Glen Elsdon and Dafydd Walters

Ossie Morgan for 30 years from 1985 coached Carmarthen Harriers hurdlers at the Carmarthen Athletic Track. Every year he produced 4-8 Welsh champions and internationals. Both James Archampong and Heather Jones competed for Great Britain. He would be at the Carmarthen Track twice a week and travelled miles to see his athletes compete

Two of his athletes were Glen Elsdon and Dafydd Walters and both did exceedingly well in the hurdles event

Glen Elsdon

Lead Coach Ossie Morgan (d) Personal Bests

60 6.96i (2017); 100 10.85 (2017); 200 21.97 (2016); 300 36.97i (2013) 400 53.567 (2011); 800 2.12.63

Glen lived In Tavernspite and went to Dyffryn Taf Secondary School in Whitland

He joined Carmarthen and District Athletics Club at an early age and his father Bill was an excellent member of the coaching staff

As an under 13 member, he competed in all events and was a member of the Carmarthen Harriers Welsh championship gold medal road relay winning teams

Glen was good at all events and competed for Welsh Schools in two SIAB schools indoor pentathlon internationals

He then under Ossie Morgan's guidance went on to specialize in the hurdles and sprints

Below is a summary of his successes:-

- Winner of 21 Welsh championship medals (10 gold, 8 silver and 3 bronze). Four of the gold medals won in the Welsh senior hurdles championships
- Competed for Welsh in 2 SIAB indoors pentathlon internationals
- Competed for Wales in international competitions both in UK and abroad

In 2005 as an U13 athlete he won 4 Welsh Championships (2 LJ, 1HJ and 1pen).12 years later in 2017 he won the Welsh senior 110m hurdles championship

Glen was an excellent member of the Carmarthen and District Harriers Athletics Club and always competed with pride in Welsh schools and Welsh Inter Regional Championships

Milestones in Glen Elsdon's Athletics Career - 353 Recorded Performances- Main Results

2004 First Year Under 13 Carmarthen Harriers

800	2	2.45.99ICardiff	Welsh Indoors U13 Champs	24 Jan 2004
1500	3	Newport	Welsh Boys & Girls Champs	5 June 2004
1500	2	5.05.61 Colwyn Bay	Welsh U13 Championships	19 June 2004
HJ	3	1.45 Colwyn Bay	Welsh U13 Championships	20 June 2004
LJ		4.48		
LJ	3	4.02 Brecon	Welsh Junior Cup Final	23 Aug 2004

2005 Second Year Under 13 Carmarthen Harriers (18 Recorded Performances)

75H	1	13.1	Newport	Welsh Junior League Match	28 May 2005
75H	1	13.1	Brecon	Welsh Junior League Cup Final	21 Aug 2005
75H	1	13.6	Carmarthen	Louise Arthur League Match	9 Jul 2005
HJ	1	1.51	Cardiff	UK YA Midlands League Match	17 Jul 2005
HJ	1	1.50	Cardiff	Welsh U13 Championships	18 Jun 2005
HJ	1	1.43	Brierley Hill	UK YA Midlands League Match	5 Jun 2005
LJ	1	4.77	Cardiff	Welsh U13 Championships	18 Jun 2005
LJ	1	4.70i	Cardiff	Welsh Indoors U13 Champs	8 Jan 2005
LJ	1	4.59	Aberdare	Welsh Junior League Match	30 Apr 2005
Pen	1	1432	Cardiff	Welsh Schools CE Champs	25 Jun 2005

2006 First Year Under 15 Carmarthen Harriers (6 Recorded Performances)

60	8.66i	Cardiff	Welsh Indoors U15 Champs	28 Jan 2006
80H	13.9	Carmarthen	West Wales Championships	13 May 2006
HJ	1.53	Carmarthen	Louise Arthur League Match	7 Jul 2006
LJ	4.98	Haverfordwest	Gerald Codd Trophy Match	13 Aug 2006
Pen	1577	Carmarthen	Welsh Schools CE Champs	24 Jun 2006

