b>J Lee, Z Evans—S Reid Thomas</b>	<b>51.82</b>

#### Under 11 Boys

75	7A	Joseph Thomas	12.17
75	2B	Thom Griffiths	11.71
150	4A	Rhys James	23.82
150	3B	Thom Griffiths	23.38
<b>800</b>	<b>1A</b>	<b>William Coles</b>	<b>2.31.18</b>
800	1B	Gwilym Jac Jones	2.38.32
LJ	4A	William Coles	3.49
LJ	2B	Rhys James	3.40
SP	5A	Iago Evans	4.99
SP	6B	Gwilym Jac Jones	3.40
<b>JT</b>	<b>4A</b>	<b>William Coles</b>	<b>15.06</b>
JT	3B	Elliott Morgan	11.92
Relay	6	T Griffiths, E Morgan J Thomas, R James	63.41

#### Under 13 Boys

100	3A	Dion James	13.72
100	6B	Tom Williams	14.98
200	3A	Dion James	28.51
200	6B	Tom Williams	31.41
800	2A	Macsen Toogood	2.20.72
800	6B	Iwan Evans	3.19.39
1500	3A	Alex Coles	5.13.38
1500	3B	Daniel Warrender	5.17.50
75H	6A	Hugo Douglas	16.77
75H	--		
<b>1K Walk</b>	<b>1A</b>	<b>Liam Upton-Boorman</b>	<b>7.06.72</b>
1K Walk	--		
HJ	4A	Dion James	1.40
HJ	--		
LJ	8A	Alex Coles	3.22
LJ	7B	Iwan Evans	3.14
SP	6A	Liam Upton-Boorman	5.79
SP	5B	Tom Williams	4.86
DT	--		
DT	--		

JT	7A	Liam Upton-Boorman	22.34
JT	6B	Macsen Toogood	13.39
Relay	5A	A Cole,T Williams, D James, L Upton- Boorman	60.27

### Under 15 Boys

100	6A	Oliver Moruzzi	12.69
100	4B	Harry Fuller	12.66
200	5A	Oliver Moruzzi	25.99
200	4B	Ben Proctor	26.55
300	6A	Frank Morgan	41.70
300	1B	Ben Proctor	40.70
800	6A	Zach Elvey	2.29.22
800	6B	Rogan Cox	2.36.72
<b>1500</b>	<b>1A</b>	<b>Frank Morgan</b>	<b>4.18.83</b>
1500	3B	Steffan Davies	5.14.78
<b>80H</b>	<b>1A</b>	<b>Harry Fuller</b>	<b>12.48</b>
80H	1B	Osian Roberts	13.09
1K Walk	4A	Owain-Harri Davies	10.12.69
1K Walk	--		
<b>HJ</b>	<b>1A</b>	<b>Osian Roberts</b>	<b>1.73</b>
HJ	3B	Zach Elvey	1.35
LJ	4A	Oliver Moruzzi	4.51
LJ	3B	Osian Roberts	4.49
PV	--		
PV	--		
SP	4A	Sion O'Keefe	10.08
SP	4B	Ethan Gould	8.90
DT	6A	Ieuan Phillips	27.49
DT	2B	Sion O'Keefe	23.41
HT	5A	Ieuan Phillips	18.18
HT	--		
JT	2A	Sion O'Keefe	41.17
JT	2B	Ieuan Phillips	31.62
Relay	5	O Moruzzi, B Proctor, --- H Fuller	50.03

### Past record

**Carmarthen Harriers winner of the Welsh Junior League Cup Final (U13/15/17/20) 1994-2000 and winners 2001 -2008**

**Winner Welsh Junior Cup Final (U11/13/15) 2009**

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

2018 5<sup>th</sup> in Swansea 826

**AAA of England U15 and U17 championships in Bedford on Saturday 31 August**

**and Sunday 1 September 2019**

Gold Frank Morgan U15 3000 9.14.11

Bronze Lili Church U17HJ 1.69 (same height as the winner)

Osian Roberts 5<sup>th</sup> U15HJ 1.72 (same height as the bronze medallist)

