

Carmarthen Harriers members competed for Welsh Schools in the SIAB Schools Indoors Pentathlon match

Every year 16 Welsh school athletes compete for Welsh Schools in the annual SIAB (England, Ireland, Scotland and Wales) international pentathlon which is normally held in Glasgow in December

The teams are made up of 4 under 16 girls, 4 under 16 boys, 4 under 18 girls and 4 under 18 boys and the events in the pentathlon are 60mH, 800m, high jump, long jump and shot putt for girls and 60mH, 200m, 800m, long jump and shot putt for boys.

The selection event for the Welsh schools team is normally held in November in NIAC Cardiff

Due the coronavirus pandemic in 2020 there will be no SIAB schools international pentathlon in 2020

Dyfed schools have always competed in the Welsh schools combined events championships and very many Dyfed schools athletes have competed for Welsh schools in the SIAB indoor pentathlon

Carmarthen Harriers coach Dorrien Thomas and other coaches at Carmarthen have concentrated on combined events and the results of their efforts is shown by the number of Carmarthen Harriers members who have competed for Welsh schools in indoor international combined events

Joan Goldsmith a Carmarthen Harriers coach and Welsh Schools team manager, and Welsh schools international secretary and Welsh Schools chairman Dai Gatehouse have for many years done great work with the Welsh schools teams on competition day

There has always been tremendous support given by parents of the athletes

Since 2003 Carmarthen Harriers has had 45 representatives in the Welsh schools team. On two occasions (2004 and 2006) Carmarthen Harriers had six members in the Welsh Schools team

To win an individual medal at SIAB is a great achievement. To date Carmarthen Harriers members have won six medals (1 gold, 3 silver and 2 bronze)

Gold 2011 Aled Price U16 Boy

Silver 2006 Antoine Woodman U16 Boy; 2009 Paul Bennett U18 Boy; 2012 Aled Price U18 Boy

Bronze 2006 Caryl Granville U18 Girl; 2011 Aled Price U18 Boy

The maximum number an athlete can compete in SIAB international indoor pentathlon is 4

Below is the list of Carmarthen Harriers members who have competed in 3 or 4 SIAB Schools indoor international pentathlons

4 Lauryn Davey , Aled Price and Antoine Woodman

3 Caryl Granville, Sophie Pick. Catherine Goldsmith and Beca Roberts

Venue	Age Group	Name	Position	Performance
Glasgow SCO	U16 Girls	Megan Thomas	15 th	2563 points
13 Dec 2003	U16 Boys	Daniel Evans	5 th	2877 points
	U18 Girls	Bethan Thomas	16 th	2133 points
	U18 Boys	Owen Jones	9 th	3041points
Grangemouth SCO	U16 Girls	Catrin Vaughan	9 th	2876 points
11 Dec 2004	U16 Girls	Caryl Granville	10 th	2853 points
	U16 Girls	Hannah Pick	11 th	2837 points
	U16 Boys	Daniel Davis	14 th	2414 points
	U18 Girls	Bethan Thomas	16 th	2309 points
	U18 Boys	Huw Jones	18 th	2428 points
Glasgow SCO	U16 Boys	Josh Madden	9 th	2675 points
10 Dec 2005	U16 Boys	Antoine Woodman	13 th	2432 points
	U16 Girls	Catherine Goldsmith	15 th	2647 points
	U18 Girls	Caryl Granville	5 th	2647 points
	U18 Girls	Hannah Pick	13 th	2470 points
Glasgow SCO	U16 Girls	Sophie Pick	13 th	2775 points
9 Dec 2006	U16 Boys	Antoine Woodman	Silver	3163 points
	U18 Girls	Caryl Granville	Bronze	3432 points
	U18 Girls	Catherine Goldsmith	12 th	2747 points
	U18 Boys	Josh Madden	11 th	3007 points
	U18 Boys	Daniel Davis	13 th	2638 points
Glasgow SCO	U16 Girls	Ffion Rees	15 th	2578 points
8 Dec 2007	U18 Girls	Catherine Goldsmith Captain	13 th	2791 points
	U18 Girls	Sophie Pick	15 th	2736 points
	U18 Boys	Antoine Woodman	13 th	2935 points
Glasgow SCO	U16 Girls	Rhiannon Plant	14 th	2601 points
13 Dec 2008	U16 Boys	Liam Jones	6 th	2803 points
	U18 Girls	Sophie Pick	12 th	2608 points
	U18 Boys	Antoine Woodman	11 th	2959 points
	U18 Boys	Glen Elsdon	14 th	2904 points
Glasgow SCO	U16 Boys	Aled Price	10 th	2647 points
5 Dec 2009	U16 Boys	Mathew Davies	12 th	2604 points
	U18 Boys	Paul Bennett	Silver	3391 points
	U18 Boys	Glen Elsdon	11 th	2845 points
Glasgow SCO	U16 Boys	Aled Price	Gold	3080 points
6 February 2011	U18 oys	Daniel Blain	14 th	1958 points
Glasgow SCO	U18 Boys	Aled Price	Bronze	
3 Dec 2011		(Captain)		
Glasgow SCO	U16 Girls	Lauryn Davey	11 th	2772 points
1 Dec 2012	U16 Boys	Nikita Neary	10 th	2940 points
	U18 Boys	Aled Price	Silver	3569 points
Glasgow SCO	U16 Girls	Lauryn Davey	6 th	3201 points
14 Dec 2013				

Glasgow SCO	U18 Girls	Lauryn Davey	13th	2958 points
13 Dec 2014	U18 Boys	Aled Phillips	16th	2201 points
Glasgow SCO	U18 Girls	Lauryn Davey	12th	3134 points
12 Dec 2015				
Glasgow SCO	U16 Girls	Beca Roberts	12th	2997 points
10 Nov 2017				
Glasgow SCO	U18 Girls	Beca Roberts	12 th	2999 points
3 Nov 2018				
Glasgow SCO	U18 Girls	Beca Roberts	15th	2762 p0ints
30 Nov 2019		(Captain)		
Glasgow	U18 Girls	Jessica Lee	4 th	3645
4 December 2021				