

Dewi Griffiths Carmarthen Harriers/ Swansea University/Swansea Harriers

Twenty nine year old (born 8 August 1991) Dewi Griffiths has so far

Competed for Great Britain on 18 occasions

Competed for Wales or Welsh schools on 58 occasions

Won 32 gold medals in Welsh championships

Seven times winner of the Welsh senior cross country championship

Five times winner of Welsh schools cross country championships

Competed for GB as a junior in track, cross country, and mountain running and GB as a senior in track, cross country, and road

Personal bests so far

800 1.59.13 (2009); 1500 3.52.23 (2016); 3000 7.55.65 (2017); 5000 13.33.60 (2017); 10000 (28.16.07); 10 miles Road (47.20); Half Marathon (62.55); Marathon (2.09.49)

Dewi lives with his parents in the family hill farm in Llanfynydd fifteen miles north of Carmarthen the county town of Carmarthenshire

The nearest athletics track is at Carmarthen

He went to the local primary school in Llanfynydd and then on to Ysgol Tregib secondary school in Llandeilo

He has always lived at home except when he studied for his B.Sc. mathematics degree at Swansea University

Life can be hard at times on the farm particularly during lambing and sheep shearing time during the year

Dewi has always had an interest in running from an early age and he would spend a lot of his time running in the fields on the farm

Whilst at primary school he competed in the Carmarthenshire primary schools cross country championships and finished 17th in the Y6 race. His primary school Head teacher Geraint Davies said that he was not good enough to compete in the Dyfed primary schools cross country championships, but he did and finished 48th

He then competed in local village sports and his interest in athletics grew and when he was 11 became a member of Carmarthen and District Harriers Athletics Club

In his first year at Tregib secondary school he was often beaten by Lee Rees who went on to be an outstanding Welsh sevens rugby player

Dewi was encouraged by his PE teacher Lawrence Senchal and for five years he was self coached but received considerable support from his club Carmarthen Harriers

For the last 14 or so years he has been coached by Carmarthen Harriers coach Kevin Evans MBE who has helped and guided Dewi throughout many ups and downs (injuries and illness) to great achievements on the track, cross country, and road

Dewi is a great club man as is seen by his many appearances for his first club Carmarthen and District Harriers Athletics Club and then with Swansea Harriers (325 recorded races). He competed regularly for the clubs in local league matches as well as the West Wales and Welsh championships

The Friday evening after his great marathon performance in Frankfurt on 29 October 2017 (2.09.49) Dewi was the guest speaker at the 2017 annual Carmarthen Harriers Dinner.

A week later (11 November 2017) he received a rousing reception when he lined up at the start of the JH Collins Gwent Cross Country League match in Brecon. He won the race in 31.36 on a very muddy course, 1 minute 26 seconds ahead of a fellow Swansea Harrier

His first major success was when he won the UK U15 inter county cross country championship in Nottingham in 2006. Ten years later in 2016 he won the senior UK inter county cross country championship in Birmingham

He has received many well deserved awards. He has received awards from Ysgol Tregib, Swansea University, Carmarthen and District Harriers, Swansea Harriers, Carmarthen Town Council, Carmarthenshire County Council, Welsh Schools and Welsh Athletics

Most of his training is on the roads in rural North Carmarthenshire and trains once a week at the Carmarthen Athletics Track where he is a real role model for the young Carmarthen Harriers members

A great ambassador for the sport and an inspiration to us all

It is credit to all concerned for supporting Dewi during his athletics career and he has so far justified the time, effort and dedication shown over a long period of time

Competing for Great Britain (major events)

