

Welsh Road Relay Team Champions and Medalists

It is an honour to be an active member of an athletics club and to represent the club at inter club competitions on the country, road or track.

I was very fortunate to be a member of four great clubs – Carmarthen and District Harriers, Birchfield Harriers, Thames Valley Harriers and Sale Harriers.

In a career of over 1000 races, I found inter club competition most enjoyable and being part of a team was the highlight and the result of a week of training on your own.

I have no doubt at all that taking part in inter club road relays during the spring and early autumn made me into a far better runner.

I was during my athletics career in England privileged to have competed many times in the following road relay races.

Birmingham University – University College Relay, Hyde Park Relay and Lands' End to John O'Groats Relay.

Birchfield Harriers Birmingham - Harborne Road Relay , Tipton Road Relay, Leamington Road Relay, Bristol to Weston and Back Relay, Manchester to Blackpool Road Relay, London to Brighton National Road Relay.

Thames Valley Harriers London – Maidenhead Road Relay, Thames Valley Harriers Road Relay, 100 x 1 mile track relay, Wimbledon Road Relay (Southern Counties) , National Road Relay (London to Brighton, Leicester)

Sale Harriers Manchester – Salford Harriers Road Relay, 24 hour track relay (2) , broke the world record on second attempt), Manchester to Blackpool Road Relay, National Road Relay (Sutton Park Birmingham)

On my return to Carmarthen, I become entering teams for the Welsh road relay championships and in the period between 1985 and 1917 was the Carmarthen and District Harriers Athletics Club team organiser and team manager.

This report is a record of the success of the Carmarthen Harriers teams in the period from 1976 onwards in the Welsh road relay championships.

It is a pleasure to record the names of so many young members who have supported the club and gained from competing for Carmarthen Harriers in a major Welsh championship.

Honours List

A total of 136 medals, 52 gold medal winning teams, 48 silver medal winning teams and 36 bronze medal winning teams. 36 members had fastest laps on the day

Age Group	Gold	Silver	Bronze
Under13 Girls	9	10	5
Under15 Girls	2	7	5
Uuder17 Women	5	6	5
Senior Women		1	1
Masters Women	1	1	1
Under 13 Boys	14	8	10
Under 15 Boys	13	6	6
Under 17 Men	8	9	5
Senior Men			1
Total	52	48	36

Year	Age group	Team Members
1975	U17W (1)	Kim Price 9.49 Angela Pennington 9.34 Sian Jones 10.11 Angela Pennington had the fastest time of the day
1976	U17W (1)	Kim Price 9.49 Dilwen Price 10.32 Sian Jones 10.11
1977	U13G (3)	J Shepherd 5.41 C Arnold 5.49 P Carpenter 5.40 A Milligan 5.27
	U13B (3)	
	U17M (1)	M Arnold 12.00 S McCartney 13.13 Robert Davies 12.58 Roger Barrett 12.03
	U17W (1)	Delyth Rees 9.27 Sian Jones 9.50 Angela Pennington 9.21
	SW (3)	Bridie Stearn 12.37 Delyth Rees 11.40 Sian Jones 12 28 Angela Pennington 11.28
1978	SW (2)	Delyth Rees 9.36 S Jones 9.41 Carol Dicks 9.40 Gillian Irvine 9.01
1986	U13G (2)	Kathryn Jones 6.01 Catrin Jones 5.27 Marie Humphreys 6.12 Mari Prys Jones 5.12. Mari Prys Jones had fastest lap
1987	U13G (3)	Caroline Burford 5.47 Marie Humphreys 5.37 S Davies 6.26 I Balfe 6.09
	U13B (3)	Rhys Jones 9.30 B Savage 9.23 Rhydian Llewelyn 8.49 D Lewis 9.26
	U15G (3)	G Rees 8.23 Catrin Jones 7.36 Angela Abbott 7.49 Mari Prys Jones 7.36
1988	U13B (1)	Darren Lewis 9.05 David O’Gorman 7.01 Carwyn Morris 9.14 David Rowley 8.39. David O’Gorman had the fastest lap of the day.
	U15G (2)	Marie Humphreys 8.14 Catrin Jones 7.41 Caroline Burford 8.33 Mari Prys Jones 7.36
1989	U13G (1)	Rhiannon Williams 5.22 Angharad Morgan 5.43 Yvonne Evans 5.45 Angharad Howells 5.22.
	U13B (2)	Sion Meredith 9.10 Arwel Thomas 9.27 Barry Walters 9.10 Andrés JONES 8.41

