

Carmarthen Harriers and Welsh Athletics Championships Medal Table (Wilkinson Sword Trophy)

The Wilkinson Sword Trophy Was awarded every year to the Welsh club winning the most gold medals in that year's Welsh Athletics championships in all age groups (under 13, under 15, under 17, under 20 and seniors)

In the 1970's Carmarthen Harriers had a very strong senior men's team and the team won the Welsh senior men's league on several occasions

In recent years Carmarthen Harriers have had very few seniors as the good local under 20 athletes would go away to college and universities or join clubs who could give better competition at a senior level (British Men's and Ladies League)

In the period 2000-2010 Carmarthen and District Harriers Athletics Club had an outstanding record in Welsh Club athletics

In years 2005, 2006, 2007 and 2008 to 2008 Carmarthen Harriers won the Wilkinson Sword Trophy on four occasions and came second in 2004 and 2009 and third in 2010 and 2011

In 2004 Carmarthen won 17 gold medals, 30 gold in 2005, 33 gold, 28 gold in 2008, 29 gold in 2009 and 25 gold in 2010. A total of 427 medals in the 7-year period

It must be remembered that Carmarthen Harriers only won a few medals in the senior age group

The success of the Club was due to the excellent support received from the dedicated coaches at the Club and the parents and young athletes. Most of the Welsh championships were at venues a long way from Carmarthen

Carmarthen only hosted two Welsh championships in Carmarthen in that period, the Welsh under 13 and under 15 championships in 2007 and the Welsh under 17 and under 20 championships in 2010

In 2007 Carmarthen Harriers won the UK Athletics Throws Club of the year. This award was for the performances of the athletes of the Club in all age groups from under 13 to seniors. Carmarthen Harriers was also highly placed in the sprints and endurance sections

2004

Welsh U13/U15/U17/U20/ senior championships at Eirias Park Colwyn Bay on Saturday 19 and Sunday 20 June 2004

	Club	Gold	Silver	Bronze	Total
1	Cardiff AAC	21	19	7	47
2	Carmarthen Harriers	17	23	13	53
3	Swansea Harriers	17	10	5	32
4	Wrexham AC	11	5	9	25
5	Newport Harriers	8	9	18	35
6	Brecon AC	6	6	1	13
7	Deeside AC	5	11	11	27
8	Cwmbran Harriers	5	7	6	18
9	Aberdare AC	5	3	6	14
10	Neath Harriers	5	3	2	10

2005

Welsh U13, U15, U17 and U20 championships at Cardiff on Saturday 18 June 2005

Welsh senior championships at Cardiff on Monday 29 August 2005

	Club	Gold	Silver	Bronze	Total
1	Carmarthen Harriers	30	17	12	59
2	Cardiff AAC	22	21	20	63
3	Swansea Harriers	19	15	17	51
4	Cwmbran Harriers	8	9	9	26
5	Newport Harriers	7	10	11	28
6	Neath Harriers	6	1	4	11
7	Brecon AC	5	2	3	10
8	Sale Harriers	5	-	3	8
9	Bridgend AC	4	9	9	22
10	Wrexham AC	4	6	2	12

2006

Welsh senior championships at Cardiff on Sunday 18 June 2006

Welsh U13 and U15 championships in Carmarthen on Saturday 8 July 2006

Welsh U17 and U20 championships in Cardiff on Sunday 9 July 2006

	Club	Gold	Silver	Bronze	Total
1	Carmarthen Harriers	33	25	14	72
2	Swansea Harriers	26	12	11	53
3	Cardiff AAC	24	25	20	69
4	Cwmbran Harriers	9	8	15	32
5	Bridgend AC	8	8	9	25
6	Newport Harriers	8	7	5	20
7	Deeside AC	5	10	4	19
8	Barry and Vale Harriers	5	3	1	9
9	Pembrokeshire Harriers	4	5	8	17
10	Brecon AC	4	4	3	11