2007 Second Year Under 15 Carmarthen Harriers (33 Recorded Performances)

60		8.26i	Cardiff	Welsh Indoors U15 Champs	27 Jan 2007
60H		9.96i	Cardiff	Welsh Indoors U15 Champs	28 Jan 2007
80H	2	12.9	Carmarthen	Welsh Junior League Match	28 May 2007
80H	1	12.9	Carmarthen	Louise Arthur League Match	10 Jun 2007
80H		13.05	Swansea	Welsh U15 Championships	16 Jun 2007
80H		13.1	Swansea	West Wales Championships	13 May 2007
80H		13.1	Carmarthen	Dyfed Schools Championships	9 Jun 2007
HJ	4	1.60	Carmarthen	Dyfed Schools Championships	9 Jun 2007
HJ	1	1.60	Haverfordwest	Gerald Codd Trophy Match	12 Aug 2007
HJ		1.55	Swansea	Welsh U15 Championships	16 Jun 2007
HJ	2	1.50i	Cardiff	Welsh Indoors U15 Champs	28 Jan 2007
LJ		5.10	Brecon	Welsh Junior League Cup Final	19 Aug 2007
LJ		4.95	Swansea	Welsh U15 Championships	16 Jun 2007
Pen	4	2463	Cwmbran	Welsh Schools CE Champs	30 Jun 2007

2008 First Year Under 17 Carmarthen Harriers (29 Recorded Performances)

Pen	14	2904i	Glasgow	SIAB Schools CE International	13 Dec 2008
Pen	3	2550i	Cardiff	Welsh Schools CE Champs	9 Nov 2008
Pen	5	2357	Carmarthen	Welsh Schools CE Champs	28 Dec 2008
LJ		6.02i	Glasgow	SIAB Schools CE International	13 Dec 2008
HJ		1.71	Carmarthen	UK YA Midlands League Match	20 Jul 2008
400H		65.89	Brecon	Welsh Schools Championships	5 Jul 2008
400H		63.94	Brecon	Welsh Inter Regional Champs	31 Aug 2008
100H		16.29	Carmarthen	Welsh Schools CE Champs	28 Jun 2008
60H		9.02i	Glasgow	SIAB Schools CE International	13 Dec 2008
800		2.12.63	3 Carmarthen	Welsh Schools CE Champs	28 Jun 2008
200		25.09	Glasgow	SIAB Schools CE International	13 Dec 2008

2009 Second Year Under 17 Carmarthen Harriers (38 Recorded Performances)

100	1	11.9	Yate	UK YA Midlands League Match	19 Jul 2009
200	2	24.1	Yate	UK YA Midlands League Match	19 Jul 2009
800		2.18.78	BiCardiff	Welsh Indoors CE Champs	15 Nov 2009
60H		8.77i	Glasgow	SIAB Schools CE International	5 Dec 2009
80H	2	8.9i	Swansea	West Wales Indoors Champs	18 Jan 2009
100H		14.74	Swansea	Welsh Schools CE Champs	27 Jun 2009
100H	1	15.3	Carmarthen	Dyfed Schools Championships	13 Jun 2009
400H	2	60.6	Wrexham	Welsh Senior League Match	8 Aug 2009
400H	3	61.10	Cardiff	Welsh Schools Championships	4 Jul 2009
400H	2	61.45	Swansea	Welsh Inter Regional Champs	30 Aug 2009
400H	2	62.47	Neath	West Wales Championships	10 May 2009
HJ	2=	1.75	Derby	UK YA Midlands League Match	24 May 2009
HJ	2	1.70	Carmarthen	Dyfed Schools Championships	13 Jun 2009
LJ	2	5.85	Cardiff	Welsh Schools Championships	4 Jul 2009
LJ	1	5.81	Carmarthen	Dyfed Schools Championships	13 Jun 2009
LJ	1	5.44	Neath	West Wales Championships	10 May 2009
LJ	5	5.43	Newport	Welsh U17 Championships	7 Jun 2009
TJ	4	11.92	Swansea	UK YA Midlands League Match	31 May 2009
TJ	3	11.69	Carmarthen	Dyfed Schools Champs	13 Jun 2009
Pen	2	2616	Swansea	Welsh Schools CE Champs	27 Jun 2009
Pen	4	2674i	Cardiff	Welsh Schools CE Champs	15 Nov 2009
Pen	11	2845i	Glasgow	SIAB Schools CE International	5 Dec 2009

