

# **Adroddiad Blynyddol 2019/20 Clwb Athletau Harriers Caerfyrddin**

## **2019/20 Carmarthen Harriers Annual Report**





**W**elcome to the 2019/20 Annual Report.

This year has been a challenging year for the country, community, and our Club. After a successful winter, we were looking forward to the finale of the cross-country season with members qualifying to represent Wales in the Schools international and the London mini marathon. Then in April, Covid 19 ended the season and the country went into lockdown closing all organised



training and competition. During this difficult period, it was great to see so many athletes training at home with sessions set online by coaches. As a result, many athletes performed strongly in the few events available over the summer. It is a credit to athletes, parents, and coaches that so many have exceeded expectations with 3 three club records set in a single week at the end of the extended summer season. In December we are now at the start of another period of lockdown and I am confident that training and competition will bounce back as soon as regulations allow.

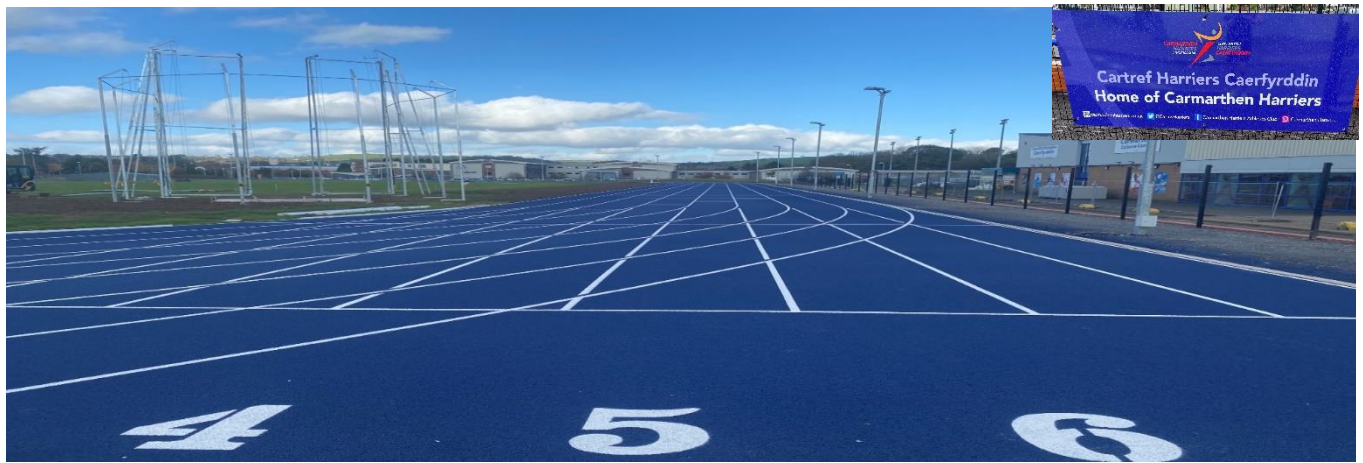
The club is fortunate to have had a dedicated track for training and competition since 1988.



This photo, taken in 1964, shows a competition on the original cinder track. The track was then resurfaced to a 6-lane artificial track in 1988. Two Spectator stands, one of which has since been named after the club's retiring chairman Dr Hedydd Davies, were added in subsequent years.

Over the last few years, we have seen the track surface in Carmarthen deteriorate and we were all concerned that another winter would see the surface become unsafe. At last year's annual dinner, we were delighted when the Council's Executive Board member, Peter Hughes Griffiths, announced ambitious plans to resurface and improve our home track at Carmarthen Leisure centre.

As a club we are delighted with the improvements which were finally completed in November 2020. With 8 lanes, a back straight 100m and UKA compliant throwing areas we now have an outstanding regional facility that can be used for the full range of competition and training. Placing the track on a wider footprint has created viewing areas and will help social distancing and safety as training groups can now locate themselves in at least 4 different areas of the track.



With an extended break over lockdown and the track being resurfaced some coaches ran sessions in Llanelli. Thanks go to Llanelli AC and Scarlets for the use of their track. As Llanelli then went into the local lockdown coaches were innovative using the roads, beach and Pembrokeshire country park as training venues. The growth of online workout sessions also helped athletes keep in shape.

Despite the disruption developments continue. The club has gone cashless with training fees and membership paid through electronic payments from the 1<sup>st</sup> of December. Thanks to our treasurer and membership secretary for the significant work that goes into making these systems work. There will be glitches, so please be patient, it takes time to implement change when all committee members are volunteers and most have full time jobs.

There have been some outstanding performances. In Cross country we won 3 individual Welsh cross country titles with the under 13 boys winning the team title and three athletes finishing in the top 10 in the British cross challenge series. In the indoor Welsh Championship club athletes won 14 medals and 8 national titles.

It was pleasing to see pole vault opportunities returning with training at the track and indoors in Swansea. Two West Wales titles and a 4<sup>th</sup> place in the Welsh Championship was a great start as we re-introduce this exciting discipline to the club. Investment by the club in new poles will help this group of athletes to continue to make progress.

We finished the year with close to the same number of athletes in the Welsh top ten as last year. This is reassuring and indicates that we have done all we could to give competition and training



opportunities for our most competitive athletes in the most difficult of circumstances. The club was delighted to win a National award as the **Welsh off track club of the year**. Pictured here are athletes Dafydd Jones and Frank Morgan with committee members receiving the award in Cardiff. It was great to see coach Delyth Brown to also get deserved recognition from Welsh Athletics at the same ceremony.



Thanks go to the coaches this year including Neil, Carol, Steve, Lee, Ralph, David, Alison, Clare, Jane and Simon who turned out in all weather. Without their time we would not have a club. I am also grateful to those other committee members who on top of day jobs spend hours ensuring the club functions. This includes membership (Cressy), officials (Ali), social media (Nathan), safeguarding (David and Lisa), Lisa (kit) Neil (Coordinating coaches and vice chair) and the finances (Richard).

We are pleased that Athletics is a key focus sport for the council and with the assistance of Welsh Athletics and the county council it is exciting that there will be a post to develop the sport over the next 2 years. Getting school competition back up and running after the pandemic will be essential. Priorities for 2021 will be expanding and developing our coaching team and moving forward with plans to seek match funding for some form of clubhouse where members can meet to create a wider sense of identity and belonging. If anyone feel they can help the club with this process, then please let me know.

We are still reliant on a very small number of people to keep the club going and we urgently need more people to step forward to assist on training nights, as club officials and as committee members. There are a range of courses the club will fund if you are interested in qualifying as a coach. If your interested, please contact Neil who can talk you through the process. No previous experience required!

Jake Morgan,

Club Chair



## CARMARTHEN HARRIERS RECORDS

(As at 1.11.2020)

I am delighted that once again we have athletes who have the honour to be considered the best, we have ever had in their age groups. The Club records are as follows:

### UNDER 13 GIRLS

### UNDER 15 GIRLS

<b>100m</b>	Manon Richards	12.7	1978	<b>100m</b>	Jess Lee	12.2	2019
<b>200m</b>	Manon Richards	26.68	1978	<b>200m</b>	Hannah Jones <b>NEW =Jess Lee</b>	25.5*1 <b>25.55*2</b>	2005 <b>2020</b>
<b>800m</b>	Daisy Thompson	2.25.07	2015	<b>300m</b>	Hannah Jones	40.54	2005
<b>1500m</b>	Catrin Davies	4.58.8	1992	<b>800m</b>	Mari Prys Jones	2.14.56	1987
<b>1000mW</b>	Lowri Heckler	6.55.85	2007	<b>1500m</b>	Heledd Gruffudd	4.45.5	1993
<b>70m Hurdles</b>	Ffion Rees	11.6	2005	<b>75m Hurdles</b>	Heather Jones	10.86	2001
<b>High Jump</b>	Julia Charlton	1.68	1978	<b>High Jump</b>	Julia Charlton	1.78	1980
<b>Long Jump</b>	Emma Jones	4.85	1989	<b>Long Jump</b>	Jess Lee	5.51	2019
<b>Pole Vault</b>	Carys Jones	2.40	2011	<b>Triple Jump</b>	Zara Evans	9.92	2019
<b>Shot</b>	Bethan Lewis	10.33	2011	<b>Pole Vault</b>	Carys Jones	3.20	2013
<b>Discus</b>	Jade Pearce	28.71	2004	<b>Hammer</b>	Elli James	31.46	2009
<b>Javelin</b>	Cordelia Walker	33.26	2018	<b>Shot</b>	Delyth Evans	12.75	1980
<b>Pentathlon</b>	Ffion Rees	2156	2005	<b>Discus</b>	Awen Rosser	34.78	2010
<b>4 x100m Relay</b>		54.8	1989	<b>Javelin</b>	Danielle Hamer	38.15	2005
				<b>4x100m</b>	Sophia Reid Thomas Thaia Davies Zara Evans Jess Lee	51.10	2019
				<b>Pentathlon</b>	Julia Charlton	3438	1980