2007

Welsh senior championships at Cwmbran on 14 July 2007

Welsh junior championships at Swansea on Saturday 16 and Sunday 17 June 2007

	Club	Gold	Silver	Bronze	Total
1	Carmarthen Harriers	28	19	20	67
2	Cardiff AAC	27	18	13	58
3	Swansea Harriers	21	24	17	62
4	Newport Harriers	12	14	13	39
5	Cwmbran Harriers	9	12	14	35
6	Bridgend AC	9	4	9	22
7	Wrexham AC	8	6	7	21
8	Deeside AC	7	11	9	27

2008

	Club	Gold	Silver	Bronze	Total
1	Carmarthen Harriers	30	12	22	64
2	Swansea Harriers	29	27	25	81
3	Cardiff AAC	16	29	15	60
4	Newport Harriers	11	9	12	32
5	Wrexham AC	10	7	5	22
6	Deeside AC	9	11	6	26
7	Bridgend AC	9	5	11	25
8	Sale Harriers	6	1	-	7
9	Pembrokeshire Harriers	6	1	3	10
10	Colwyn Bay AC	4	1	1	6

2009

Welsh U17 and U20 championships in Newport on Sunday 7 June 2009

Welsh senior championships at Cardiff on Saturday 13 June 2009

Welsh U13 and U15 championships in Cardiff on Saturday 11 July 2009

	Club	Gold	Silver	Bronze	Total
1	Cardiff AAC	29	24	22	75
2	Carmarthen Harriers	23	23	14	60
3	Swansea Harriers	22	25	26	73
4	Cwmbran Harriers	12	8	9	29
5	Newport Harriers	11	13	9	33
6	Deeside AAC	7	5	12	24
7	Bridgend AC	4	9	8	21
8	City of Sheffield AD	4	2	-	6
9	Aberdare AAC	4	1	4	9
10	Colwyn Bay AC	4	-	1	5

2010

Welsh U13 and U15 and senior championships in Cardiff on Saturday 12 June and Sunday 13 June 2010

Welsh U17 and U20 championships in Carmarthen on Saturday 10 July 2010

	Club	Gold	Silver	Bronze	Total
1	Swansea Harriers	28	25	27	80
2	Cardiff AAC	27	26	24	77
3	Carmarthen Harriers	25	19	8	52
4	Bridgend AC	14	7	6	27
5	Wrexham AC	9	3	4	16
6	Sale Harriers	6	1	2	9
7	Cwmbran Harriers	5	8	8	21
8	Pembrokeshire Harriers	5	7	6	18
9	Brecon AC	5	2	1	8
10	Barry and Vale Harriers	4	3	3	10

2011

Welsh U17 and U20 championships at Wrexham on Saturday 11 June 2011

Welsh Senior Championships at Cardiff on Saturday 18 and Sunday 19 June 2011

Welsh U13 and U15 championships at Cardiff on Saturday 23 July 2011

	Club	Gold	Silver	Bronze	Total
1	Cardiff AAC	29	26	19	74
2	Swansea Harriers	25	24	32	81
3	Carmarthen Harriers	17	8	13	38
4	Wrexham AC	10	5	5	20
5	Pembrokeshire Harriers	9	10	9	28
6	Deeside AC	8	8	4	20
7	Newport Harriers	8	7	7	22
8	Bridgend AC	8	5	9	22
9	Cwmbran Harriers	6	7	6	19
10	Colwyn Bay AC	6	6	3	15

2012

Welsh U13, U15, U17, U20 and senior championships at Cardiff on Friday 3 June, Saturday 4 June and Sunday 5 June 2012

	Club	Gold	Silver	Bronze	Total
1	Cardiff AAC	30	34	32	96
2	Swansea Harriers	25	17	17	59
3	Pembrokeshire Harriers	12	7	9	28
4	Carmarthen Harriers	11	12	6	29
5	Wrexham AC	10	6	8	24
6	Bridgend AC	6	7	2	15
7	Brecon AC	6	4	3	13
8	Barry and Vale Harriers	6	3	7	16
9	Neath Harriers	5	3	2	10
10	Deeside AC	5	3	2	10

Hedydd Davies

24 July 2020