Date	Event	Age Group	Venue	Performance
14/09/2008	World MR	U20	Crans Montana	43.07.4 (7)
23/07/2009	European Juniors 10000m	U20	Nov Sad SRB	31.14.54 (4)
05/09/2010	World MR	U20	Karnik SVK	47.36 (6)
07/06/2014	European Cup 10000	Sen	Skopje MKD	29.36.63 (13)
08/07/2016	European 10000	Sen	Amsterdam NED	28.28.55
28/03/2015	World Cross country	Sen	Guiyang China	70 (39.02)
30/03/2008	World Cross country	Jun	Edinburgh SCO	67 (25.29)
09/12/2012	European CC	U23	Budapest Hun	25.38 (38)
08/12/2013	European CC	U23	Belgrade SRB	24.29 (16)
13/12/2015	European CC	Sen	Toulon – Hyeres FRA	30.39 (20)
11/12/2016	European CC	Sen	Chia ITA	29.00 (18)
10/12/2017	European CC	Sen	Samorin SVK	DNF
09/12/2018	European CC	Sen	Tilburg NED	29.31 (13)
25/03/2016	World HM	Sen	Cardiff	64.10 (27)

Welsh Track Championships

Date	Event	Age Group	Medal	Venue	Performance
29/08/2005	1500m	Under 15	Gold	Cardiff	4.17.80
09/07/2006	3000m	Under 17	Gold	Cardiff	9.01.68
12/07/2008	1500m	Under 20	Bronze	Connahs Quay	4.03.35
10/07/2010	1500m	Under 20	Silver	Carmarthen	4.06.35
28/06/2015	5000m	Senior	Gold	Cardiff	14.30.27
10/06/2017	5000m	Senior	Gold	Cardiff	13.50.35

Welsh Indoor Championships

Date	Event	Age Group	Medal	Venue	Performance
09/01/2005	1500m	Under15	Gold	NIAC Cardiff	4.30.39
03/02/2007	1500m	Under 17	Silver	NIAC Cardiff	4.06.37
24/01/2009	3000m	Senior	Bronze	NIAC Cardiff	8.39.91
29/01/2011	3000m	Senior	Gold	NIAC Cardiff	8.24.12

Welsh Road Race Championships

Date	Event	Age Group	Medal	Venue	Performance
17/04/2006	5000m	Under 17	Gold	Carmarthen	15.47
23/09/2007	5000m	Under 17	Gold	Swansea	15.26
07/05/2011	5000m	Under 20	Bronze	Bridgend	15.03
11/08/2013	5000m	Senior	Bronze	Llanelli	15.23
25/09/2011	10000m	Senior	Gold	Swansea	30.21
22/09/2013	10000m	Senior	Gold	Swansea	30.36
20/09/2015	10000m	Senior	Gold	Swansea	29.20
14/10/2012	Half Marathon	Senior	Gold	Cardiff	65.47
06/10/2013	Half Marathon	Senior	Gold	Cardiff	65.01
04/10/2015	Half Marathon	Senior	Gold	Cardiff	64.28
02/10/2016	Half Marathon	Senior	Gold	Cardiff	63.27
01/10/2017	Half marathon	Senior	Gold	Cardiff	61.33
07/10/2018	Half Marathon	Senior	Gold	Cardiff	62.55
28/04/2019	Marathon	Senior	Gold	London	2.11.49

Welsh Cross Country Championships

Date	Age Group	Medal	Venue	Performance
21/02/2004	Under 13	Bronze	Swansea	
20/02/2005	Under 15	Bronze	Leckwith Cardiff	
23/02/2006	Under 15	Gold	Pembrey	13.24
17/02/2007	Under 17	Gold	Ruthin	
24/02/2008	Under 17	Gold	Swansea	20.23

01/02/2009	Under 20	Silver	Builth Wells	24.45
20/02/2010	Under 20	Gold	Swansea	24.03
18/02/2012	Under 23/Sen	Gold	St Fagans	35.38
16/02/2013	Under 23/Sen	Gold	Crickhowell	33.06
15/02/2014	Under 23/Sen	Gold	Llandeilo	33.22
21/02/2015	Senior	Gold	Corwen	34.16
27/02/2016	Senior	Gold	Swansea	35.34
25/02/2017	Senior	Gold	Swansea	33.40
23/02/2019	Senior	Gold	Pembrey	31.50