	U15B (1)	Brett Pillinger 13.09 Darren Lewis 14.09 David O’Gorman 14.06 David Rowley 13.31. Brett Pillinger had the fastest time of the day
	U17M (3)	Jon Vicery 14.32 Rhodri Llewelyn 12.52 Ben Antwis 12.54 Jason Murphy 13.45
1990	U13G (1)	Yvonne Evans 5.30 Louise Arthur 5.45 Heledd Gruffudd 5.28 Kathryn Jones 5.53. Heledd Gruffudd had the fastest time of the day.
	U15G (1)	Angharad Morgan 7.29 Kate Williams 7.48 Anwen Evans 7.37 Angharad Howells 7.36
	U13B (2)	Stuart Roy 5.28 Arthur McManus 5.33 K Gabrielson 5.42 Sion Meredith 5.09
	U15B (2)	Felipe Jones 6.24 Andres Jones 6.42 Alan Jones 7.08 Alun Evans 6.55
	U17M (1)	Ben Antwis 13.16 David Rowley 13.04 Jon Vicery 13.40 Rhydian Llewelyn 12.54
1991	U13G (1)	Elizabeth Jones 5.18 Catrin Davies 5.33 Louise Arthur 5.34 Heledd Gruffudd 5.14
	U15B (1)	Andres Jones 6.06 Sion Meredith 6.38 Alan Jones 6.26 Matthew McHugh 8.14
	U13B (2)	Lee Evans 5.18 Arthur McManus 5.17 Christian V Morris 5.19 Stuart Roy 5.02 Stuart Roy had the fastest lap of the day.
	U15G (2)	Kate Williams 7.34 Kathryn Jones 7.58 Angharad Morgan 7.26 Yvonne Evans 7.11
	U17M (3)	David Rowley 13.02 Alun Evans 13.25 Rhydian Llewelyn 13.48 Darren Lewis 13.12
1992	U13G (2)	Rosemary Jones 5.36 Llinos Phillips 5.46 Jessica P Williams 5.22 Catrin Davies 5.14. Catrin Davies had fastest lap of the day.
	U13B (2)	Lee Evans 5.22 L Davies 5.22 C John 5.26 Huw Lewis 5.08
	U15B (2)	Gary Edwards 6.24 N Johnson 6.41 Sion Meredith 6.41 Tom Cairnes 6.25
	U15G (2)	Louise Arthur 7.41 Elizabeth Jones 7.21 Yvonne Evans 7.09 Heledd Gruffudd 6.59
	U17 M (2)	Matthew Harries 12.42 Felipe Jones 13.00 Andres Jones 13.45 Alan Jones 14.38
1993	U13G (2)	Heledd Richards 5.42 Llinos Phillips 5.40 Melanie Stapleton 5.51 Gemma Mounsey 5.27. Gemma Mounsey had the fastest lap of the day.
	U13B (3)	Sion Lewis 5.20 Steffan Gruffudd 5.29 Euros Edwards 5.35 Benji Jones 5.04
	U17W (2)	Angharad Morgan 15.44 Yvonne Evans 17.07 Celia Tymans 18.05 Kathryn Jones 19.59
1994	U13G (1)	Heledd Richards 5.40 Bethan Jones 6.47 Cheryl Thomas 6.07 Gemma Mounsey 5.05. Gemma Mounsey had the fastest lap of the day.
	U15G (3)	Llinos Phillips 8.11 Clare Peck 8.03 Sharon Thomas 8.49 Catrin Davies 7.43
	U17M (1)	Tobin Tymons 14.34 Sion Meredith 13.48 Gary Edwards 14.54 Tom Cairnes 14.26
1995	U15G (3)	Llinos Phillips 7.55 Heledd Richards 8.46 Cheryl Thomas 8.39 Gemma Mounsey 7.55
	U17W (2)	Heledd Gruffudd 16.34 Sharon Thomas 19.24 Elizabeth Jones 17.24 Clare Peck 16.48
1996	U13G (2)	Aimee John 6.03 Kate Ferrin 5.48 Elen Evans 6.13 Melanie Evans 6.58 Gemma Thomas 5.26. Gemma Thomas had the fastest lap of the day.

