

Carmarthen And District Harriers Athletics Club Honours Board

Athletes

Olympic Games

Year	Venue	Name	Event	Performance
2000	Sydney	Andres Jones	10000m	28:11:20(9h)
2000	Sydney	Steve Perks	Coach	
2004	Athens	Steve Perks	Coach	4x100m Relay Gold

Paralympic Games

Year	Venue	Name	Event	Performance
2004	Athens GRE	Claire Williams	DT	36.26 (5)
2008	Beijing CHN	Claire Williams	DT	35.01 (5)
2012	London	Claire Williams	DT	39.63 (3)
2012	London	Steffan Hughes	Guide T11/12 200m	Tracey Hinton 200m 27.38 (3SF)

European Senior athletics Championships

Year	Venue	Name	Event	Performance
1969		Gwynne Griffiths	4x400m Relay	3:33.8(1h);3:04.2(6F)
2016	Amsterdam NED	Dewi Griffiths	10000m	28:28.55

Commonwealth Games

Year	Venue	Name	Event	Performance
1958	Cardiff Wales	Wynne Oliver	220y	22.8 (5h)
	Cardiff Wales	John M Williams	880y	1.56.3(4h)
1966	Kingston Jamaica	Terry Davies	100y	10.3(5h)
	Kingston Jamaica	Terry Davies	220y	22.4(4h); 22.0 (6SF)
	Kingston Jamaica	Terry Davies	4x110y Relay	40.6(3h); 40.2(F)
1970	Edinburgh Scotland	Terry Davies	200m	21.8 (4h);21.8w(7SF)
1970	Edinburgh	Gwynne Griffiths	400m	50.6 (5h)
1970	Edinburgh	Hedydd Davies	Marathon	2:23:29
1970	Edinburgh	Alun James	110mH	14.7w(6h);14.9w(8SF)
1970	Edinburgh	Terry Davies	4x100m Relay	40.5(3h);40.2(5F)
1986	Edinburgh Scotland	Alyson Evans	400mH	58.83 (4h); 58.31 (8F)
1994	Victoria Canada	Peter Maitland	200m	21.23(2h);20.96(6SF)
1994	Victoria Canada	Peter Maitland	4x400m Relay	3:03.68 (4h); 3:07.80 (7F)
1994	Victoria Canada	Steve Perks	Coach	Welsh Team Coach

1998	Kuala Lumpur Malaysia	Jamie Henthorn Jamie Henthorn	100m 200m	10.46(3h);10.52(10.52(7SF) 21.13(3h);21.02(5SF)
1998	Kuala Lumpur Malaysia	Jamie Henthorn	4x100m Relay	39.09 (3h);38.73(4F)
2002	Manchester England	Jamie Henthorn Jamie Henthorn	100m 200m	10.81(5h); 10.74 (7SF) 21.35(4h);21.58 (6SF)
2002	Manchester England	Jamie Henthorn	4x100m Relay	39.62 (4h); 39.73 (8F)
2002	Manchester England	Andres Jones	10000m	29:15:44 (14F)
2014	Glasgow Scotland	Adam Bitchell	10000m	28:47:94 (14)
	Glasgow Scotland	Dewi Griffiths	10000m	31:28:81 (25)
2018	Gold Coast Australia	Josh Griffiths	Marathon	2:37;10 (15)
2018	Gold Coast Australia	Caryl Granville	100mH	13.98(6)
2018	Gold Coast Australia	Caryl Granville	400mH	59.28(8)
2018	Gold Coast Australia	Caryl Jones	Marathon	2:43:58 (8)

Track and Field Athletics

World Senior athletics championships

Year	Venue	Name	Event	Performance
1997	Athens	Angharad Mair	Marathon	2.42.31

European Senior athletics Championships

Year	Venue	Name	Event	Performance
1969		Gwynne Griffiths	4x400m Relay	3:33.8(1h);3:04.2(6F)
2016	Amsterdam NED	Dewi Griffiths	10000m	28:28.55
2018	Berlin GER	Caryl Jones	Marathon	2.40.41

European U23 athletics Championships

Year	Venue	Name	Event	Performance
1997	Catania ITA	Jamie Henthorn	100m	10.52(2h) 10.32w(3SF);10.46w(6F)
1997	Catania ITA	Jamie Henthorn	4x100m Relay	39.99 (3h); 38.99 (1F)
1999	Gothenburg SWE	Jamie Henthorn	100m	10.42(2h); 10.39(5SF)
1999	Gothenburg SWE	Jamie Henthorn	4x100m Relay	39.17(1h);38.96(1F)
2011	Ostrava CZE	Adam Bitchell	5000m	14:29.57 (14)

European U20 athletics Championships

Year	Venue	Name	Event	Performance
1995	Nyirgyhasa HUN	Jamie Henthorn	100m	10.70(1h);10.54(1h); 10.41 (2F)
1995	Nyirgyhasa HUN	Jamie Henthorn	4x100m Relay	39.43(1F)
2005	Finland	Heather Jones	100mH	14.21(4h);13.71 (3SF) 13.77(5F)
2011	Tallinn EST	Paul Bennett	400mH	52.80(5F)
2009	Novi-Sad SRB	Dewi Griffiths	10000m	31:14.54 (4)