2010 First Year Under 20 Carmarthen Harriers (32 Recorded Performances)

100		11.82	Newport	Welsh Schools CE Champs	26 Jun 2010
110H	3	15.46	Brecon	Welsh Schools Championships	3 Jul 2010
110H	2	15.8	Swansea	West Wales Championships	9 May 2010
110H	1	15.93	Brecon	Welsh Junior Cup Final	22 Aug 2010
110H	1	17.5	Carmarthen	Dyfed Schools Championships	19 Jun 2010

400H	3	59.99	Brecon	Welsh Schools Championships	3 Jul 2010
400H	1	61.4	Carmarthen	Dyfed Schools Championships	19 Jun 2010
HJ	2	1.80	Carmarthen	Dyfed Schools Championships	19 Jun 2010
HJ	3	1.70	Swansea	West Wales Championships	9 May 2010
LJ		6.16	Newport	Welsh Schools CE Champs	26 Jun 2010
LJ	1B	5.77	Brecon	Welsh Junior Cup Final `	22 Aug 2010
LJ	4	5.56w	Brecon	Welsh Schools Championships	3 Jul 2010
LJ	1	4.20	Carmarthen	Dyfed Schools Championships	19 Jun 2010
TJ	1	12.04	Cardiff	Welsh Inter Regional Champs	29 Aug 2010
Pen	2	2668	Newport	Welsh Schools CE Champs	26 Jun 2010

2011 Second Year Under 20 Carmarthen Harriers (38 Recorded Performances)

100	1	11.0	Carmarthen	Dyfed Schools Championships	18 Jun 2011
200	1	23.1	Carmarthen	Dyfed Schools Championships	18 Jun 2011
400	3	53.57	Brecon	Welsh Senior League	23 Apr 2011
60H	2	8.6i	Cardiff	Welsh Indoors U20 Champs	22 Jan 2011
60H	1	8.8i	Swansea	West Wales Indoor Champs	16 Jan 2011
110H	1	14.89	Connah's Quay	Welsh Inter Regional Champs	28 Aug 2011
110H	1	15.08	Brecon	Welsh Schools Championships	2 Jul 2011
110H	1	15.6	Carmarthen	West Wales Championships	15 May 2011
400H	1	56.71	Brecon	Welsh Schools Championships	2 Jul 2011
400H	1	59.4	Carmarthen	Dyfed Schools Championships	18 Jun 2011
400H	3	59.5	Carmarthen	West Wales Championships	15 May 2011
400H	2	60.23	Connah's Quay	Welsh Inter Regional Champs	28 Aug 2011
HJ	1	1.80	Carmarthen	West Wales Championships	15 May 2011
LJ		5.90	Newport	Welsh Schools CE Champs	25 Jun 2011
TJ	4	11.06	Loughborough	UK YA Midlands League Match	1 May 2011
SP		11.11	Newport	Welsh Schools CE Champs	25 Jun 2011
JT		32.86	Newport	Welsh Schools CE Champs	25 Jun 2011
Pen	1	2851	Newport	Welsh Schools CE Champs	25 Jun 2011

2012 Under 23 Carmarthen Harriers/ Swansea Harriers (11 Recorded Performances)

60	2	7.13i	Cardiff	Cardiff Met Grand Prix	8 Dec 2012
100	4	11.38	Swansea	Welsh Senior League Match	10 Jun 2012
200	5	23.75	Swansea	British League Match	18 Aug 2012
300	1	37.08i	Cardiff	Cardiff Met Grand Prix	8 Dec 2012
60H	1	8.48iI	Cardiff	Cardiff Met Grand Prix	8 Dec 2012
110H	2	15.72	Derby	British Athletics League Match	27 May 2012
400H	3	61.48	Derby	British Athletics League Match	27 May 2012
HJ	5	1.80	Derby	British Athletics League Match	27 May 2012

2013 Under 23 Carmarthen Harriers/ Swansea Harriers (24 Recorded Performances)

60	2	7.12i	Cardiff	Cardiff Met Grand Prix	3 Feb 2013
60	4	7.14i	Cardiff	Welsh Athletics International	10 Mar 2013
100	1	11.1	Swansea	West Wales Championships	25 May 2013