\*1 Hand Time \*2 Electronic Time

Jess Lee had several great performances in the sprints and long jump. Wind assistance denied her another 100m



record in August but it was blowing the right way in September when she stormed to a 25.55 PB over 200m to equal Hannah Jones's, hand timed 2005 club record. With only one opportunity in the long jump she came close to beating her own record and with more opportunities would surely have come close to the Welsh age group record.

### UNDER 17 WOMEN

### UNDER 20 WOMEN

<b>100m</b>	Jess Lee	12.2	2019	<b>100m</b>	Diane Thorne	12.0	1976
<b>200m</b>	Hannah Jones	25.2	2006	<b>100</b>	Alicia Samuel	12.0	2018

<b>300m</b>	Hannah Jones	39.60	2006	<b>200m</b>	Alicia Samuel	24.87	2018
<b>400m</b>	Kate Williams	57.08	1993	<b>400m</b>	Caryl Granville	55.89	2008
<b>800m</b>	Katie Parkes	2.13.77	2006	<b>800m</b>	Katie Parkes	2.11.91	2007
<b>1500m</b>	Gillian Irvine	4.38.7	1978	<b>1500m</b>	Gillian Irvine	4.38.7	1978
<b>3000m</b>	Vicky Harmer	10.18.0	1987	<b>3000m</b>	Vicky Harmer	10.18.0	1987
<b>5000m</b>	Anwen Evans	20.52.0	1991	<b>5000m</b>	Anwen Evans	20.52.0	1991
<b>80m Hurdles</b>	Heather Jones	11.27	2003	<b>100m Hurdles</b>	Heather Jones	13.65	2005
<b>300m Hurdles</b>	Caryl Granville	42.65	2006	<b>400m Hurdles</b>	Alyson Evans	58.37	1985
<b>400m Hurdles</b>	Caryl Granville	61.55	2006	<b>2000m SC</b>	Aneura Phillips	7.38.69	2007
<b>1500m SC</b>	Angharad Davies	5.24.32	2007	<b>High Jump</b>	Julia Charlton	1.78	1980
<b>2000m SC</b>	Aneura Phillips	7.38.69	2007	<b>Long Jump</b>	Julia Charlton	5.92	1982
<b>High Jump</b>	Julia Charlton	1.78	1980	<b>Triple Jump</b>	Caryl Granville	11.69	2005
<b>Long Jump</b>	Julia Charlton	5.92	1982	<b>Pole Vault</b>	Carys Jones	3.45	2016
<b>Triple Jump</b>	Caryl Granville	11.69	2005	<b>Shot</b>	Delyth Evans	12.28	1983
<b>Pole Vault</b>	Carys Jones	3.40	2014	<b>Discus</b>	Awen Rosser	40.70	2012
<b>Shot</b>	Delyth Evans	12.04	1980	<b>Javelin</b>	Carys Mansfield	45.09	2011
<b>Discus</b>	Awen Rosser	40.67	2011	<b>Hammer</b>	Claire Williams	37.32	2004
<b>Javelin</b>	Carys Mansfield	45.09	2011	<b>Pentathlon</b>	Caryl Granville	3736	2007
<b>Hammer</b>	Claire Williams	37.32	2004	<b>Heptathlon</b>	Caryl Granville	4807	2007
<b>Heptathlon</b>	Julia Charlton	4803	1982				
<b>4 x 100m Relay</b>	Sophia Reid Thomas Thaia Davies Zara Evans Jess Lee	51.10	2019				

## SENIOR WOMEN

## SENIOR MEN

<b>100m</b>	Diane Thorne	12.0	1976	<b>100m</b>	Jamie Henthorn	10.45	1996
<b>200m</b>	Hannah Jones	25.2	2006	<b>200m</b>	Jamie Henthorn	21.12	1997

<b>400m</b>	Anwen Rees	54.50	2005	<b>400m</b>	Roger Barrett	47.5	1984
<b>800m</b>	Katie Parkes	2.11.91	2007	<b>800m</b>	Roger Barrett	1.49.18	1984
<b>1500m</b>	Caryl Jones	4.29.21	2009	<b>1500m</b>	Kyran Roberts	3.45.18	2017
<b>3000m</b>	Caryl Jones	9.42.01	2009	<b>3000m</b>	Dewi Griffiths	8.26.87	2008
<b>5000m</b>	Caryl Jones	17.01.55	2010	<b>5000m</b>	Dewi Griffiths	14.28.42	2010
<b>10000m</b>	Caryl Jones	34.46.07	2009	<b>10000m</b>	Dewi Griffiths	30.30.2	2010
<b>½ Marathon</b>	Caryl Jones	1-16.52	2009	<b>Marathon</b>	Hedydd Davies	2.30.25	1981
<b>Marathon</b>	Caroline Jones	2.58.45	1991	<b>110m Hurdles</b>	James Archampong	14.18	1994
<b>100m Hurdles</b>	Heather Jones	13.65	2005	<b>400m Hurdles</b>	Paul Bennett	54.05	2010
<b>400m Hurdles</b>	Anwen Rees	58.15	2007	<b>3000m S/C</b>	Ben Thomas	9.07.78	2019
<b>2000m SC</b>	Caryl Jones	6.57.69	2010	<b>High Jump</b>	Kim Harland	2.01	2001
<b>3000m SC</b>	Caryl Jones	10.33.74	2009	<b>Long Jump</b>	Aled Price	7.12	2015
<b>High Jump</b>	Julia Charlton	1.78	1980	<b>Triple Jump</b>	Charles Madeira Cole	15.89	1997
<b>Long Jump</b>	Julia Charlton	5.92	1982	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Triple Jump</b>	Caryl Granville	11.69	2005	<b>Shot</b>	Mathew Evans	14.40	2007
<b>Pole Vault</b>	Carys Jones	3.20	2018	<b>Discus</b>	Denis Day	42.60	1974
<b>Shot</b>	Delyth Evans	12.28	1983	<b>Javelin</b>	Stuart Loughran	66.33	2007
<b>Discus</b>	Claire Williams	43.15	2011	<b>Hammer</b>	David Procter	42.23	2003
<b>Javelin</b>	Sara Siggery	46.20	2010	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Hammer</b>	Claire Williams	38.61	2006	<b>Shot</b>	Mathew Evans	14.40	2007
<b>Heptathlon</b>	Caryl Granville	4807	2007	<b>Discus</b>	Denis Day	42.60	1974
<b>4 x 100m Relay</b>	Sophia Reid Thomas Thaia Davies Zara Evans Jess Lee	51.1	2019	<b>Javelin</b>	Stuart Loughran	66.33	2007
<b>4 x 400m Relay</b>				<b>Hammer</b>	David Procter	42.23	2003
				<b>4 x 100m Relay</b>		43.4	1987/8
				<b>4x400m Relay</b>		3.25.8	1987