UK Road Race Championships

Date	Event	Age Group	Medal	Venue	Performance
06/10/2013	Half Marathon	Senior	Bronze	Cardiff	65.01
10/03/2019	Half Marathon	Senior	Bronze	Greenwich	63.17
28/04/2019	Marathon	Senior	Bronze	London	2.11.46

UK Athletics Championships

Date	Event	Age Group	Medal	Venue	Performance
14/08/2005	Under 15	1500m	Bronze	Birmingham	4.14.72
21/06/2008	Under 20	5000m	Silver	Bedford	14.48.03
28/06/2009	Under 20	5000m	Bronze	Bedford	14.46.12
16/05/2015	Senior	10000m	Silver	Parliament Hill	28.55.24
21/05/2016	Senior	10000m	Silver	Parliament Hill	28.28.55
20/05/2017	Senior	10000m	Silver	Parliament Hill	28.31.88

UK inter counties cross country championships

Date	Event	Age Group	Medal	Venue	Performance
06/03/2006	Under 15	Under 15	Gold	Nottingham	15.02
15/03/2008	Under 20	Under 20	4	Nottingham	25.51
08/03/2014	Senior	Senior	Bronze	Birmingham	34.11
07/03/2015	Senior	Senior	Silver	Birmingham	34.33
12/03/2016	Senior	Senior	Gold	Birmingham	37.13

UK Mountain Running championships

Date	Event	Age Group	Medal	Venue	Performance
08/08/2010	Under 20	Under 20	Gold	Llanberis	41.22
08/08/2010	Under 23	Under 23	Silver	Llanberis	41.22

Welsh Schools Athletics Championships

Date	Event	Age Group	Medal	Venue	Performance
02/07/2005	1500	Under 15	Gold	Brecon	4.14.72
01/07/2006	3000	Under 17	Gold	Brecon	8.55.05
05/07/2008	3000	Under 20	Gold	Brecon	8.48.70

04/07/2009	1500	Under 20	Silver	Cardiff	4.02.27
04/07/2009	3000	Under 20	Gold	Cardiff	8.52.36

Welsh Schools Cross Country Championships

Date	Event	Age Group	Medal	Venue	Performance
13/03/2004	JB	Under 15	15	Brecon	
19/03/2005	JB	Under 15	Gold	Brecon	13.44
25/03/2006	MB	Under 17	Gold	Brecon	18.10
18/03/2007	MB	Under 17	Gold	Brecon	
08/03/2008	SB	Under 20	Gold	Brecon	19.42
28/02/2009	SB	Under 20	Gold	Brecon	19.04

Competing for Welsh Schools in the London mini marathon (3 miles)

Date	Event	Age Group	Medal	Venue	Performance
18/04/2004	2.65 miles	U13	Bronze	London	
17/04/2005	2.65 miles	U15	6	London	13.45
23/04/2006	2.65 miles	U15	Gold	London	13.22
13/04/2008	3 miles	U17	7	London	14.29

Competing for Welsh schools in the SIAB Cross Country International

Date	Event	Age Group	Medal	Venue	Performance
02/04/2005	SIAB Cross Country	JB	Bronze	Northop WAL	
8/04/2006	SIAB Cross country	MB	Silver	Stowe School	
31/03/2007	SIAB Cross country	MB	4	Dublin	21.04

Competing for Welsh schools in the SIAB Athletics International

Date	Event	Age Group	Medal	Venue	Performance
15/07/2006	3000	Under 17	4 th	Grangemouth	8.47.89

Competing for Wales in the Celtic Games athletics International

Date	Event	Age Group	Medal	Venue	Performance
12/08/2006	1500m	Under 16	Gold	Waterford IRE	4.15.94
02/08/2008	3000m	Under 18	Gold	Grangemouth	8.42.19