Jessica Lee 6<sup>th</sup> U15 LJ 5.34; 3<sup>rd</sup> h 100 12.65, 6<sup>th</sup> SF 100 12.80

Dafydd Jones 6<sup>th</sup> U17 1500 steeple chase 4.43.29

Liam Edwards U17 5<sup>th</sup> h 1500 4.11.88

Sophia Reid-Thomas 6<sup>th</sup> h U15 100 13.02

**2019 GWOBRAU CARMARTHEN HARRIERS AWARDS**

**2019 NEW CARMARTHEN HARRIERS RECORDS**

AGE GROUP	EVENT	NEW RECORD	OLD RECORD
U15G	100	Jessica Lee 12.20	Manon Richards 12.4 1978 Erin Walters 12.4 2010
U15G	LJ	Jessica Lee 5.51	Julia Charlton 5.47 1980
U15G	TJ	Zara Evans 9,92	Inaugural Record
U15B	1500	Frank Morgan 4.10.38	Dafydd Jones 4.12.51 2018
U15B	3000	Frank Morgan 9.12.65	Dewi Griffiths 9.16.2 2005
U20M	3000 S/C	Ben Thomas 9.07.78	Paul Clarke 9.39.74 1999
SM	3000 S/C	Ben Thomas 9.07.78	Steve Gibbons 9.23.4 1971
U15G	Relay	51.1 Jessica Lee Sophia-Reid Thomas Thaia Davies Zara Evans	51.17 1988
Snr Women	Pole Vault	Carys Jones 3.2 m	Jacqui Lloyd 3m 2002



## HARRRIERS AWARDS 2018/19

Bursary Award	William Coles
Bursary Award	Jimmy Davis
Bursary Award	Jac Jones
Bursary Award	Rhys James
Bursary Award	Cai Allen
Bursary Award	Tom Williams
Bursary Award	Tygan Davies
Bursary Award	Tristan Warrender
Bursary Award	DanielWarrender
Bursary Award	Beatrice Morgan
Bursary Award	Amelia Williams
Bursary Award	Jessica Norman
Bursary Award	Chloe Thomas
Bursary Award	Megan Pridmore
Bursary Award	Luned Defis
Bursary Award	Mared Jones
Bursary Award	Erin Morgan
Bursary award	Rogan Cox

Welsh Champion and International	<b>Jess Lee</b>
Welsh Champion	<b>Wendy Price</b>
Welsh champion	<b>James Sloyan</b>
Welsh Champion	<b>Zara Evans</b>
Welsh Champion	<b>Frances Mackie</b>

Welsh Champion	Morgan Batten
Welsh Champion	Dion James
Welsh Champion	Cordelia Walker
Welsh Champion	Osian Roberts
Welsh Champion	Iwan Thomas
Welsh Champion	Liam Upton-Boorman
Welsh Champion & International Repeat Award	Frank Morgan
Welsh Champion & International Repeat Award	Ben Thomas
Welsh Champion & International Repeat Award	Beca Roberts
Welsh Champion & International Repeat Award	Lili Church
Welsh Champion & International Repeat Award	Iwan Glynn
Welsh Champion & International Repeat Award	Dafydd Jones
Welsh international	Nia Williams
Welsh International	Eva Edwards
Sprint Relay	2019 U 15 Inter Regional Champions Sprint Relay Sophia –Reid Thomas
Sprint Relay	2019 U17 Inter Regional Champions Sprint Relay Ellie Loweth
Sprint Relay	2019 U 15 Inter Regional Champions Sprint Relay Jess Lee
Sprint Relay	2019 U 13 Inter Regional Champions Sprint Relay Casi Gregson
Welsh XC champions U13	Ifan Bowen
Welsh XC Team Champions U13	Zach Elvy
Welsh XC Team Champions U13	Iwan Thomas
Welsh XC Team Champions U13	Jack Thomas
Welsh XC Team Welsh Champions U15	Frank Morgan
Welsh XC Team Welsh Champions U15	Liam Edwards
Welsh XC Team Welsh Champions U15	Ioan Cressey- Rodgers