## UNDER 13 BOYS

## UNDER 15 BOYS

<b>100m</b>	Simon Davies	12.60	1995	<b>100m</b>	Steve Perks	11.2	1972
<b>200m</b>	Matthew Roderick	25.0	1985	<b>200m</b>	Tomas Coleman	23.39	2006
<b>800m</b>	Nikita Neary	2.11.9	2010	<b>300m</b>	Iwan Glynn	37.58	2017
<b>1500m</b>	Frank Morgan	4.33.32	2017	<b>400m</b>	Bruce Tasker	52.51	2002
<b>1000mW</b>	Jordan Richards	6.01.37	2010	<b>800m</b>	Nikita Neary	1.58.65	2012
<b>75m Hurdles</b>	Rhys Webb	12.4	2004	<b>1500m</b>	Frank Morgan	4.10.38	2019
<b>Long Jump</b>	Matthew Roderick	5.29	1985	<b>3000m</b>	Frank Morgan	9.12.65	2019
<b>High Jump</b>	Aled Rees	1.57	2011	<b>80m Hurdles</b>	Daniel Evans	11.50	2003
Shot	Mathew Evans	14.47	2001		Rhys Webb	11.50	2006
Discus	Mathew Evans	35.35	2001	<b>300m Hurdles</b>	Graham Thomas	42.6	1992
Javelin	Rheon James	41.37	2005	<b>High Jump NEW</b>	Osian Roberts	1.88	2020
Pentathlon	Justin Jones	2059	1989	<b>Long Jump</b>	Kueni Igbagiri	6.30	2005
4 x 100m Relay		53.08	1988	<b>Triple Jump</b>	Owen Jones	12.50	2002
					Daniel Davis	12.50	2013
				<b>Pole Vault</b>	Robert Hughes	3.55	1977
				<b>Shot</b>	Mathew Evans	17.36	2003
				<b>Discus</b>	Mathew Evans	47.71	2003
				<b>Javelin</b>	Garth Loughran	55.61	2003
				<b>Hammer</b>	Mathew Evans	52.14	2003
				<b>Pentathlon</b>	Aled Price	2698	2010
				<b>4 x 100m Relay</b>		45.85	1987

Osian Roberts jumped extraordinarily well, considering the lack of training opportunities, finishing the season with a club record 1.88m for the high jump. This beat a club record set in 1989 by Simon Howells. He finished the season number 1 in the UK for his age group and is now ranked 5<sup>th</sup> on the Welsh all time list. He also won gold at the England indoor Athletics championships. We look forward to seeing how he improves when he has access to a track. Well done Osian.



### Under 17 Men

### UNDER 20 MEN

<b>100m</b>	Shaun Pearce	10.73	2013	<b>100m</b>	Jamie Henthorn	10.45	1996
<b>200m</b>	Shaun Pearce	21.62	2013	<b>200m</b>	Jamie Henthorn	21.46	1996
400m	Bruce Tasker	47.85	2004	400m	Bruce Tasker	47.85	2004
<b>800m</b>	Kyran Roberts	1.52.92	2012	<b>800m</b>	Kyran Roberts	1.52.12	2014
<b>1500m</b>	Kyran Roberts	3.53.38	2012	<b>1500</b>	Kyran Roberts	3.46.54	2014
<b>3000m NEW</b>	<b>Frank Morgan</b>	<b>8.33.80</b>	<b>2020</b>	<b>3000m</b>	Dewi Griffiths	8.26.87	2008
<b>5000m</b>	Andres Jones	15.42.8	1993	<b>5000m</b>	Dewi Griffiths	14.28.42	2010
<b>100m Hurdles</b>	Daniel Blain	13.4	2011	<b>10000m</b>	Dewi Griffiths	30.19.37	2010
<b>400m Hurdles</b>	Graham Thomas	55.29	1993	<b>110m Hurdles</b>	James Archampong	14.18	1994
<b>1500m S/C</b>	Ben Thomas	4.22.51	2017	<b>400m Hurdles</b>	Paul Bennett	54.05	2010
<b>High Jump</b>	Kim Harland	1.96	1998	2000m S/C	Ben Thomas	5.53.47	2018
<b>Long Jump</b>	Kueni Igbagiri	6.85	2007	<b>3000m S/C</b>	Ben Thomas	9.07.78	2019
<b>Triple Jump</b>	Owen Jones	14.39	2004	<b>High Jump</b>	William Edwards	2.10	2017
<b>Pole Vault</b>	Islwyn Rees	4.49	1974	<b>Long Jump</b>	Aled Price	6.97	2014
<b>Shot</b>	Matthew Evans	16.48	2004	<b>Triple Jump</b>	Charles Madeira Cole	14.80	1996
<b>Discus</b>	Joe Worrall	49.87	2017	<b>Pole Vault</b>	Islwyn Rees	4.50	1975
<b>Javelin</b>	Jon Llewelyn	63.60	2009	<b>Shot</b>	Mathew Evans	16.26	2007
<b>Hammer</b>	David Procter	50.48	2000	<b>Discus</b>	Mathew Evans	45.58	2007

<b>Octathlon</b>	Aled Price	4887	2011	<b>Javelin</b>	Garth Loughran	63.05	2008
<b>Decathlon</b>	Aled Price	5954	2011	<b>Hammer</b>	David Procter	51.44	2003
<b>4 x 100m Relay</b>		43.3	1977	<b>Decathlon</b>	Aled Price	6457	2014
<b>4 x 400m Relay</b>		3.43.0	1988	<b>4 x 100m Relay</b>		43.4	1970

In his first year in his age group Frank Morgan set a 3000m club record of 8.33.80 beating junior GB international David Jones's, 20 year old U17 club record. This placed him 7<sup>th</sup> on the Welsh all-time list. He finished the season ranked 1<sup>st</sup> in Wales, 4<sup>th</sup> in the UK and 13<sup>th</sup> in Europe (under 18's). He is pictured here in a British Milers Club race in Manchester.



## WELSH CROSS COUNTRY CHAMPIONSHIPS CARMARTHEN HARRIERS TEAMS ROLL OF HONOUR

Pictured here is the under 13 Welsh champion cross country champion team Iwan, Ifan, Macsen and Alex who are part of a large club talent pool in endurance. They continue a tradition for the club as the 45<sup>th</sup> gold medal winning team in the last 30 years.

Also pictured are Amelia, Jac and Will who dominated the Gwent League Novice races and performed well in the national championships in Pembrey. Finally, there is Erin, Fran and Carys part of our impressive girl's endurance group.



### Team results since 1972:

1972	Cwmbran	U15B	Steve Rolfe; Carl Phillips
1990	Colcot Barry	U13G	1 Angharad Howells; 10 Yvonne Evans; 11 Kathryn Jones 17 Angharad Morgan
		U15B	4 David Rowley; 8 Brett Pillinger; 18 David Lewis 19 David O'Gorman
1991	Singleton Park Swansea	U13G	1 Heledd Gruffydd; 3 Yvonne Evans; 7 Elizabeth Jones 8 Kathryn Jones
		U13B	2 Graham Thomas; 5 Sion Meredith; 11 Stuart Roy 28 Jason Morris
		U17W	11 Kay Vobe; 13 Mari Prys Jones; 18 Catrin Jones 25 Sian Jones
1992	Heath Park Cardiff	U13G	1 Heledd Gruffydd; 5 Elizabeth Jones; 9 Catrin Davies 15 Jessica Parry Williams
		U15G	4 Yvonne Evans; 5 Angharad Howells; 14 Angharad Morgan 31 Kathryn Jones
		U15B	1 Alan Jones; 4 Andres Jones; 7 Sion Meredith; 11 Huw Jones
1993	Singleton Park Swansea	U15B	2 Tom Cairns; 6 Gary Edwards; 13 Sion Meredith 24 Hedd ap Hywel
1994	Showground Carmarthen	U15G	1 Heledd Gruffydd; 5 Catrin Davies; 12 Jessica Parry Williams 14 Clare Peck
		U17M	2 Andres Jones; 6 Tom Cairnes; 7 Sion Meredith 13 Gary Edwards
1995	Heath Park Cardiff	U15G	5 Clare Peck; 9 Jessica Parry Williams; 11 Catrin Davies 26 Llinos Phillips
		U17M	3 Sion Meredith; 6 Tom Cairnes; 10 Tobben Tyman 16 Gary Edwards
1998	Newbridge F Bridgend	U13B	1 Charles Harvey; 12 Owen Evans; 25 Owain Williams 26 Thomas Page

