

Rhedwyr Eryri Harriers  
Cyfarfod cyffredinol blynnyddol/ Annual General Meeting

Date	Sunday 23 <sup>rd</sup> November 2025	
Venue	Bethesda Cricket & Bowling Club, Coetmor New Road	
Attendance	See scanned copy of register	Anna Drinkwater
Apologies	Katie Reynolds, Ian Robson, Kate Worthington, Dave Humphreys, Bryony Shircore, Garfield Jones, Lyndon Roberts, Tess Elias, Russell Owen.	
Chair's report	See attached report	Nia Meleri Edwards
Membership Report	<ul style="list-style-type: none"> <li>• See attached report</li> <li>• Total members 299</li> <li>• Proposed membership subscription for 2025/26: <ul style="list-style-type: none"> <li>• £36.50 Senior</li> <li>• £25.00 Student or Over 65</li> <li>• £14.41 Junior (41p increase due to transaction fee)</li> <li>• £5.00 Social</li> </ul> </li> </ul> <p>Fees kept largely static due to good financial position of club despite increase in WA fees.</p>	Anna Drinkwater
Section reports	<p>Mountain</p> <ul style="list-style-type: none"> <li>• See attached report</li> <li>• Club will consider changing club champs for next year to increase participation</li> </ul>	Suzie Richards
	<p>Road</p> <ul style="list-style-type: none"> <li>• See attached report</li> <li>• Arwel, Ann &amp; Sharon stepping down from organising the Caernarfon 10K after 22 years.</li> <li>• Special thank you and gift given</li> </ul>	Arwel Lewis
	<p>XC</p> <ul style="list-style-type: none"> <li>• See attached report</li> <li>• Appeal for participation in XC</li> <li>• Appeal for volunteers to run the pop up café after the Bangor XC as Ann&amp; Sharon are stepping down.</li> </ul>	Helen Blair

	<p>Treasurer</p> <ul style="list-style-type: none"> <li>• See attached accounts</li> <li>• Good year financially</li> </ul>	<p>Ian Robson- however read by Anna Drinkwater as Ian not able to attend.</p>
	<p>Junior Training</p> <ul style="list-style-type: none"> <li>• See attached report</li> <li>• Lots of new coaches have started volunteering</li> <li>• Succession planning for Neal to take place as he would like to step down as junior rep over next 1-2 yrs.</li> </ul>	<p>Neal Hockley</p>
	<p>Equipment</p> <ul style="list-style-type: none"> <li>• Mike has hired out the club clock and other pieces of kit which has brought in income for the club.</li> </ul>	<p>Mike Blake</p>
	<p>Communication</p> <ul style="list-style-type: none"> <li>• Tess would like to send survey to members aiming to improve communication in the club.</li> <li>• The majority of attendees are happy for this to be sent out by email to all members.</li> </ul>	<p>Tess Elias- however read by Nia Meleri as Tess not able to attend.</p>
<p>Priority Items to cover</p>	<ol style="list-style-type: none"> <li>1) The proposed amendments to the club constitution were approved: addition of Welsh Language Officer/Swyddog Cymraeg to list of roles. Change of title of 'press officer' to 'communication and social media secretary'.</li> <li>2) Proposed gender Policy- approved</li> <li>3) Race-wear clothing supplier. Members were asked to vote for their favourite between current supplier TeeJac and Joma. Joma was the favourite so clothing supplier will be changed.</li> <li>4) Thanks to everyone who has volunteered for the club in the past year. Gifts given to those</li> </ol>	

	leaving committee and all coaches/run leaders.	
Electing committee Members for 2025	<p>Chair: Nia-Meleri Edwards</p> <p>Vice Chair: Vacant</p> <p>Secretary: Margot Saher</p> <p>Treasurer: Ian Robson</p> <p>Membership sec: Anna Drinkwater</p> <p>Mountain Sec: Mary Gillie</p> <p>Road sec: Arwel Lewis</p> <p>XC sec: Gemma Moore</p> <p>Junior Representative: Neal Hockley</p> <p>Communication and social media secretary: Tess Elias</p> <p>Equipment: Mike Blake</p> <p>Social Sec: Lucy O'Donnell</p> <p>Website: Ian Edwards</p> <p>Female Welfare Officer: Bryony Shircore</p> <p>Male Welfare Officer: Dave Humphreys</p> <p>Kit and clothing: Vacant, however Kasia Osipowicz considering role.</p> <p>Ordinary Members: Dafydd Williams, Owain Williams, Lyndon Robers, Kate Worthington</p>	All candidates were elected by a clear majority at the AGM.
Any other business:	Next Club Event: Eryri X mas fun run, volunteers will be needed, contact Mike Blake if interested in helping.	