Competing for Wales in the Celtic cross country international

Date	Event	Age Group	Medal	Venue	Performance
29/01/2006	Under 17	Under 17	Bronze	Dublin	
6/01/2007	Under 17	Under 17	Gold	Belfast	
12/01/2008	Under 20	Under 20	6	Edinburgh SCO	
23/01/2010	Under 20	Under 20	Silver	Antrim NI	17.46
18/03/2012	Under 23	Under 23	Gold	Rouken Glen	27.55
05/02/2013	Under 23	Under 23	Gold	Edinburgh	

Milestones in Dewi Griffiths career to date (a total of 325 races by August 2020)

2003 U13 Carmarthen Harriers (2 recorded races)

800	2.41.5 (1)	Louise Arthur League at Carmarthen		8 April 2003
1500	5.09.3 (1)	Dyfed schools champs(Y7) at Carmarthen		7 June 2003

2004 U13 Carmarthen Harriers

No recorded races

2005 U15 Carmarthen Harriers 15 recorded races

1500	4.14.09(3)	AAA U15 champs	Birmingham	14 August 2005
1500	4.14.72(1)	Welsh Schools champs	Brecon	2 July 2005
1500	4.30.39(1)	WELSH IND CHAMPS	CARDIFF	9 JANUARY 2005

2006 U15 Carmarthen Harriers 15 recorded races)

ZXC	1 (U15)	UK inter county XC	Nottingham	06 March 2006
1500	4.15.94(1)	Celtic Games	Waterford IRL	12 August 2006
3000	8.47.89 (4)	Schools Int	Grangemouth`	15 July 2006
3000	8.55.05 (1)	Welsh Schools champs	Brecon	1 July 2006
3000	9.01.88(1)	Welsh U17 champs	Cardiff	9 July 2006
5K	15.47(1)	Welsh U17 5K Ch (road)	Carmarthen	17 April 2006

2007 U17 Carmarthen Harriers 11 recorded races

1500	4.06.7(2)	Celtic Indoor Cup	Cardiff	3 February 2007
ZXC	17.35(3)	UK U17 Challenge	Liverpool	24 November 2007

2008 U20 Carmarthen Harriers 26 recorded races

3000	8.48.7(1)	Welsh schools champs	Brecon	5 July 2008
5000	14.48.03(2)	AAA U20 champs	Bedford	21 June 2008
8KXC	25.29(67)	World U20 XC champs	Edinburgh	30 March 2008
ZMT	43.07.4	World Mount Trophy	Crans Montana	14 September 2008
ZMC	19.42(1)	Welsh schools champs	Brecon	8 March 2008
ZMC	20.23(1)	Welsh CC Champs	Swansea	24 February 2008

2009 U20 Carmarthen Harriers 32 recorded races

1500	4.02.27(2)	Welsh Schools champs	Cardiff	4 July 2009
3000	8.32.36(1)	Welsh Schools champs	Cardiff	4 July 2009
5000	14.46.12(3)	England U20 Champs	Bedford	28 June 2009
10000	31.14.54(4)	European Jun Champs	Nov Sad SRB	23 July 2009
ZSC	19.04(1)	Welsh Schools Champs	Brecon	28 February 2009
ZFL	57.48 (24)	Commonwealth Mt Up-hill	Keswick	18 September 2009

2010 U20 Carmarthen Harriers 18 recorded races

1500	3.56.31(3i)	Celtic international	NIAC Cardiff	21 February 2010
1500	4.06.35 (2)	Welsh U20 champs	Carmarthen	10 July 2010
ZXC	24.03 (1)	Welsh champs	Swansea	20 February 2010
ZFL	41.22 (1)	GB MR Trials	Llanberis	8 August 2010
ZMR	47.36 (6)	World MR champs	Karnik SVK	5 September 2010

2011 U23 Swansea H/Swansea University 26 recorded races

10000	30.42.04(2)	BUCS championships	Bedford	1 May 2011
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2012 U23 Swansea H/Swansea University 41 recorded races