100	2	11.32	Newport	Welsh Inter Regional Champs	1 Sep 2013
200	1	22.6	Swansea	West Wales Championships	25 May 2013
200	5	23.05	Newport	Welsh Inter Regional Champs	1 Sep 2013
60H	2	8.15i	Cardiff	Cardiff Met Grand Prix	15 Dec 2013
110H	2	15.04w	Stoke Gifford	British Athletics League Match	3 Aug 2013
110H	1	15.7	Swansea	West Wales Championships	25 May 2013
110H	1	16.03	Newport	Welsh Inter Regional Champs	1 Sep 2013

2014 Under 23 Carmarthen Harrier/Swansea Harriers (27 Recorded Performances)

60	2	7.00i	Cardiff	Cardiff Met Grand Prix	2 Feb 2014
100	1	11.1	Brecon	Welsh Senior League	20 Jul 2014
100	1	11.5	Carmarthen	West Wales Championships	25 May 2014
200	1	22.4	Brecon	Welsh Senior League	20 Jul 2014
60H	1	8.06i	Cardiff	Cardiff Met Grand Prix	14 Dec 2014
110H	6h	14.50	Birmingham	British Championships	29 Jun 2014
110H	2	14.56	Cardiff	Welsh Senior Championships	1 Jun 2014
110H	4	14.78	Bedford	England U23 Championships	22 Jun 2014
110H	1	15.2	Carmarthen	West Wales Championships	25 May 2014
110H	7	17.47	Loughborough	Loughborough International	18 May 2014

2015 Senior Carmarthen Harriers/Swansea Harriers (24 Recorded Performances)

60	2h	7.04i	Cardiff	Welsh Indoor Championships	24 Jan 2015
60	5	7.08i	Cardiff	Welsh Senior Championships	24 Jan 2015
100	2	11.00	Cardiff	Welsh Athletics Sprints	3 Jun 2015
200	3h	22.16	Cardiff	Welsh Senior Championships	28 Jun 2015
60H	2	8.21i	Cardiff	Cardiff Met Grand Prix	11 Jan 2015
60H	1	8.23i	Cardiff	Welsh Senior Championships	25 Jan 2015
60H 60H	1 4	8.23i 8.24i	Cardiff Vienna AUT	Welsh Senior Championships Vienna Indoor	25 Jan 2015 31 Jan 2015
	_			• • •	
60H	4	8.24i	Vienna AUT	Vienna Indoor	31 Jan 2015

2016 Senior Carmarthen Harriers/Swansea Harriers (12 Recorded Performances)

110H 5	,,,	14.05	Diritingilatii	British Championships	20 Juli 2010
	ih	14.65	Birmingham	British Championships	26 Jun 2016
60H 4	ļ	8.34i	Cardiff	Welsh Senior Indoor Champs	31 Jan 2016
200 1	_	21.97	Brecon	Welsh Senior League Match	18 Jun 2016
100 1	.b	11.01	Kingston	British Athletics League Match	18 Jun 2016
60 4		7.12i	Cardiff	Cardiff Met Grand Prix	11 Dec 2016

2017 Senior Carmarthen Harriers/Swansea Harriers (25 Recorded Performances)

60	4	6.98	Cardiff	Cardiff Met Meeting	5 Feb 2017
60	1	7.05i	Swansea	West Wales Championships	21 Jan 2017
100	3	10.78v	v Cardiff	Welsh Athletics Sprints Meeting	g 31 May 2017

110H	5	15.12	Nuelles BEL	Meeting International EAP	24 Jun 2017
110H	1	14.93	Cardiff	Welsh Senior Championships	10 Jun 2017
110H	8	14.56	Loughborough	Loughborough International	21 May 2017
60H	1	8.33i	Swansea	West Wales Championships	21 Jan 2017
60H	6	8.26i	Cardiff	Welsh Senior Championships	26 Jan 2017
60H	1	8.22i	Cardiff	Cardiff Met Non Thomas MT	5 Feb 2017
200	1	22.22	Brecon	Welsh Athletics League	4 Jun 2017
100	6	11.04	Nuelles BEL	Meeting International EAP	24 Jun 2017
100	4	10.85	Cardiff	Welsh Athletics Sprints Meeting	g31 May 2017