		U15B	5 Tony Gregory; 8 Stephen Clarke; 20 Adrian Blowfield 25 Adam Blowfield
1999	Colwyn Bay	U13B	1 Owen Evans; 5 Thomas Page; 14 Elliot Wonfor 15 Matthew McCabe
2000	Heath Park Cardiff	U15B	5 Charles Harvey; 11 Thomas Page; 14 Daniel Evans 17 Leon Trott
		U13B	7 Jack Davey; 13 Keith Davies; 15 Huw Evans 16 Aled Patterson
2001	Heath Park Cardiff	U13B	3 Jack Davey; 7 Jonathon Dowle; 13 Aled Davies 15 Adam Webber
		U15B	2 Daniel Evans; 3 Thomas Page; 4 Mark Wilson 5 Wynne Evans
2002	Clwyd St Asaph	U13G	3 Kayleigh Brown; 10 Caryl Granville; 11 Catrin Vaughan 12 Megan Thomas
		U15B	5 Wynne Evans; 7 Rhys Beynon Thomas; 9 Gareth John 10 Lee Ladd
2003	Newbridge F Bridgend	U13 B	2 Tomas Northcott; 6 Rhodri Bell; 9 Steffan Raw Rees 12 Rhidian Evans
		U13G	3 Kayleigh Brown; 4 Rachel Marfleet; 8 Caryl Granville 13 Ffion John
		U17M	1 Danny Evans; 3 Wynne Evans; 17 Chris Walters 18 Thomas Page
2004	Singleton Park Swansea	U13B	3 Dewi Griffiths; 4 Tomos Northcott; 16 Darren Brown 17 Xien Witt
2005	Leckwith Cardiff	U15G	1 Kayleigh Brown; 2 Rachel Marfleet; 6 Alaw Beynon-Thomas 7 Caryl Granville
		U15B	3 Dewi Griffiths; 5 Richard Stephenson; 8 Daniel Davies 12 Geraint Mansfield
		U13G	4 Catrin Lewis; 5 Angharad Davies; 8 Aneura Phillips 16 Ffion Rees
2006	Pembrey Park Llanelli	U13B	3 Andrew Drakeley; 5 Luke Parker; 14 Joseph Fisher 15 Glen Elsdon
		U15B	1 Dewi Griffiths; 6 Geraint Mansfield; 15 Aled Bowen 20 Xien Witt
		U17/20W	3 Kayleigh Brown; 7 Caryl Jones; 8 Alaw Beynon-Thomas 11 Katie Parkes
2007	Ruthin High School Mold	U15G	6 Aneura Phillips; 11 Catrin Lewis; 12 Angharad Roberts 13 Efa Jones
2008	Singleton Park Swansea	U13B	6 Ronan Llyr; 8 Kyran Roberts; 10 Timmy Jones 11 Christian Lovatt
		U17M	1 Dewi Griffiths; 2 Adam Bitchell; 7 Nicky Morrell 15 Geraint Mansfield
		U17/20W	1 Alaw Beynon-Thomas; 7 Angharad Davies; 8 Aneura Phillips 16 Megan Thomas
2011	Glyndwr Univ Northop	U13B	2 Nikita Neary; 7 Hendrik de Smet; 9 Tom Walters 11 Jordan Richards
		U17M	2 Joshua Griffiths; 5 Lloyd Heckler; 8 Tom Earley 22 Nathan Richards
		U15G	4 Kari O'Neill; 16 Lucy Jones; 17 Megan Thomas 18 Niamh Elain



2013	Glanusk Estate Powys	U15B	3 Nikita Neary; 7 Ashraf Liles; 12 Brychan Williams 18 Aled Phillips
2015	Rhug Estate Corwen	U13B	1 Iwan Glynn; 7 Archi Morgan; 9 Gareth Thompson 11 Tomos Rees
		U17M	4 Ashraf Liles; 8 Ryan Jenkins; 13 Sion Lewis 16 Dwayne Griffiths
2017	Singleton Park	U13B	2 Frank Morgan; 5 Liam Edwards; 6 Dafydd Jones; 22 Morgan Lloyd
2019	Pembrey Country Park	U13B U15B W40M	Iwan Thomas 7; Zach Elvy 10; Jack Thomas 11; Ifan Bowen 14 Frank Morgan 3; Liam Edwards 5; Ioan Cressy Rogers 16; Liam Evans 33 Wendy Price 18; Kate Lynock 72; Lisa Forrest 68
2020	Pembrey Country Park	U13 B W40M	Iwan Thomas 1; Macsen Toogood 4; Ifan Bowen, 6; Alex Coles, 15 Wendy Price 1, Kate Lynock, 7; Amanda Toogood, 17

## WELSH CROSS COUNTRY CHAMPIONSHIPS INDIVIDUALS

With three individual Gold medals, 2020 saw our most individual titles since 2008. In 2006 the National Championship was also held in Pembrey country Park with Dewi Griffiths winning the under 15 boy's race. This year there were dominating performances from Iwan Thomas (U13 Boys) and Frank Morgan (Under 15 boys) who both demonstrated our depth of talent in endurance running. Both athletes also performed well on the British stage, securing Welsh caps and finishing 3<sup>rd</sup> and 4<sup>th</sup> respectively in the UK's Cross Challenge league. Wendy Price secured her second women V40 title with another very strong performance by the talented veteran. Pictured is Iwan Thomas leading the championship in Pembrey, closely followed by Ifan Bowen.



Year	Venue	Gold	Silver	Bronze
1959	Cardiff	Dilwyn Griffiths U17M		
1960	Gabalfa Cardiff			Maldwyn Jones U17M
1963	Gilwern	Chris Loosely U17M Fred Bell U20M		
1963	Bridgend			Fred Bell U20M
1972	Cwmbran			Carl Phillips U15B
1973	Blackweir Cardiff	Fred Bell U20M		
1974	Glebelands Newport		Steve Rolfe U17M	
1976	Bridgend	Gillian Irvine U13G		

1977	Singleton Park Swansea			Gillian Irvine U15G
1978	Singleton Park Swansea	Gillian Irvine U15G		
1980	Singleton Park Swansea	Jane Thomas U15G		
1981	Heath Park Cardiff			Jane Thomas U15G
1987	Colcot Barry	Mari Prys Jones U13G	Catrin Jones U13G Nicola Morgan U17W	
1988	Singleton Park Swansea			Vicky Hamer U17W
1989	Heath Park Cardiff		Vicky Hamer U20W	Mari Prys Jones U15G
1990	Colcot Barry	Angharad Howells U13G	Andres Jones U13B	
1991	Singleton Park Swansea	Heledd Gruffydd U13G Angharad Howells U15G	Graham Thomas U13B	Yvonne Evans U13G Andres Jones U15B
1992	Heath Park Cardiff	Heledd Gruffydd U13 G Alan Jones U15B		
1993	Singleton Park Swansea	Heledd Gruffydd U15G	Tom Cairns U15B	
1994	Showground Carmarthen	Heledd Gruffydd U15G	Andres Jones U17M	Gemma Mounsey U13G
1995	Heath Park Cardiff	Andres Jones U20M		Gemma Thomas U13G Sion Meredith U17M
1996	Singleton Park Swansea		Sion Meredith U20M	
1997	Heath Park Cardiff			
1998	Newbridge F Bridgend	Charles Harvey U13B		Sion Meredith U20M
1999	Colwyn Bay	Owen Evans U13B David Jones U15B		
2000	Heath Park Cardiff		David Jones U17M	Claire Evans U17W
2001	Heath Park Cardiff	David Jones U17M	Daniel Evans U15B	Jack Davey U13B Thomas Page U15B