	U13B (3) U15B (2) U17W (3)	Joe Robinson 5.46 Charles Harvey 5.06 Ian Phillips 5.40 Matthew Stapleton 5.34. Charles Harvey had the fastest lap of the day. Stephen Clarke 7.22 Jamie Goodwin 7.15 Frank Flegg 6.52 Benji Jones 7.12 Llinos Phillips 16.31 Clare Peck 16.45 Sharon Thomas 19.56 Melanie Stapleton 19.34
1997	U13B (1) U15G (3) U17W (2)	Thomas Page 5.14 Owen Evans 5.29 Ryan Thomas 5.14 Charles Harvey 4.52 Charles Harvey had the fastest lap of the day. Gemma P Williams 8.04 Aimee John 8.37 Katie Ferrin 8.12 Gemma Thomas 7.53 Gemma Mounsey 11.16 Cheryl Thomas 12.15 Heledd Richards 14.30 Nia Bowen 17.04
1997	U15B (2) U17M (3)	David Jones 7.12 Adrian Blofield 7.28 Stephen Clarke 7.09 Tony Gregory 6.55 Benji Jones 14.45 Dean Hood 15.29 Frank Flegg 14.33 Jamie Goodwin 14.33
1998	U13B (2) U15B (2) U17M (1)	Owain Williams 5.24 Thomas Page 5.14 Matthew McCabe 6.06 Chris Walters 5.40. David Jones 6.40 Ryan Thomas 7.54 Andrew McCabe 8.48 Matthew Stapleton 7.53. David Jones had the joint fastest lap of the day Jamie Goodwin 13.35 Paul Clarke 14.23 Dean Summers 15.26 S Lewis 15.32
1999	U13G (1) U13G (3) U13B (1) U15B (1) U17M (2)	Nicola Walters 10.43 Nia Jones 10.13 Caryl John 10.10 Caryl Jones 11 10. Nicola Walters had the fastest lap of the day. N Wells 11.44 H Rees 12.44 J Hamer 12.49 A Davies 12.08 Jack Davey 10.32 Huw Jones 9.00 Kieron Davies 9.33 Chris Gibson 9.35. Huw Jones had the fastest lap of the day Charles Harvey 9.17 Thomas Page 10.07 Ryan Thomas 10.24 Owen Evans 10.31 Charles Harvey had the fastest lap of the day David Jones 12.00 Stephen Clarke 12.45 Jeremy Page 14.06 Gwyn Bellamy 13.13. David Jones had the fastest lap of the day
2000	U13G (2) U13B (1) U15B (1) U17M (2)	Nicola Walters 12.58 Nia Jones 14.42 Kiri Fereday 14.59 Caryl Jones 14.49 Keith Davies 13.49 Wynne Evans 12.22 Aled Patterson 14.26 Matthew McCabe 13.07. Wynne Evans had the fastest lap of the day. Charles Harvey 11.14 Owen Evans 11.34 Thomas Page 11.08 Gareth Evans 11.33. Thomas Page had the fastest lap of the day David Jones 14.08 Stephen Clarke 16.28 Jeremy Page 18.11 Chris Walters 20.10. David Jones had the fastest lap of the day
2001	U13G (1) U13G (2) U13B (1) U13B (2) U15B (1) U15B (3) U15G (2) U17M (2)	Kayleigh Brown 7.38 Caryl Granville 8.24 Hannah Pick 9.03 Megan Thomas 8.12 Kayleigh Brown had the fastest lap of the day Rachel Marfleet 8.43 Rebecca Gatehouse 9.45 Jennifer Myo 8.51 Ffion John 8.32 Steffan Raw Rees 7.57 Aled Davies 8.10 Adam Webber 7.41 Jon Dowle 8.08. Adam Webber had the fastest lap of the day. Rhydian Evans 8.04 Rob Thomas 8.25 Huw Rowcliffe 9.40 Adam Quill 9.02 David Cole 12.07 Jack Davey 12.12 Wynne Evans 11.34 Llyr Rees 12.51 Alex Powell 13.03 Huw Jones 13.35 Nicola Walters 7.58 Caryl Jones 8.06 Nia Meryl Jones 8.43 Mererid Jones 8.25 Charles Harvey 11.46 Gareth Evans 12.10 Tom Page 13.05 Daniel Evans 11.49. Charles Harvey had the fastest lap of the day