Welsh XC Team Welsh Champions U15	Liam Evans
Welsh XC Team Welsh Champions W40	Wendy Price
Welsh XCTeam Welsh Champions W40	Kate Lynock
Welsh XC Team Welsh Champions W40	Lisa Forrest
2018 Richard Wyer Memorial throws award	
2019 Ossie Morgan Memorial Hurdles award	Harry Fuller
Top 10 UK	Frank Morgan
Top 10 UK	Ben Thomas
Top 10 UK	Jess Lee
Top 10 UK	Cai Allen
Top 10 UK	Dafydd Jones
Top 10 Wales	Casi Gregson
Top 10 Wales	Frances Mackie
Top 10 Wales	Zara Evans
Top 10 Wales	Sophia Reid Thomas
Top 10 Wales	Cordelia Walker
Top 10 Wales	Thaia Davies
Top 10 Wales	Ellie Loweth
Top 10 Wales	Lili Church
Top 10 Wales	Beca Roberts
Top 10 Wales	Maddie Morgan
Top 10 Wales	Nia Williams
Top 10 Wales	Eva Edwards
Top 10 Wales	Macsen Toogood
Top 10 Wales	Ifan Bowen
Top 10 Wales	Dion James
Top 10 Wales	Harry Fuller

Top 10 Wales	Finlay Hayes
Top 10 Wales	Osian Roberts
Top 10 Wales	Sion Okeeffe
Top 10 Wales	Iwan Glynn
Top 10 Wales	Morgan Batten
Top 10 Wales	Trystan Leech
Top 10 Wales	Ben Proctor
Top 10 Wales	Matthew Williams
Top 10 Wales	Ronnie Rees
Top 10 Wales	Oliver Moruzzi
Outstanding club Contribution	Ellis Caddick
Outstanding club Contribution	Brynmor Peters
Outstanding club Contribution	Carys Wood
Outstanding club Contribution	Amy Greatrick
Outstanding club Contribution	Chloe Hale
Outstanding club Contribution	Ellie May John
Outstanding club Contribution	Oliver Moruzzi
Outstanding club Contribution	Grace Page
Outstanding club Contribution	Cerys Davies
Outstanding Club contribution	Jake Lynock
Club record	Carmarthen Harriers Club Record Jess Lee Under 15 Long Jump 5.51 Cardiff 6 <sup>th</sup> July 2019
Club record	Carmarthen Harriers Club Record Jess Lee Under 15 100m 12.20 Swansea 29 <sup>th</sup> June 2019
Club Record	Carmarthen Harriers Club Record Frank Morgan Under 15 1500m 4.10.38

	Swansea 31 <sup>st</sup> July 2019
Club Record	Carmarthen Harriers Club Record Frank Morgan Under 15 3000m 9.12.65 Wrezham 16 <sup>th</sup> June 2019
Club Record	Carmarthen Harriers Club Record Ben Thomas Under 20 3000M Steeple Chase 9.07.78 Oordegen-Led, Belgium 25 <sup>th</sup> May 2019
Club Record	Carmarthen Harriers Club Record Zara Evans Under15 Triple Jump 9.92 Cardiff 6 <sup>th</sup> July 2019
Club Record	Carmarthen Harriers Club Record Sophia Reid Thomas; Thaia Davies; Zara Evans; Jess Lee Under 15 4x100 Relay 51.10 Carmarthen 25 <sup>th</sup> May 2019
Young Volunteer of the year	Ellie Loweth 2019 Young Volunteer of the Year
Club Service Award	Julie Coles Aron Defis
Ernie Jones Memorial Award (international)	The Ernie Jones Memorial Award 2019 Ben Thomas
J Eirwyn Walters Memorial Award Best International performance	Dafydd Jones
RB Evans Award	The RB Evans Club Service Award 2019 Richard Jones
Past Junior Club Captain	Carmarthen Harriers Junior Club Captain 2019 Frank Morgan
Past Junior Club Captain	Carmarthen Harriers Junior Club Captain 2019 Jess Lee

New Junior Team Captain	Ellis Caddick
New Junior Team Captain	Sophia Reid-Thomas







*U13 winners of the Gwent league and the club receiving the Gilbert legge Award for Sportsmanship, endeavour and achievement*