2002	Ysgol Glan Clwyd St Asaph			Kayleigh Brown U13G
2003	Bridgend	Daniel Evans U17M	Tomos Northcott U13B Lee Ladd U15B	Wynne Evans U17M Kayleigh Brown U13G
2004	Singleton Park Swansea		Lee Ladd U17M	Dewi Griffiths U13B Wynne Evans U17M Danny Evans U20M Kayleigh Brown U15G
2005	Leckwith Cardiff	Kayleigh Brown U15G	Wynne Evans U20M Gwynne Bellamy U23M Rachel Marfleet U15G Caryl Jones U20W	Xien Witt U13B Dewi Griffiths U15B
2006	Pembrey Park Llanelli	Dewi Griffiths U15B Angharad Davies U15G	Nick Jones U17M Caryl Jones U20W	Andrew Drakeley U13B Kayleigh Brown U17W
2007	Ruthin High School Mold	Dewi Griffiths U17M Alaw Beynon Thomas U17		
2008	Singleton Park Swansea	Dewi Griffiths U17M Alaw Beynon Thomas U20W	Adam Bitchell U17M	
2009	Showground Builth	Kyran Roberts U13B Caryl Jones U23W	Dewi Griffiths U20M Lee Ladd U23M Alaw Beynon Thomas U20W	Christian Lovatt U13B
2010	Singleton Park Swansea	Christian Lovatt U13B Dewi Griffiths U20M	Lee Ladd U23M Angharad Davies U20W	
2011	Glyndwr University Northop	Rhys Granville U15B	Nikita Neary U13B Joshua Griffiths U17M Alaw Beynon-Thomas U23W	
2012	St Fagans Cardiff		Christian Lovatt U15B Lloyd Heckler U17M Alaw Beynon Thomas U23W	Angharad Davies U23W
2013	Glanusk Estate Powys			Nikita Neary U15B

2014	Dinefwr Park Llandeilo			Christian Lovatt U17M Kari O'Neill U20W
2015	Rhug Estate Corwen	Iwan Glynn U13B		
2016	Singleton Park Swansea	Gordon Orme M70		
2017	Singleton Park Swansea	Gordon Orme M70	Frank Morgan U13B	
2018	Singleton Park Swansea	Frank Morgan U13B Gordon Orme M75		
2019	Pembrey Country Park, Llanelli	Wendy Price W40		Frank Morgan U15B Ben Thomas U20M Eva Edwards U17W
2020	Pembrey Country Park, Llanelli	Iwan Thomas U13B Frank Morgan U15 B Wendy Price W40		

## The John Collins GWENT CROSS COUNTRY LEAGUE

The Gwent League is one of the most competitive cross country leagues in the UK. In 2019/20 the season could not be completed because of COVID 19. Despite this there were some good results for our younger athletes. Stars of the show were our novice and under 13 girls and boys



with Will Coles winning the league for the year and Amelia Lowe taking runner up spot. In the under 13's Iwan Thomas, winning 2 of the 3 fixtures, also won the league with Ifan Bowen in 3<sup>rd</sup> and Macsen finishing in 7<sup>th</sup> overall. Jac Jones (Novice boy) and Dafydd Jones (under 17) were strong performers both finishing the league in 4<sup>th</sup> place. Jessica Norman had an excellent season as the novice girl finished 5<sup>th</sup> overall. Zach Elvey was our best under 15 boy finishing the season in 8<sup>th</sup> place overall.



Despite having many of the best athletes we were unable to deliver full teams in every event and this cost us in the team results. However, our boy's teams (under 11 and under 13) finished 2<sup>nd</sup> overall and were confident of taking the titles had the final Swansea fixture gone ahead.



On the roads and trails our seniors did well with Jack Tremlett, Liz Tremlett, Wendy Price amongst the medals in a wide range of road races. Notable performances included a half

marathon performance of 78 minutes for David Jones to match a 10k PB of 34.45 set in Cardiff last October.



# RANKINGS

## 2019 Welsh/ UK Top 10 Table

**33 athletes have achieved 51 top 10 Welsh performances with 6 placing in the top 20 in the UK**

### Under 13 Girls



With few opportunities to race and train Casi did well to rank in the top 3 in Wales across all the sprints. She also secured a silver medal at the national indoor championships. Beatrice Morgan shows real promise in her first year in this age group. A good performance from Luned in the high jump also secured her a no 2 ranking.

60m	2nd	Casi Gregson	8.31
60m	10th	Beatrice Morgan	8.85
60mH	6th	Beatrice Morgan	10.62
100m	3rd	Casi Gregson	13.77
	9th	Beatrice Morgan	14.55
200	3rd	Casi Gregson	28.01
800	8th	Ellie May John	2.44.2
High Jump	2nd	Luned Medi Defis	1m 30

### Under 15 Girls



In a very short season both Jess and Sophia proved themselves to be amongst the best in Wales. Windy conditions at the few races available didn't help them register official times. Despite this Jess ranked no 2 in the UK in long jump and would surely have pushed the Welsh record in an ordinary season. Her 25.55 200m equalled the club record. Pictured are Jess and Sophia sharing the podium at the indoor championships. Congratulations should also go to Elan Mai Williams for an excellent Shot performance in a challenging year for throwers.

60	1	Jessica Lee	7.95
60	4	Sophia Reid-Thomas	8.21
100	3	Sophia Reid-Thomas	12.99
100(UK 9 <sup>th</sup> )	1	Jessica Lee	12.52

200	1 (UK 8 <sup>th</sup> )	Jessica Lee	25.55
3000	5	Amy Greatrick	11.37.87
75H	6	Jessica Lee	9.65
LJ	1 UK 2 <sup>nd</sup> )	Jessica Lee	5.46
SP	6	Elan Mai-williams	8.88

### Under 17 Women



In a season of limited opportunities Ellie Loweth once again was a key member of the sprint group proving hardwork over lockdown makes a difference. U15 schools champion in the Triple jump Zara Evans was ranked no 1 in Wales once again despite being the youngest in her age group. They are pictured here sharing the podium at the West Wales indoor Championship.

9	200	Ellie Loweth	27.11
8	300	Zara Evans	44.86
1	TJ	Zara Evans	10.43

### Under 20 Women

Impressive performances from Beca Roberts indoors led to her captaining the Welsh team in the combined events international. She had a strong season performing well in her specialist event, triple jump. Lili maintained her no 1 Welsh ranking for the 3<sup>rd</sup> year in a row. Eva ran well over distance and secured another welsh cap in cross country for Wales in Scotland at the Celtic games.



1(19 UK)	HJ	Lili Church	1.67
1 (14 UK)	TJ	Beca Roberts	11.14
6	3000	Eva Edwards	11.30

## Under 13 Boys



Impressive performances from national indoor champion Macsen and Will ensured they topped the 800 and 1500m rankings. Both Athletes are clearly the best in Wales at the 800 and 1500m. New member Hugo showed promise in the sprints. Cai and James (our cover star!) performed well winning medals at the indoor regional and national championships. Pictured is Welsh indoor champion

Macsen Toogood having secured the fastest leg at the Welsh road relays. Will is pictured having won the U11's race at a British Cross Challenge.



60m	5	Hugo Douglas	8.48
200m	3	Hugo Douglas	29.09
800	1	Macsen Toogood	2.23.02
800	6	William Coles	2.32.89
1500	1	William Coles	4.52.71
1500	2	Macsen Toogood	4.59.83
1500	10	Jac Jones	5.11.79
H J	3	James Sloyan	1.30
PV	2	Cai Owen Allan	2.12
LJ	8	Cai Owen Allen	4.08
SP	6	James Sloyan	7.50

## Under 15 Boys

It was a UK leading performance for Osian in the high jump with him also featuring as no 1 in Wales over the 60 metre hurdles. The strong boys middle distance group of Zac, Ifan and Iwan featured strongly with top 10 rankings for all 3 boys.