2002	U13G (2) U13B (1) U15B (1) U15G (2) U17B (1)	Sarah Davies 7.46 Catrin Vaughan 8.56 Caryl Granville 8.28 Kayleigh Brown 7.40 Steffan Raw Rees 8.25 Jonathan Dowle 7.46 Adam Webber 7.49 Mark Jordan 7.38 Joseff Morgan 11.18 Gareth Gittins 11.50 Lee Ladd 11.09 Gareth John 10.52 Nicola Walters 7.57 Isabelle Wilkins 8.29 Caryl Jones 7.48 Caryl John 9.19 Chris Walters 16.17 Owen Evans 15.15 Charles Harvey 14.45 Jack Davey 15.50 At Bridgend Industrial Estate on 7 April 2002. Mark Jordan U13B and Charles Harvey U17M has fastest laps of the day.
2003	U13G (1) U13B (1) U15B (1) U17M (1)	Rachel Marfleet 8.47 Catrin Vaughan 9.43 Caryl Granville 8.58 Ffion John 9.36. Rachel Marfleet had the fastest lap of the day. Aled Bowen 8.40 Rhodri Bell 8.45 Tomos Northcott 9.10 Steffan Raw-Rees 8.40 Dafydd Loughran 11.01 David Cole 10.35 Alex Powell 11.11 Jack Davey 10.22 Jack Davey had the fastest lap of the day Chris Walters 17.47 Jonathan Dowle 19.05 Gareth Griffiths 18.34 Joseff Morgan 17.23 At Margam Park on 30 March 2003. Rachel Marfleet U13G Jack Davey U15B and Joe Morgan U17M had fastest laps
2004	U13G (1) U13B (1) U15B (3) U15G (1) U17M (2) U15B (3) U17W (3)	Angharad Davies 7.34 Catrin Lewis 7.47 Sophie Pick 8.15 Aneura Phillips 7.47. Angharad Davies had the fastest lap of the day. Xien Witt 7.20 Darren Brown 8.00 Jack Jones 7.19 Glen Elsdon 7.29 Dewi Griffiths 10.07 Rhydian Evans 8.28 Steffan Raw Rees 11.06 Rachel Marfleet 7.18 Alaw Beynon-Thomas 7.30 Caryl Granville 7.27 Kayleigh Brown 7.05 Jack Davey 9.55 Dafydd Loughran 9.53 Lee Ladd 9.49 Dewi Griffiths 10.07 Rhydian Evans 9.28 Steffan Raw-Rees 11.06 Megan Thomas 12.14 Sara Beynon-Thomas 12 .30 Caryl John 12.50 At Swansea Angharad Davies U13G and Lee Ladd U17M fastest laps
2005	U13G (1) U13B (1) U15B (1) U15G (3) U17M (2) U17W (2)	Abi Slater 8.48 Florence Bowen Rees 8.43 Ffion Rees 8.18 Catrin Lewis 8.07 Luke Parker 8.09 Glen Elsdon 8.22 Davy Lewis 8.09 Andrew Drakeley 7.17. Andrew Drakeley had the fastest lap of the day Tomos Northcott 11.06 Geraint Mansfield 10.52 Dewi Griffiths 10.11 Dewi Griffiths had the fastest lap of the day. Aneura Phillips 8.12 Sioned Howells 8.32 Sophie Pick 9.01 Angharad Davies 7.41. Angharad Davies had the fastest lap Daniel Davies 11.12 Rhydian Evans 11.36 Nick Jones 10.11 Rachel Marfleet 11.59 Katie Parkes 12.39 Kayleigh Brown 12.19
2006	U13B (3) U15B (1) U15G (2) U17W (1) U17M (2) U17M (3)	Davy Lewis 7.29 Ronan Llyr 7.15 Lloyd Heckler 7.31 Joseph Fisher 7.17 Dean Mead (d) 10.40 Glen Elsdon 11.57 Andrew Drakeley 10.16 Aneura Phillips 7.28 Nia Davies 7.13 Catrin Lewis 8.17 Angharad Davies 7.02 Alaw Beynon – Thomas 11.08 Katie Parkes 11.19 Kayleigh Brown 11.01 Geraint Mansfield 9.53 Richard Stephenson 10.15 Dewi Griffiths 9.12 Tomos Northcott 10.39 Daniel Davies 10.29 Rhydian Evans 10.41
2007		Event not held

