

Bruce Tasker (born)

Personal Bests

60m 7.13i (2007); 100m 10.87 (2009); 150m 16.19 (2009); 200m 21.39 (2008); 400m 47.69 (2007)

Lead Coach Steve Perks

Bruce Tasker was a guest speaker at the Carmarthen and District Harriers Athletics Club 2019 Annual Dinner at the Ivy Bush Royal Hotel Spilman Street Carmarthen

Bruce was a member of the GB 4 man bob sleigh team that won a bronze medal in the 2014 Winter Olympics in Sochi Russia

In fact, the team with Bruce as the brakeman finished 5th but later the two Russian teams who finished first and second were disqualified

In Sochi, the GB team started poorly, they were 10th after the first round, but got better in the next three rounds to finish in 5th place on the day

Bruce whilst living in Bath during his University days was recruited into the GB bobsleigh team and competed for the GB team in many worldwide bob sleigh competitions

After Sochi he was promoted to be the driver of the GB 4 man bob sleigh team and was selected to compete in the 2018 Winter Olympics in Pyongyang South Korea

However due a medical problem he was unable to take part

Bruce is from Manorbier in Pembrokeshire and attended Greenhill secondary school in Tenby Pembrokeshire

He joined Carmarthen and District Harriers Athletics Club as a thirteen year old and was a faithful member throughout his junior athletics career. He was coached at the Carmarthen Athletics Track by the club coach Steve Perks who was the Coach of the GB gold medal winning team at the 2004 Olympic Games in Athens

Bruce was an incredibly talented junior athlete and in 2020 still holds the following Carmarthen Harriers records

U15	400m	52.51	2002
U17	400m	47.85	2004
U20	400m	47.85	2004

He won two AAA of England indoor 400m championships

400	1	48.85i	Birmingham	AAA U17 indoor championships	29 Feb 2004
400	1	47.74i	Birmingham	AAA U20 indoor championships	5 Mar 2006

He won many Welsh championships and competed abroad with GB teams on two occasions

Bruce is a particularly good cook as he showed on Celebrity Master Chef

Bruce Tasker's milestones

2002 U15 Carmarthen Harriers (1 recorded performance)

400 2 52.98i Birmingham AAA U15 Championships 23 Feb 2002

2004 U17 Carmarthen Harriers (2 recorded performances)

400 2 47.85 Birmingham AAA U17 Championships 15 Aug 2004

400 1 48.85i Birmingham AAA U17 Indoor Championships 29 Feb 2004

2005 U20 Carmarthen Harriers (12 recorded performances)

200 1 22.76 Carmarthen Welsh Inter Regional Championships 27 Aug 2005

400 3h 48.12 Bedford CAU Inter Counties Championships 29 May 2005

400 5 48.37 Loughborough Loughborough International match 22 May 2005

400 6 48.70 Bedford CAU Inter Counties Championships 29 May 2005

400 ht 49.09 Cardiff Welsh Senior Championships 29 Aug 2005

400 4 49.35 Abingdon SEAA Inter Regional match 4 Sep 2005

400 1 49.47i Cardiff Jeff White Motors international match 22 Jan 2005

400 1 49.69i Cardiff Welsh U20 Indoor Championships 9 Jan 2005

400 7 49.92 Cardiff Welsh Senior Championships 29 Aug 2005

2006 U20 Carmarthen Harriers / Bath University/ Swansea Harriers (36 recorded performances)

100 1 10.9 Brecon Welsh Junior League Cup Final 20 Aug 2006

200 3 21.60 Abingdon Inter Territorial Match 3 Sep 2006

200 1 22.0 Brecon Welsh Junior League Cup Final 20 Aug 2006

400 1 47.74i Birmingham AAA U20 Indoor Championships 5 Mar 2006

400 2 48.14 Cardiff Welsh Championships 9 Jul 2006

400 4 48.43 Cardiff Welsh Championships 18 June 2006

400 2 48.44 Birmingham BUSA Championships (s3) 30 Apr 2006

400 1 48.87 Bratislava SVK Bratislava SLO 13 Jun 2006

400 6 49.01 Birmingham BUSA Championships 1 May 2006

400 5 49.05 Bedford CAU Inter Counties Championships 28 May 2006

400 1 49.0 Brecon Welsh junior League Cup Final 12 Aug 2006

400 1 49.13 Cardiff Welsh Inter Regional Championships 27 Aug 2006

400 5 49.17 Loughborough Loughborough International 21 May 2006

400 1 49.74i Cardiff Welsh Indoor Championships 29 Jan 2006

400 2 49.74 Abingdon Inter Territorial Match 3 Sep 2006

2007 U23 Carmarthen H/ Bath University/ Swansea Harriers (26 recorded performances)

400	3	47.77	Bedford	BUCA Championships	7 May 2007
400	3	47.73	Loughborough	Loughborough International	20 May 2007
400	3	47.91	La Lugana ESP	La Lugana ESP	16 Jan 2007
400	2	48.0	St PeterPort	Fortis Golden Series	30 May 2007
400	4	48.01	Cwmbran	Welsh Senior Championships	14 Jul 2007
400	6	48.08	Bedford	AAA U23 Championships	24 Jun 2007
400	4	48.51	Derby	U23 Territorial Match	19 Aug 2007
400	7	48.13	Crystal Palace	UK Challenge Final	25 Aug 2007
400	2	49.7i	Cardiff	Celtic Indoor Cup	3 Feb 2007
400	4	50.5i	Cardiff	Welsh Indoor Championships	13 Jan 2007

2008 Carmarthen H/ Bath University/ Swansea Harriers (22 recorded performances)

200	4	21.44	Bedford	BUSA Championships	3 May 2008
200	2	21.54i	Sheffield	BUSA Indoor Championships	15 Mar 2008
200	3	21.64	Loughborough	Loughborough International	18 May 2008
200	3	21.67	Bedford	England Athletics U23 Championships	22 Jun 2008
200	1	21.85	Swansea	Welsh Senior Championships	15 Jun 2008

2009 Carmarthen H/ Swansea Harriers (11 recorded performances)

150	5	16.19	Loughborough	McCain Loughborough International	17 May 2009
200	5	21.8	Cardiff	Welsh Open Championships	13 Jun 2009
200	2	21.67	St Peter Port	MeesPerson Golden Series Meeting	23 May 2009