1 (UK 11)	60 MH	Osian Roberts	9.16
<b>1 (UK 1)</b>	<b>HJ</b>	<b>Osian Roberts</b>	<b>1.88</b>
6	800m	Zac Elvy	2.18.26
2	1500m	Zac Elvey	4.35.22
5	3000m	Ifan Bowen	10.22.90
6	3000m	Iwan Thomas	10.24.05



## Under 17 Men

Despite few opportunities Morgan Batten soared to the top of the rankings in the javelin. Six top ten performances told a story as our under 17 endurance boys dominated the rankings in Wales. Liam Edwards showed his increased speed to come out top in the 800m. Both Frank Morgan and Dafydd Jones pushed each other in training and competition with them both representing Wales in Scotland at the cross country in November. Over 3000m Dafydd performed well in the middle of a Manchester storm, achieving a very fine 8.49 with Frank running well, 2 weeks later, to set a new club record of 8.33.8. Over 1500m there was less than 2 seconds between the 3 club mates. The club are delighted to have pole vault coached again and Connor's no 2 ranking is a testament to his progress in this event.



10	60m	Alistair Donnison	7.45
9	100m	Alistair Donnison	11.96
	800m	Liam Edwards	1.57.56
1			
2	1500m	Frank Morgan	4.02.11
3	1500m	Liam Edwards	4.03.60
4	1500m	Dafydd Jones	4.03.96
1(UK 3 <sup>rd</sup> )	3000m	Frank Morgan	8.33.80
2 (UK 12 <sup>th</sup> )	3000m	Dafydd Jones	8.49.92
4	PV	Connor Handford	2.92
1	JV	Morgan Batten	47.04



## Under 20 Men

Despite weeks out through injury Iestyn showed increasing power and speed over the 800m and ended the season with a PB of 1.54.46 and a number 2 ranking.

2	800	Iestyn Williams	1.54.46
6	1500	Iestyn Williams	4.06.39



# **Results 2018/2019**

*Thanks to Hedydd Davies for complete this summary of results*

## **Welsh Road Relay Championships and primary school race at Pembrey Country Park on Sunday 15 September 2019**

### **U13 Boys gold winning team**

Iwan Thomas 6.07; Macsen Toogood 5.46; Jake Lynock 6.17; Ifan Bowen 5.55

Macsen Toogood gold medal for the fastest lap

### **U15 Boys Relay**

Frank Morgan gold medal for fastest lap

## **Carmarthenshire primary schools cross country championships at the Showground on Thursday 19 September 2019**

### **Year 5 Girls**

1 Esme Lynock 5.17; 5 Gwenan Jones 5.31; 12 Grace Toogood 5.46

### **Year 6 Girls**

1 Jessica Norman 5.02; Sofia-Mai Davies 5.12; 3 Martha Morgan 5.19; 4 Nia Seren Thomas 5.24

8 Beatrice Morgan 5.29

### **Year 6 Boys**

1 William Coles 4.33; 2 Gwilym Jac Jones 4.39; 7 Tristan Warrender 5.03

## **Swansea Bay Road races at Swansea on Sunday 22 September 2019**

### **U11 1K Girls**

4 Sofia-Mai Davies 4.11; 16 Lybbi Greatrick 4.29

### **U13 3K boys**

1 Macsen Toogood 10.21; 3 Ifan Bowen 10.37; 4 Iwan Thomas 10.42; 6 Steffan Davies 10.59

9 Jake Lynock 11.10; 11 Jac Jones 11.19; 13 Jack Thomas 11.21

### **U13 3K girls**

1 Amy Greatrick 11.39; 7 Erin Morgan 12.33

## **JH Collins Gwent Cross Country League match in Llandaff Fields Cardiff on Saturday 12 October 2019**

### **Team**

1 NB; 1 NG; 1 U13B

### **Individuals**

NB 1 William Coles; 3 Jac Jones

NG 2 Amelia Williams; 4 Jessica Norman

U13B 1 Iwan Thomas; 2 Ifan Bowen; 3 Macsen Toogood

U15B 1 Frank Morgan

U17M 5 Dafydd Jones

## **Second JH Collins Gwent League cross country match at Pembrey Country Park**

## **on Saturday 9 November 2019 (organised by Carmarthen Harriers in conjunction with Carmarthenshire County Council)**

### **Individuals**

NB 1 William Coles; 5 Jac Jones

NG 2 Amelia Williams; 5 Jessica Norman

U13B 2 Iwan Thomas; 4 Ifan Bowen

U17M 4 Dafydd Jones

### **UK challenge cross country in Milton Keynes on Saturday 9 November 2019**

Frank Morgan was 2<sup>nd</sup> in the U15 race

### **21<sup>st</sup> annual Welsh Inter regional cross country championship at and Welsh inter schools cross country championships at Brecon on Saturday 16 November 2020**

1 S Wales 217; 2 East Wales 189; 3 N Wales 178; 4 West Wales 157

#### **Inter Region**

U13 B 1 Iwan Thomas; 3 Macsen Toogood; 7 Ifan Bowen; 22 Jake Lynock; 40 Daniel Warrender  
44 James Sloyan

U15B 1 Frank Morgan; 28 Zach Elvey; 36 Scott Price; 37 Jack Thomas; 43 Steffan Davies

U17M 6 Dafydd Jones; 9 Liam Edwards

U13G 8 Frances Mackie

U20W 3 Eva Edwards

#### **Welsh schools inter schools**

U13B 2 Iwan Thomas; 4 Macsen Toogood; 8 Ifan Bowen; 16 Jake Lynock; 48 James Sloyan  
78 Liam Upton-Boorman

U13G 6 Frances Mackie

U15B 1 Frank Morgan; 18 Zach Elvey; 24 Scott Price; 25 Jack Thomas; 43 Steffan Davies

58 Rogan Cox

U15G 17 Amy Greatrick

Senior Boys 6 Dafydd Jones; 8 Liam Edwards

Senior Girls 3 Eva Edwards

### **Masters cross country international in Aintree Liverpool on Saturday 16 November 2020**

Two Carmarthen Harriers competed for the Welsh team

M75 Peter Moody 13

F35 Wendy Price 18

### **British cross country challenge at Sefton Park Liverpool on Saturday 23 November 2019**

U11 3 William Coles

U13 5 Iwan Thomas

U15 5 Frank Morgan

### **SIAB CE international in Glasgow on Saturday 30 November 2019**

U18 15 Beca Roberts 10.63 60H; LJ 4.90; HJ 1.50; 8.73 S0; 2.40.84

### **West Wales Indoor championships at NIAC Cardiff on Sunday 1 December 2019**

#### **Gold**

Casi Gregson U13 200 28.29

Jessica Lee U15 200 26.70; LJ 5.10

Ellie Loweth U17 200 27.44; 300 43.68

#### **Silver**

Sophia Reid-Thomas U15 200 28.43

Alistair Donnison U17 200 24.37

Zara Evans U17 300 44.22

### **JH Collins Gwent cross country league match in Blaise Castle Bristol on Saturday 7 December 2019**

**Individuals**

NB 1 William Coles; 2 Gwilym Jac Jones  
NG 2 Amelia Williams  
U13 Boys 3 Macsen Toogood; 4 Ifan Bowen  
U15B 1 Frank Morgan  
U17M 3 Dafydd Jones

**Teams**

1 NB; 3 U13

**West Wales indoor Championships at NIAC Cardiff on Sunday 5 January 2020****Gold**

Macsen Toogood U13 800 2.28.17  
Elli-May John U13 800 2.50.20

**Silver**

Alex Coles U13 1500 5.16.98  
William Coles U13 800 2.32.89  
Jake Lynock U15 1500 5.18.73

**Bronze**

James Sloyan U13 1500 5.34.81  
Frances Mackie U15 1500 5.37.07

**UK Athletics Cross Country Challenge at Stirling Scotland on Saturday 11 January 2020**

U17 Celtic International competing for Wales  
10 Dafydd Jones; 17 Frank Morgan

Dafydd second individual in Celtic event and Frank 5<sup>th</sup>. Wales U17M team were second

1 U11 William Coles; 40 U13 Alex Coles  
U20 Eva Edwards 26 Wales development team  
U20 Ben Thomas 26  
U13 Iwan Thomas 5