2008	U13G (2) U13B (1) U13B (3) U15B (3) U17M (1) U17W (1)	Kari O'Neill 7.52 Carys Mansfield 7.55 Lowri Heckler 8.36 Alyce Phillips 8.16 Ronan Llyr 6.49 Rhys Granville 7.12 Kyran Roberts 7.02 Lloyd Heckler 6.56 Tim Jones 7.19 Daniel Jones 8.26 James Bryan 7.50 Christian Lovatt 7.32 Davey Lewis 11.10 Glen Elsdon 11.29 Jack Lear 11.24 Nick Morrell 9.50 Geraint Mansfield 9.46 Adam Bitchell 9.04. Adam Bitchell had the fastest lap of the day. Aneura Phillips 11.26 Angharad Roberts 12.46 Angharad Davies 11.33 Aneura Phillips had the fastest lap of the day.
2009	U13B (3) U15B (3) U17W (2) U15B (3) SM (3)	Jordan Richards 7.00 Josh Watson 7.18 Christian Lovatt 6.49 Ben Williams 7.57 Luke Clements 11.12 Davey Lewis 11.09 Lloyd Heckler 10.38 Aneura Phillips 12.17 Catrin Lewis 12.36 Angharad Davies 11.22 Luke Clements Davy Lewis Lloyd Heckler Adam Bitchell 15.04 Paul Clarke 18.07 Lee Ladd 16.46 Dewi Griffiths 15.16 At Parc Bryn Bach Tredegar on 5 April 2009
2011	U13B (3) U17M (2)	Hendrik De Smet 7.31 Aled Phillips 7.46 Osian Thomas 8.07 Nikita Neary (B team) 6.27 had the fastest lap time of the day. Ronan Llyr 9.05 Lloyd Heckler 9.00 Josh Griffiths 8.53
2012	U13B (2)	Rhys Granville 9.03 Ronan Llyr 9.19 Kyran Roberts 8.36
	U17M (2)	Ronan Llyr 9.05 Lloyd Heckler 9.00 Josh Griffiths 8.53
2013	U15B (1)	Ashraf Liles 9.15 Dwayne Griffiths 9.44 Nikita Neary 8.59 At Llandow racing circuit Cowbridge on Sunday 17 March 2013
2014	U13B (1) U17M (3)	Iestyn Williams 6.35 Tomos Rees 6.34 Will Thompson 6.39 Ben Thomas 6.20 Cerith Evans 9.31 Dwayne Griffiths 9.51 Ashraf Liles 9.31 At Ynysangharad Park Pontypridd on Sunday 16 March 2014
2015	U13B (1) U17M (1) U15G (2)	Archi Morgan 6.07 Gareth Thompson 6.10 Tomos Rees 6.03 Iwan Glynn 6.00 Ryan Jenkins 9.23 Dwayne Griffiths 9.42 Ashraf Liles 8.55 Ellie Kiff 6.34 Elin Jones 7.28 Cerys Davies 7.11 Sioned Glynn 6.31 At Ynysangharad Park Pontypridd On Sunday 22 March 2015
2016	U13G (3) U15B (1) U13B (3)	Phoebe Davis 7.19 Clara James 8.03 Siwan Jones Evans 7.30 Daisy Thompson 6.47 Tomos Rees 9.23 Iestyn Williams 9.46 Ben Thomas 9.10 Ben Thomas had the fastest lap of the day Liam Edwards 6.51 Morgan Batten 7.30 Dafydd Jones 7.40 Joshua Tarling 7.23 At Bargoed on Sunday 3 April 2016
2017	U13G (2) U15B (2) U17M (2) F40 (2)	Faye Jones 10.11 Keira Carmody 10.42 Milly John 10.19 Amy Greatrick 10.18 Liam Edwards 10.26 Jac Chapman 11.14 Dafydd Jones 10.18 Tomos Rees 9.48 Archi Morgan 10.16 Ben Thomas 9.37 Louise Jones-Evans 21.13 Elizabeth Davies 25.57 Gill Edwards 25.14 At Pembrey Country Park on 16 September 2017
2018	U13B (1) U15B (1) U13G (2) U13B (3) F35 (3)	Jake Lynock 6.15 Iwan Thomas 6.17 Ifan Bowen 6.11 Jack Thomas 6.16 Dafydd Jones 10.06 Frank Morgan 10.25 Liam Edwards 10.14 Dafydd Jones had the fastest lap of the day. Frances Mackie 6.24 Carys Wood 7.05 Amy Greatrick 6.48 Chloe Hale 6.29 Rogan Cox 6.19 Zach Elvey 6.38 Ellis Caddick 6.36 Steffan Davies 6.26 Wendy Price 22.18 Kate Parker 26.25 Liz Tremlett 21.36 At Pembrey Country Park on 22 September 2018 Dafydd Jones fastest U17M lap