2018 Senior Carmarthen Harriers/Swansea Harriers (12 Recorded Performances)

100	1	10.89w	Neath	West Wales Championships	13 May 2018
100	1	11.09	Cardiff	Welsh Athletics Sprints Meeting	20 Jun 2018
100	1	11.39	Neath	West Wales Championships	13 May 2018
200	1	22.30	Cardiff	Welsh Athletics Sprints Meeting	20 Jun 2018
110H	5	14.91	Loughborough	Loughborough International	20 May 2018

2019 Senior Carmarthen Harriers/Swansea Harriers (2 Recorded Performances)

60 5 7.02i Cardiff Welsh Seniors Championships 27 Jan 2019

Dafydd Walters

Lead Coach Ossie Morgan (d)

Personal Bests

60 7.9i (2007); 100 11.96 (2010);200 23.5 (2008)

60H 8.55i (2010); 100H 13.45 (2008); 110H 15.7 (2008)

Dafydd lived in Llanarthne, a small village about eight miles from the county town of Carmarthen. He went to QE Cambria/QEH School in Carmarthen

He joined Carmarthen and District Harriers Athletics Club as an under 15 member and joined Ossie Morgan's outstanding group of hurdlers

Dafydd soon developed into an outstanding hurdler winning many Welsh championship medals and competing for Welsh schools in SIAB Schools international matches and Wales in Celtic Games

Below is a summary of Dafydd Walters's main successes:-

- Winner of 22 Welsh schools or Welsh championship medals (6 gold, 13 silver and 3 bronze)
- Competed for Welsh Schools in 2 SIAB Schools International matches
- Competed for Wales in 4 Celtic Games

Dafydd was a very faithful member of Carmarthen Harriers and competed regularly and well for Dyfed Schools and West Wales teams

Milestones in Dafydd Walters's Athletics Career 141 Recorded Result – Main Results

2005 Second Year Under 15 Carmarthen Harriers (4 Recorded Performances)

80H	1	11.7	Brecon	Welsh Junior League Cup Final	21 Aug 2005
80H	1	11.78v	v Brecon	Welsh Schools Championships	2 Jul 2005
80H	1	11.8	Carmarthen	Welsh Junior League Match	9 Jul 2005
80H	3	12.09	Carmarthen	Welsh Inter Regional Champs	27 Aug 2005

2006 First Year Under 17 Carmarthen Harriers (18 Recorded Performances)

100		11.8	Aberdare	Welsh Senior League Match	6 May 2006
100	6B	12.10	Waterford IRE	Celtic Games	12 Aug 2006
200		24.98	Cardiff	Welsh Inter Regional Champs	27 Aug 2006
60H	1	9.28i	Cardiff	UWIC Open Meeting	21 Jan 2006
100H	4	13.99	Grangemouth	SIAB Schools International	15 Jul 2006
100H	2	14.06w	Brecon	Welsh Schools Championships	1 Jul 2006
100H	1	14.2	Birmingham	UK YA Midlands League Match	23 Jul 2006
100H	2	14.24	Cardiff	Welsh U17 Championships	9 Jul 2006
100H	1	14.3	Brecon	Welsh Junior League Cup Final	12 Aug 2006
100H	2	14.56	Cardiff	Welsh Inter Regional Champs	27 Aug 2006
100H	1	14.6	Carmarthen	Dyfed Schools Championships	10 Jun 2006
100H	1	14.8	Carmarthen	West Wales Championships	13 May 2006
400H	2	60.7	Brecon	Welsh Junior League Cup Final	12 Aug 2006
TJ		11.18	Newport		29 Jul 2006

2007 Second Year Under 17 Carmarthen Harriers (31 Recorded Performances)

60		7.9i	Cardiff	Celtic Indoor Cup	3 Feb 2007
299		24.3	Carmarthen	Welsh Junior League Match	26 May 2007
200		24.3	Carmarthen	Dyfed Schools Championships	9 Jun 2007
60H	2	8.86i	Cardiff	Welsh Open Meeting	6 Jan 2007
60H	3	8.90i	Cardiff	Welsh U17 Championships	28 Jan 2007
100H	2	13.66w	Brecon	Welsh Schools Championships	7 Jul 2007
100H	5	13.66	Newport	SIAB Schools International	21 Jul 2007
100H	2	13.76	Swansea	Welsh U17 Championships	17 Jun 2007
100H	2	14.0	Carmarthen	Dyfed Schools Championships	9 Jun 2007
100H	1	14.1	Swansea	Welsh Inter Regional Champs	31 Aug 2007
400H	1	60.0	Wrexham	Welsh Senior League Match	28 Jul 2007
400H	2	59.5	Brecon	Welsh Junior Cup Final	19 Aug 2007
400H	6	59.08	Newport	SIAB Schools International	21 Jul 2007
400H	2	59.40	Brecon	Welsh Schools Championships	7 Jul 2007
400H	1	59.6	Carmarthen	Dyfed Schools Championships	9 Jun 2007
400H	1	61.0	Swansea	West Wales Championships	13 May 2007
400H		63.81	Connah's Quay	Welsh Inter Regional Champs	26 Aug 2007

