

**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 put for girls and 60mH, 200m, 800m, long jump and shot put 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 was 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 the parents of the athletes.

**Since 2003 Carmarthen Harriers has had 46 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 seven individual medals (1 gold, 4 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; 2022 Jessica Lee U18 Girl**

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

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

<b>14 Dec 2013</b>				
<b>Glasgow SCO</b>	U18 Girls	Lauryn Davey	13th	2958 points
<b>13 Dec 2014</b>	U18 Boys	Aled Phillips	16th	2201 points
<b>Glasgow SCO</b>	U18 Girls	Lauryn Davey	12th	3134 points
<b>12 Dec 2015</b>				
<b>Glasgow SCO</b>	U16 Girls	Beca Roberts	12th	2997 points
<b>10 Nov 2017</b>				
<b>Glasgow SCO</b>	U18 Girls	Beca Roberts	12 <sup>th</sup>	2999 points
<b>3 Nov 2018</b>				
<b>Glasgow SCO</b>	U18 Girls	Beca Roberts	15th	2762 p0ints
<b>30 Nov 2019</b>		(Captain)		
<b>Glasgow</b>	U16 Girls	Jessica Lee	4 <sup>th</sup>	3645 points
<b>NIAC Cardiff</b>	U18 Girls	Jessica Lee	3 <sup>rd</sup>	3341 points
<b>Glasgow SCO</b>				
<b>4 December 2021</b>	U18 girls	Jessica Lee	4 <sup>th</sup>	3545 points
<b>26 Nov 2022</b>	<b>U18 Girls</b>	<b>Jessica Lee</b>	<b>2<sup>nd</sup></b>	<b>3671 points</b>
<b>2 December 2023</b>	U16 Girls	Beatrice Morgan	6 <sup>th</sup>	3244 points

**Hedydd Davies**  
**14 December 2023**