2019	U13B (1)	Iwan Thomas 6.07; Maccsen Toogood 5.46; Jake Lynock 6.17; Ifan Bowen 5.55 Maccsen Toogood had the fastest lap of the day
	U15B	Frank Morgan had the fastest lap of the day (10.12)
2020		Cancelled due to Covid 19 pandemic
2021	U15B (1)	Jake Lynock 10.29; Maccsen Toogood 10.48; Iwan Thomas 10.16
	U13B (2)	William Coles 5.53 James Davis 7.08 Toby Anthony 7.20 Tristan Warrender 6.59 William Coles had the fastest time of the day

Primary School races held in conjunction with the Welsh Road Relay Championships

Boys Team Result

2012 1 Carmarthen Harriers Iestyn Williams 5.02 (race winner) Gareth Thompson 5.07 Tomos Rees 5.16

2013 1 Carmarthen Harriers Tomos Rees 5.01 Liam Edwards 5.20 Aled Thomas 5.23

2014 3 Carmarthen Harriers Liam Edwards 5.17 Frank Morgan 5.28 Morgan Cai Thomas 5.57

2015 2 Carmarthen Harriers Frank Morgan 5.29 Liam Edwards 5.34 Ethan Richardson 5.47

2017 1 Carmarthen Harriers Iwan Thomas 5.40 (race winner) Ifan Bowen 5.44 Jake Lynock 6.08

2017 2 Carmarthen Harriers Liam Upton Boorman 6.10 Tygan Davies 6.23 Alexander Coles 6.29

2018 1 Carmarthen Harriers Maccsen Toogood 5.06 (race winner) Liam Upton Boorman 5.18 James Sloyman 5.24

2018 2 Carmarthen Harriers Alexander Coles 6.27 Daniel Warrender 5.28 Tristan Warrender 5.43

2019 1 Carmarthen Harriers William Coles 5.17 (race winner) Gwilym Jac Jones 5.24 Joseph Thomas 5.43

2019 2 Carmarthen Harriers Tristan Warrender 5.45 Ashton Williams 5.47 Jimmy Davis 5.57

2020 No event

Girls Team Result

2013 2 Carmarthen Harriers Phoebe Davis 5.18 Taylor McArthur 5.40 Eva Edwards 5.56

2014 1 Carmarthen Harriers Phoebe Davis 5.34 Siwan Jones Evans 5.35 Daisy Thompson 5.36

2015 3 Carmarthen Harriers Daisy Thompson 5.21 (race winner) Phoebe Davis 5.38 Ella Davis 7.13

2017 2 Carmarthen Harriers 6.10 Bessy Hill 6.35 Ella Glynn 7.14

2018 1 Carmarthen Harriers Jessica Norman 6.01 Ellie May John 6.04 Martha Morgan 6.13

2019 3 Carmarthen Harriers Jessica Norman 5.57 Martha Morgan 6.01 Esme Lynock 6.03

2020 Event not held

2021 3 Carmarthen Harriers Lowri Morgan 6.09 Fflur Jones 6.52 Seren Bowen 6.52

Hedydd Davies 28 March 2022