European U18 athletics championships

Year	Venue	Name	Event	Performance
2018	Gyor HUN	Ben Thomas	200mSC	5:53.47 (9F)
2018	Gyor HUN	Ben Thomas	2000mSC	6:01.47 (7h)

Commonwealth Youth Athletics championships

Year	Venue	Name	Event	Performance
2011	Douglas IOM	Carys Mansfield	JT	39.18(2)

European Youth Olympics

Year	Venue	Name	Event	Performance
2011	Trabzon Turkey	Carys Mansfield	JT	38.45(h)

Indoor Athletics

European senior indoor athletics championships

Year	Venue	Name	Event	Performance
2000		Jamie Henthorn	60m	6.84(5h)

GB senior international indoor athletics matches

Year	Match	Name	Event	Performance
1970	V GDR	Gwynne Griffiths	400m	49.2(2)

GB U20 international indoor athletics matches

Year	Match	Name	Event	Performance
1985	v Germany and Russia	James Archampong	60mH	8.03(3);8.03(4)
1996	v France	Jamie Henthorn	200m	21.41(2)
		Jamie Henthorn	4x200m	1.25.40(2)
2007	v France, Spain	Caryl Granville	Pentathlon	3736 pts (6)

2013	V Czech, Fra, Neth, Spain	Aled Price	Heptathlon	4729 pts (8)
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Cross Country

World (IAAF) Senior Cross Country championships (1988 Onwards)

Year	Venue	Name	Event	Performance
2015	Guiyang, China	Dewi Griffiths	SM	70 (39.02)

World (IAAF) Junior Cross Country Championships

Year	Venue	Name	Event	Performance
2002	Dublin Ireland	David Jones	JM	95 (26.50)
2008	Edinburgh Scotland	Dewi Griffiths	JM	67 (25.29)

World (ICCU) Senior Cross Country championships (pre 1988)

Year	Venue	Name	Event	Performance
1951	Caerleon Wales	John Edwards	SM	53
1952	Hamilton Scotland	John Edwards	SM	57
1962	Sheffield England	Brian Davies	SM	83
1963	San Sebastian Spain	Hedydd Davies	SM	73
1964	Dublin Ireland	Hedydd Davies	SM	58
1965	Ostend Belgium	Hedydd Davies	SM	90
1966	Rabat Morocco	Hedydd Davies	SM	69
1966	Rabat Morocco	Fred Bell	SM	83
1967	Barry Wales	Hedydd Davies	SM	71
1968	Tunis Tunisia	Hedydd Davies	SM	60
1971	San Sebastian Spain	Steve Gibbons	SM	74
1974	Monza Italy	Steve Gibbons	SM	113
1975	Rabat Morocco	Steve Gibbons	SM	96
1976	Chepstow Wales	Steve Gibbons	SM	35
1977	Dusseldorf Germany	Fred Bell	SM	129

World (ICCU) Junior Cross Country Championships

Year	Venue	Name	Event	Performance
1962	Sheffield England	Fred Bell	JM	38
1963	San Sebastian Spain`	Fred Bell	JM	28

European Senior/U23 Cross Country championships

Year	Venue	Name	Event	Performance
2012	Budapest HUN	Dewi Griffiths	U23	25.38 (38)
2013	Belgrade SRB	Dewi Griffiths	U23	24.29 (16)
2015	Toulon-Hyeres FRA	Dewi Griffiths	SM	30.39 (20)
2016	Chia ITA	Dewi Griffiths	SM	29.00 (18)
2017	Samorin SVK	Dewi Griffiths	SM	DNF
2018	Tilburg NED	Dewi Griffiths	SM	29.31(13)

Road Running

World Road Running Championships

Year	Venue	Name	Event	Performance
2012	Kavarna BUL	Caryl Jones	HM	71.52(10)
2015	Doha Qatar	Michael Kallenburg	50K	3:02.01(8)
2016	Cardiff Wales	Dewi Griffiths	Half Marathon	64.10(27)
2016	Doha Qatar	Michael Kallenburg	50K	2:59.30 (6)
2017	London England	Joshua Griffiths	Marathon	2:20.06 (39)

Commonwealth Road Running championship

Year	Venue	Name	Event	Performance
2018	Cardiff Wales	Dewi Griffiths	HM	62.56 (9)
2018	Cardiff Wales	Alaw B Thomas	HM	79.39(174)

Mountain Running

World Junior Mountain Running championship

2008	Crans Montana SUI	Dewi Griffiths	Jun	43:07.4 (7)
2012	Ponte di Legno Italy	Josh Griffiths	Jun	50.11(50)

Commonwealth Mountain Running championship

2009	Keswick England	Dewi Griffiths	U20	57.46 (24)
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Hedydd Davies
7 May 2020