10000	30.21.10(2)	BUCS championships	Olympic Park	6 May 2012
ZXC	25.38 (38)	European U23 CC	Budapest HUN	9 December 2012
ZXC	20.34 (3)	Edinburgh CC	Edinburgh	7 January 2012
ZXC	30.58(46)	World University Ch	Lodz POL	14 April 2012
ZXC	35.38 (1)	Welsh Sen CC	St Fagans	18 February 2012

2013 U23 Swansea H/ Swansea University 23 recorded races

ZXC	24.29(16)	European U23 CC	Belgrade SRB	8 December 2013
ZXC	33.06(1)	Welsh SEN CC champs	Crickhowell	16 February 2013

2014 SEN Swansea H 18 recorded races

10000	29.36.63(13)	European Cup 10K	Skopje MKD	7 June 2014
10000	31.28.81 (25)	Commonwealth Games	Hampden Park	1 August 2014
ZXC	33.22 (1)	Welsh CC champs	Llandeilo	15 February 2014
ZXC	34.11 (3)	Uk int County champs	Birmingham	8 March 2014

2015 SEN Swansea H 27 recorded races

5000	14.30.27 (1)	Welsh Senior champ	Cardiff	28 June 2015
10000	28.55.24(2)	England Champs	Parliament Hill	16 May 2015
10000	29.13.51(9)	European Cup 10000	Chia ITA	6 June 2015
ZXC	30.39 (20)	European CC champs	Toulon FRA	13 December 2015
ZXC	34.16(1)	Welsh CC champs	Corwen	21 February 2015
ZXC	34.33 (2)	UK inter county champs	Birmingham	7 March 2015
ZXC	39.02 (70)	IAAF World CC champs	Guiyang CHN	28 March 2015

2016 SEN Swansea H 27 recorded races

10000	28.28.55(5)	European Champs	Amsterdam	8 July 2016
ZXC	29.00 (18)	European CC champs	Chia ITA	11 December 2016
ZXC	35.34 (1)	Welsh CC champs	Swansea	27 February 2016
ZXC	37.13(1)	UK int county Champs	Birmingham	12 March 2016
HM	64.10 (27)	IAAF HM champs	Cardiff	26 March 2016
HM	63.27 (8)	Cardiff HM	Cardiff	2 October 2016

2017 SEN Swansea H 28 recorded races

3000	7.55.65 (7)	Cork City Sports	Cork IRL	18 July 2017
5000	13.33.60 (5)	Morton Games	Dublin (S) IRL	12 July 2017
5000	13.50.35 (1)	Welsh championships	Cardiff	10 June 2017
10000	28.16.07(14)	Payton Jordan Int	Palo Alto Cal USA	5 May 2017
10000	28.31.88 (2)	UK champs	Parliament Hill	20 May 2017
ZXC	33.40 (1)	Welsh CC champs	Swansea	25 February 2017
HM	61.33 (4)	Cardiff HM	Cardiff	1 October 2017
Mar	2.09.49 (5)	Frankfurt Mar	Frankfurt GER	29 October 2017

2018 SEN Swansea H 12 recorded races

ZXC	29.31(13)	European CC champs	Tilburg NED	9 December 2018
10M	47.10 (11)	Dam 10M	Amsterdam	23 September 2018
HM	62.55 (9)	Cardiff HM	Cardiff	7 October 2018

2019 SEN Swansea H 10 recorded races

5.38ML	25.06 (1)	ERRA 12 stage	Sutton Coldfield	6 April 2019
ZXC	31.50 (1)	Welsh CC champs	Pembrey	23 February 2019
10K	30.12 (3)	ASICS London	London	21 July 2019
HM	61.44 (8)	Houston	Houston USA	20 January 2019
HM	63.17 (4)	Vitality HM	London	10 March 2019
Mar	2.11.46 (16)	London Marathon	London	28 April 2019

2020 SEN Swansea H 6 recorded races

5K	13.43 (6)	Podium 5K	Barrowford	8 August 2020
HM	65.53 (17)	Vitality HM	Greenwich	1 March 2020