## Adroddiad Cadeirydd 2025 CYMRAEG

### Noswaith dda bawb,

#### **CROESO**

Diolch o galon i chi am ddod, ac am eich cefnogaeth drwy'r flwyddyn. Mae'n faint cael sefyll yma fel Cadeirydd ac adrodd ar flwyddyn sydd wedi bod yn un eithriadol o brysur, uchelgeisiol ac adeiladol i'n clwb. Hoffwn ddechrau drwy ddiolch i'r pwylgor, ein hyfforddwyr, ein trefnwyr rasys, ac i bob gwirfoddolwr sy'n rhoi eu hamser – weithiau'n wythnosol – er mwyn cadw'r clwb i redeg, yn llythrennol! Da ni gyd yn wirfoddolwyr gyda bywydau llawn a da ni'n gwneud hyn oherwydd ein cariad at y clwb a'r gymuned rhedeg. Hebddoch chi, byse dim Rhedwyr Eryri.

#### **PAM YDW I YMHA**

Pan mae person yn gofyn i mi "Wyt ti'n rhedeg gyda Eryri Harriers?" Dwi'n ymateb bob tro gyda balchder: "Ydw – dwi'n rili joio". Yn aml iawn mae pobl yn dweud "Dwi'n rhedeg – ond dwi ddim yn meddwl bod fi'n iawn i Eryri." "Dwi ddim yn redwr cyflym iawn / serious / dwi jyst yn rhedeg i gadw'n ffit." "Dwi ddim yn 'type' Eryri." Fy ymateb i bob tro, a be dwi'n credu go iawn yw – "Mae croeso i BAWB yn Eryri." Unrhyw un – o redwyr Couch to 5k i redwyr rhyngwladol. Rhywun sy'n rhedeg unwaith yr wythnos, i'r rhai sydd yn gwneud 100 milltir yr wythnos. MAE CROESO I BAWB Mae'r sgrysiau yma wedi arwain at nifer o bobl yn ymaelodi, cymryd rhan, gwneud ffrindiau newydd a dod yn rhan o'n cymuned wych ni. Roedd y cysyniad yma – "croeso a datblygu pawb sydd eisiau bod yn rhan o'r clwb i lwyddo" – yn un o'r pethau roeddwn wedi datgan pan ges i fy ethol fel cadeirydd yn y lle cyntaf. Dwi eisiau cynnwys pawb –o'r rhedwyr sy'n cynrychioli ein Gwlad i'r rhedwyr sy'n rhedeg i'r clwb am y tro cyntaf, neu bawb (y mwyafrif) sydd rhwng y ddau begwn – sy'n asgwrn cefn i lwyddiant ein tîm, ein clwb. Un Tîm, Un Clwb.

#### **HER A BRAINT**

Wrth adlewyrchu ar ddechrau'r flwyddyn, bu llawer o ddysgu a chydlynw wrth gamu i mewn i'r rôl. Nid yw arwain clwb mor weithgar bob amser yn syml, ond mae gweithio gyda'r pwylgor, cefnogi swyddogion a delio â'r gwaith tawel sydd yng nghefn y llenni wedi bod yn brofiad gwerthfawr ac adeiladol. Er bod heriau ar hyd y ffordd, mae wedi bod yn faint, ac rwy'n edrych ymlaen at barhau i ddatblygu ac adeiladu ar y seiliau hyn yn y flwyddyn.

#### **LLWYDDIANAU'R PWYLLGOR**

Mae nifer o bethau mae'r pwylgor wedi'u cyflawni eleni rydw i'n hynod o falch ohonynt, ac rwyf eisiau amlygu rhai cyn i'r Swyddogion fanylu ymhellach.

#### **Aelodaeth a Chymuned**

Rydyn ni wedi gweld twf cadarn eleni. Rydym wedi sicrhau bod nifer yr aelodau sydd yn ail ymaelodi wedi cynyddu yn ogystal a chynyddu y nifer o aelodau newydd ers mis Ionawr. Mae hynny'n dyst i gryfder ein cymuned, ac ein gallu fel clwb i gynnig amrywiaeth eang o ddisgyblaethau rhedeg, gan sicrhau bod rhywbeth i bawb. Mae ein grŵp leuenctid hefyd wedi tyfu a chryfhau — sy'n hollbwysig wrth feithrin talent, rhedwyr ac arweinwyr y clwb yn y dyfodol. Wrth symud ymlaen, ein nod yw cynnal y niferoedd hyn eto. Rydym hefyd wedi dechrau cynnig aelodaeth i'r rhai sydd heb y gallu ariannol i dalu, drwy greu cronfa gefnogol fel nad yw cost yn rhwystr i unrhyw un sy'n dymuno ymuno. Nid yw'r twf yma'n digwydd ar ei ben ei hun — mae'n ganlyniad i waith caled y pwylgor, trefnwyr rasys, pawb sy'n rhannu negeseuon ac yn ymgysylltu gyda'r

gymuned, a phob aelod sydd wedi mynd y filltir ychwanegol i greu awyrgylch cynnes a chroesawgar i aelodau newydd neu llai profiadol.