2008 First Year Under 20 Carmarthen Harriers (38 Recorded Performances)

200	2	23.5	Brecon	Welsh Senior League	6 Jul 2008
60H	6	8.47i	Cardiff	Celtic Cup	3 Feb 2008
60H	1	8.40i	Cardiff	Welsh U20 Championships	13 Jan 2008
100H	1	13.45	Dunfermline SCO	Celtic Games	2 Aug 2008
110H	1	14.73	Carmarthen	West Wales Championships	11 May 2008
110H	2	14.96	Connah's Quay	Welsh U20 Championships	12 Jul 2008
110H	1	15.17	Brecon	Welsh Inter Regional Champs	31 Aug 2008
110H	1	15.5	Carmarthen	Dyfed Schools Championships	7 Jun 2008
110H	1	15.8	Brecon	Welsh Junior League Final	24 Aug 2008
110H	1	15.9	Brecon	Welsh Schools Championships	5 Jul 2008
400H	1	57.15	Brecon	Welsh Inter Regional Champs	31 Aug 2008
400H	1	58.35	Carmarthen	West Wales Championships	11 May 2008
400H	1	59.3	Carmarthen	Dyfed schools Championships	7 Jun 2008

2009 Second Year Under 20 Carmarthen Harriers (20 Recorded Performances)

60H	5	8.88i	Cardiff	UWIC Grand Prix	10 Jan 2009
60H	5	8.89i	Cardiff	Welsh Senior Indoors Champs	24 Jan 2009
60H	2	8.42i	Cardiff	Welsh U20 Indoors Champs	7 Feb 2009
60H	1	8.5i	Swansea	West Wales Championships	18 Jan 2009
110H	2	14.87	Newport	Welsh U20 Championships	7 Jun 2009
110H	1	15.71	Neath	West Wales Championships	10 May 2009
110H	2	16.28	Swansea	Welsh Inter Regional Champs	30 Aug 2009
400H	4	58.7	Derby	UK YA Midlands League Match	24 May 2009
400H	2	59.61	Swansea	Welsh Inter Regional Champs	30 Aug 2009
400H	1	60.63	Neath	West Wales Championships	10 May 2009

2010 Third Year Under 20 Carmarthen Harriers/Cardiff Met University/ Swansea Harriers (24 Recorded Performances)

100	2	11.98	Newport	Welsh Senior League Match	17 Jul 2010
200	3	25.14i	Cardiff	Welsh U20 Championships	31 Jan 2010
60H	3h	8.78i	Sheffield	BUCS Indoor championships	14 Mar 2010
60H	2	8.70i	Cardiff	Welsh U20 Championships	31 Jan 2010
110H	2	16.96	Cardiff	Welsh Senior Championships	12 Jun 2010
110H	1	14.61	Brecon	Welsh Junior Cup Final	22 Aug 2010
110H	1	15.06	Cardiff	Welsh Inter Regional Champs	29 Aug 2010
110H	1	15.50	Carmarthen	Welsh U20 Championships	10 Jul 2010
110H	1	15.7	Swansea	West Wales Championships	9 May 2010
400H	2	56.51	Cardiff	Welsh Inter Regional Champs	29 Aug 2010
400H	1	57.50	Brecon	Welsh Junior Cup Final 22 Aug	2010

2011 Under 23 Carmarthen Harriers/ Cardiff Met University/ Swansea Harriers (4 Recorded Performances)

60H	5	8.55i	Cardiff	City Challenge	26 Feb 2011
60H	4h	8.68i	Sheffield	BUCS Indoor Championships	20 Feb 2011