**West Wales indoor championships at Swansea on Saturday 11 and Sunday 12 January 2020**

17 Carmarthen Harriers athletes competed and won 24 medals (13 gold, 6 silver and 5 bronze)

**Gold**

U13 Luned Davis PV (1.70) and HJ (1.30)  
U13 Casi Gregson 60 (8.31)  
U13 Chloe Thomas SP (6.14)  
U13 Cai Allan PV (2.10); LJ (4.08)  
U13 James Sloyan HJ (1.30)  
U13 Hugo Douglas 60H (10.98)  
U15 Jessica Lees 60 (8.09); LJ (5.21)  
U15 Osian Roberts 60H (9.20); HJ (1.85)  
U17 Zara Evans TJ (9.91)

**Silver**

U11 Iago Evans SP (5.70)  
U13 Beatrice Morgan 60H 10.78  
U13 Elli-May Williams 60 (8.52)  
U15 Elen Williams SP (8.88)

U17 Zara Evans LJ (4.77)  
U17 Ellie Loweth 60 (8.39)

### **Bronze**

U11 Soffia Garcia SP (7.50)  
U13 James Sloyan SP (7.50)  
U13 Hugo Douglas 60 (8.52)  
U15 Sophia Reid-Thomas 60 (8.42)  
U17 Zara Evans 60 (8.51)

### **Welsh Senior championships at NIAC Cardiff on Saturday 25 January 2020**

#### **Gold medal**

Macsen Toogood U13B 800 2.25.97

#### **Bronze medal**

Zara Evans U17 300 44.86

### **Dyfed schools cross country championships at the Lower Racecourse on Tuesday 28 January 2020**

#### **Girls**

Y7 1 Mared Jones; 4 Ellie-May John  
Y8/9 3 Amy Greatrick; 5 Frances Mackie; 7 Erin Morgan; 9 Carys Wood  
Y10/11 4 Tanwen Moon  
Y12/13 1 Eva Edwards

#### **Boys**

Y7 4 Alex Coles; 12 Daniel Warrender  
Y8/9 1 Iwan Thomas; 2 Zach Elvy; 5 Ifan Bowen; 15 Jake Lynock  
Y10/11 2 Dafydd Jones; 3 Frank Morgan; 10 Scott Price

### **Welsh Junior Athletics Championships at NIAC Cardiff on Saturday 1 February and Sunday 2 February 2020**

Carmarthen athletes won 14 medals (eight gold, 2 silver and 3 bronze)

#### **Gold medal**

Macsen Toogood U13 1500 4.59.83  
Osian Roberts U15 HJ 1.88 (new cbp) and 60H 9.22  
Jessica Lee U15 60 7.96; 200 26.00 and LJ 5.37  
Zara Evans U17 TJ 10.43  
Lili Church U20 HJ 1.60

#### **Silver**

Casi Gregson U13 200 28.01 and 60 8.31

#### **Bronze**

Hugo Douglas 60H 10.59 and 200 29.22  
Amy Greatrick U15 3000 11.37.87  
Iwan Thomas U15 3000 10.24.05

### **JH Collins Gwent Cross Country League match at Chepstow Racecourse on Saturday 8 February 2020**

#### **Individual**

U11 Boys 1 William Coles; 7 Jac Gwilym Jones  
U13 B 1 Iwan Thomas; 6 Ifan Bowen; 10 Macsen Toogood

U11G 1 Amelia Williams 8 Jessica Norman

**Team**

U11B 5<sup>th</sup> U11G 1st; U13B 1s

**Individual**

U11B 1 William Coles; 4 Jac Jones

U13 B 1 Iwan Thomas; 3 Ifan Bowen; 7 Macsen Toogood

U11G 2 Amelia Williams; 5 Jessica Norman

**Team**

2 U11G; 2 U11B; 2 U13B

**Welsh cross country championships at Pembrey Country Park on Saturday 22 February 2020**

**Gold (individual)**

William Coles U11B

Iwan Thomas U13B

Frank Morgan U15B

Wendy Price F40

**Team U13 boys** (1 Iwan Thomas; 4 Macsen Toogood; 6 Ifan Bowen; 15 Alexander Coles)

**Team U11 boys** (1 William Coles; 3 Jac Gwilym Jones; 6 Sam Griffiths; 15 Ashton Williams)

**Silver (individual)**

Amelia Williams U11G

**Team F40W** (1 Wendy Price; 7 Kate Lynock; 17 Amanda Toogood)

**Bronze medal (individual)**

Jac Gwilym Jones U11B

**Team U15 boys**

1 Frank Morgan; 20 Zach Elvey; 24 Morgan Williams; 30 Ellis Caddick

Four Carmarthen Harriers members selected to compete for Wales in the London mini marathon on Sunday 26 April 2020

U13B Iwan Thomas; Ifan Bowen; Macsen Toogood

U15B Frank Morgan

**UK inter county championships at Prestwold Loughborough on Saturday 7 March 2020**

U13B 21 Iwan Thomas (3<sup>rd</sup> Overall UK challenge); 90 Ifan Bowen; 234 Alex Coles; 252 Jake Lynock

U13G 265 Carys Wood

U15B 7 Frank Morgan (4<sup>th</sup> overall UK challenge)

**Welsh schools cross country championships at Brecon on Wednesday 11 March 2020**

1 Cardiff and Vale 111; 2 Dyfed 91; 3 Glamorgan Valleys 91; 4 Eryri 91; 5 SE Wales 77; 6 ANT 71

7 NE Wales 64; 8 Powys 63

**Year 7 Boys (1<sup>st</sup>)**

1 Dyfed 45; 2 Glamorgan Valleys 121; 3 Eryri 129; 4 Cardiff and Vale 172; 5 SE Wales 236

7 NE Wales 257; 8 Powys 299

3 Macsen Toogood

**Junior Boys (Y8/9) (1<sup>st</sup>)**

1 Dyfed 80; 2 Powys 105; 3 SE Wales 125; 4 Cardiff and Vale 164; 5 Glamorgan Valleys 190

6 Eryri 192; 7 ANT 210; 8 NE Wales 225

7 Zach Elvey; 8 Iwan Thomas 11 Ifan Bowen; 29 Jake Lynock ; ~~33~~4 Jack Thomas

**Middle Boys (Y10/11) (1<sup>st</sup>)**

1 Dyfed 28; 2 Cardiff and Vale 111; 3 Glamorgan Valleys; 4 Eryri 158; 5 NE Wales 164

6 SE Wales 182; 7 ANT; 8 Powys

3 Dafydd Jones; 4 Frank Morgan; 8 Liam Edwards; 54 Scott Price

**Year 7 Girls (5<sup>th</sup>)**



1 Cardiff and Vale 78; 2 Powys 86; 3 NE Wales 98; 4 SE Wales 166; 5 Dyfed 172; 6 ANT 193  
7 Glamorgan Valleys 265; 8 Eryri 285  
18 Mared Jones; 22 Marge Jones; 33 Ellie -May John

#### **Junior Girls (Y8/9) (4<sup>th</sup>)**

1 Cardiff 48 ; 2 Glamorgan Valleys 118; 3 SE Wales 145; 4 Dyfed 148; 5 Eryri 155; 6 NE Wales 184  
7 ANT 287; 8 Powys 317

25 Frances Mackie; 39 Amy Greatrick; 40 Erin Morgan

#### **Senior Girls (Y12/13) (4<sup>th</sup>)**

1 Cardiff and Vale 50; 2 Eryri 107; 3 ANT ; 4 Dyfed; 5 Glamorgan Valleys; 6 Powys; 7 NE Wales  
8 SE Wales  
5 Eva Edwards Bro Myrddin

#### ***Selection for the Siab Cross Country International in Scotland on Saturday 21 March 2020***

Carmarthen Harriers members selected

JB Zack Elvy; Iwan Thomas

MB Dafydd Jones, Frank Morgan, Liam Edwards

#### **No competitions held in Wales in the period 15 March 2020 and 16 August 2020**

#### **Welsh Athletics Meeting at Swansea on Sunday 16 August 2020**

400 U20 Rhys Davies 59.40

#### **Welsh Athletics Meeting at Aberdare on Saturday 22 August 2020**

JT U17 Morgan Batten 45.75m

#### **Welsh Athletics Meeting at Swansea on Sunday 23 August 2020**

100 U15 Jessica Lee 12.52; U15 Sophia Reid-Thomas 13.11

100 U17 Alistair Donnison 11.96; U17 Harry Fuller 12.31

200 U17 Ellie Loweth 27.40; U17 ZARA EVANS 27.84

800 U15 ZACH ELVEY 2.18.6; U15 ROGAN COX 2.40.91

800 U15 CARYS WOOD 2.41.21

#### **BMC MEETING IN STRETFORD ON TUESDAY 25 AUGUST 2020**

3000 U17 DAFYDD JONES 8.49.92; U17 FRANK MORGAN 8.53.36

#### **Welsh Athletics Meeting at Aberdare on Saturday 29 August 2020**

800 U20 Iestyn Williams 1.58.51

800 U17 Liam Edwards 1.59.28

1500m U15 Zach Elvy 4.45.01; U15 Jack Thomas 5.30.74

3000m U15 Jake Lynock 11.08.70

3000m U20 Eva Edwards 11.30.27

#### **Meeting at Yate on Sunday 29 August 2020**

TJ U20 Beca Roberts 11.14

#### **BMC Meeting at Lee Valley London on Saturday 29 August 2020**

1500 U17 Dafydd Jones 4.03.96; Frank Morgan 4.06.13

#### **Welsh Athletics Throws Meeting at Swansea on Sunday 6 September 2020**

JT U17 Morgan Batten 47.04m

#### **Mini Menai Bangor on Sunday 6 September 2020**

200m U17 Zara Evans 27.6

#### **Meeting at Whitehall Bristol on Saturday 12 September 2020**

100m U15 Sophia Reid-Thomas 13.2

200m U15 Sophia Reid-Thomas 27.8

200m U17 Ellie Loweth 28.0

**Welsh Athletics Meeting at Cardiff on Saturday 12 September 2020**

100m U13 Casi Gregson 13.77; Elli May Williams 13.88; Beatrice Morgan 15.55

100m U13 Hugo Douglas 14.52

100m U15 Jessica Lee 12.61

200m U15 Eleanor Fuller 30.71

**Meeting at Chelmsford on Sunday 13 September 2020**

HJ U20 Lili Church 1.67m

**Meeting at Braunton on Sunday 13 September 2020**

LJ U15 Jessica Lee 5.46m

TJ U17 Zara Evans 10.42m

**Meeting at Yate on Sunday 13 September 2020**

100mH U17 Osian Roberts 14.8w

TJ U20 Beca Roberts 10.90m

**BMC Meeting at Stretford on Tuesday 15 September 2020**

800m U17 Liam Edwards 1.57.56

3000m U17 Frank Morgan 8.33.80 (new Carmarthen Harriers U17 Record)

**BMC Meeting at Nuneaton on Saturday 18 September 2020**

1500m U17 Frank Morgan 4.02.11; Liam Edwards 4.03.60

**Welsh Athletics Meeting at Cardiff on Saturday 19 September 2020**

100m U15 Jessica Lee 12.19w

100m U17 Alistair Donnison 11.53w; Harry Fuller 12.19w

200m U17 Ellie Loweth 26.60w

**Meeting at Yeovil on Sunday 20 September 2020**

800m U13 Macsen Toogood 2.23.02

800m U20 Iestyn Williams 1.54.46

1500m U15 Zach Elvy 4.35.22

3000m U15 Iwan Thomas 10.26.53; U15 Jack Thomas 11.13.12

**Meeting at Yate on Sunday 20 September 2020**

HJ U15 Osian Roberts 1.88m (New U15 Carmarthen Harriers Record)

TJ U20 Beca Roberts 10.90m

**Welsh Athletics Meeting at Swansea on Sunday 20 September 2020**

1500m U20 Rhys Davies 4.54.04

3000m U15 Ifan Bowen 10.22

**Meeting at Chelmsford on Sunday 27 September 2020**

HJ U20 Lili Church 1.65

## ANNUAL AWARDS 2019/20

This year, in addition to our usual awards and thanks to a remarkable gesture from Dr Hedydd Davies, we have up to 6 bursaries of £250 to give to athletes showing potential and where assistance in training and travel expenses could support their continuing success in the sport. These awards will usually be for those athletes who are in the older junior or senior age groups, with a proven track record performing for the club. Where possible these awards are shared across all athletic disciplines.

We have been unable to present trophies so far with planned dates cancelled because of COVID 19. We hope to present all the trophies as soon as we return to training.

Welsh Champion and International	Wendy Price
Welsh Champion	Lili Church
Welsh Champion	Zara Evans
Welsh Champion	Jessica Lee
Welsh Champion	Osian Roberts
Welsh Champion & International	Frank Morgan
Welsh Champion & International	Macsen Toogood
Welsh Champion & International	Beca Roberts
Welsh Champion & International	Iwan Thomas*3
Welsh Champion & International	Dafydd Jones
Welsh international	Liam Edwards
Welsh International	Eva Edwards
Welsh International	Zach Elvy*3
Welsh International	Dafydd Jones
Welsh international	Peter Moody
Welsh International	Ifan Bowen*3
Welsh XC champions Team Road Relays U13	Ifan Bowen, Iwan Thomas, Macsen Toogood, Jake Lynock
Welsh XC Team Inter regional Champions U13	Iwan Thomas, Macsen toogood, Ifan Bowen, Daniel warrener, james Sloyan
Welsh XC Team Champions U13	Iwan Thomas, Macsen Toogood, Alex Coles, Ifan Bowen

Welsh XC Champions WV40	Wendy Price, Kate Lynock, Amanda Toogood
Top 10 UK	Frank Morgan
Top 10 UK	Osian Roberts
Top 10 Wales	Casi Gregson
Top 10 Wales	Beatrice Morgan
Top 10 Wales	Ellie May john
Top 10 Wales	Luned Medi Defis
Top 10 Wales	Jessica Lee
Top 10 Wales	Sophia Reid-Thomas
Top 10 Wales	Amy Greatrick
Top 10 Wales	Elan Mai-Williams
Top 10 Wales	Ellie Loweth
Top 10 Wales	Zara Evans
Top 10 Wales	Lili Church
Top 10 Wales	Beca Roberts
Top 10 Wales	Eva Edwards
Top 10 Wales	Hugo Douglas
Top 10 Wales	Macsen Toogood
Top 10 Wales	William Coles
Top 10 Wales	Jac Jones
Top 10 Wales	James Sloyan
Top 10 Wales	Cai Owen Allen
Top 10 Wales	Osian Roberts
Top 10 Wales	Zac Elvy
Top 10 Wales	Ifan Bowen
Top 10 Wales	Alistair Donnison
Top 10 Wales	Liam Edwards

Top 10 Wales	Dafydd Jones
Top 10 Wales	Connor Handford
Top 10 Wales	Morgan Batten
Top 10 Wales	Iestyn Williams
Top 10 Wales	Iwan Thomas
The Hedydd Davies Bursary (£250)	Ben Thomas
The Hedydd Davies Bursary (£250)	Iestyn Williams
The Hedydd Davies Bursary (£250)	Rebecca Roberts
The Hedydd Davies Bursary (£250)	Rhys Davies (T20/F20)
The Hedydd Davies Bursary (£250)	Lili Church
Senior Male and Female athlete of the year	David Jones and Wendy Price
Club record	Carmarthen Harriers Club Record Frank Morgan Under 17 3000m, 8.33.80  Stretford, 15.09.2020
Club record	Carmarthen Harriers Club Record Osian Roberts  Under 15 High Jump 1m 88  Yate, 20.09.2020
Club record	Jessica Lee  Under 15 200m 25.55  Braunton 13.09.2020
Past Junior Club Captain	Carmarthen Harriers Junior Club Captain 2019  Ellis Caddick
Past Junior Club Captain	Carmarthen Harriers Junior Club Captain 2019  Sophia Reid Thomas
New Junior Team Captain	TBC
New Junior Team Captain	TBC







**Training on Pembrey beach Summer, 2020**