### **Hyfforddiant**

Gyda Oedolion ac Ieuenctid Eleni rydyn ni wedi datblygu a chryfhau strwythur hyfforddi'r clwb yn sylweddol. Rydym wedi cynnig amrywiaeth o gyfleoedd, arbrofi gyda syniadau newydd ac annog adborth. Bellach rydym yn ffurfioli sesiynau hyfforddi nos Lun a dydd Sul, ac yn ehangu'r pŵl o hyfforddwyr ac arweinwyr rhedeg. Mae hyn nid yn unig yn cryfhau darpariaeth y clwb, ond yn gwneud hyfforddi'n fwy hygrych i redwyr o bob lefel. O ran yr Ieuenctid, mae niferoedd uchel wedi mynchu sesiynau, ac mae tyfu'r pŵl hyfforddi a symud sesiynau i leoliadau gwahanol yn dangos ein bod yn meddwl yn greadigol am gynyddu presenoldeb, hyder a mwynhad y plant wrth ddefnyddio'r "gym" naturiol sydd o'n cwmpas.

### **Rasys a Digwyddiadau**

Rydyn ni wedi cynnal a chefnogi nifer o rasys llwyddiannus eto eleni — a bydd y Swyddogion Pwyllgor perthnasol yn rhannu mwy o fanylion yn nes ymlaen. Diolch o galon i bawb sydd wedi trefnu ac arwain y digwyddiadau hyn gyda chymaint o egni ac ymrwymiad. Rydyn ni hefyd wedi gweld timau'n cystadlu, llwyddo a chynrychioli'r clwb yn wych mewn cyfresi a digwyddiadau fel Borders League, Traws Gwlad, Welsh Castles Relay, Rasys Mynydd Nos Fawrth ac Ultras Penllyn.

Y neges i chi fel aelodau yw hyn: os ydych chi'n awyddus i ddatblygu tîm i gystadlu a chynrychioli'r clwb mewn unrhyw ras neu gyfres — dewch atom. Da ni eisiau buddsoddi ynoch chi ac annog eich cyfranogiad. Byddwn yn asesu pob cais ac yn ceisio cefnogi drwy ariannu ffioedd ras a mewn ffyrdd eraill. Felly cysylltwch â'r pwyllgor. Un enghraifft o lwyddiant yw'r Caernarfon 10K, sydd wedi tyfu o flwyddyn i flwyddyn, gan ddenu rhedwyr proffesiynol fel Dewi Griffiths. Hoffwn ddiolch yn bersonol i Arwel, Ann a Sharon am arwain y ras arbennig hon dros nifer o flynyddoedd. Bydd y "dream team" yma'n camu'n ôl eleni — ond mae trefnwyr newydd ar y ffordd, felly peidiwch poeni. Edrych ymlaen, rydyn ni hefyd yn ehangu ein darpariaeth gyda ras newydd yn gynnar yn 2025 — Tour yr Wyddfa, wedi'i threfnu gan Mary Gillie. Mae'n gyfle cyffrous sy'n llenwi bwlch yn y calendr, ac rydyn ni'n hynod ddiolchgar i Mary am ei gweledigaeth a'i mentergarwch. Mae'r pwyllgor wedi bod yn gefnogol iawn — gan gynnwys rheoli risg a threfnu sesiynau hyfforddi o gwmpas y llwybr (diolch i Kate Worthington, Molly ac Ian R) ac mae hyn yn enghraifft dda o'r cydweithio a'r "joined-up thinking" rwy'n ei annog er mwyn cryfhau ein tîm yn y clwb.

### **CYFATHREBU, LLYWODRAETHU A CHYLLID**

Mae nifer o lwyddiannau tawel ond pwysig wedi digwydd eleni — gwaith yng nghefn y llwyfan nad yw llawer yn ei weld. Mae clwb mor fawr a chydubyddus yn mynnu llywodraethu cadarn:

#### **Llywodraethu, strwythur a datblygu polisiau a chanllawiau gwahanol.**

**Polisi Rhywedd** — wedi'i ysgrifennu'n ofalus, ei drafod yn adeiladol gydag aelodau o'r gymuned LGBTQ+, gan ystyried tegwch i bawb.

**Cyfathrebu** — Rydym wedi ailstrwythuro sut rydym yn cyfathrebu â chi fel aelodau, gan greu sianeli gwahanol i gyrraedd pawb ac i ddarparu fforymau pwrrpasol a diogel ar gyfer gwahanol negeseuon. (Mae hyn yn dal i ddatblygu, a bydd Tess yn adrodd mwy yn nes ymlaen.)

**Canllawiau iaith** — Rydym yn sicrhau bod un o sylfeini ein cymuned ac ein cyfansoddiad — yr iaith Gymraeg — yn cael sylw penodol. Mae'r canllaw wedi'i ffurfioli er mwyn

parhau i gryfhau ac annog yr iaith i ffynnu yn ein clwb. Rwy'n falch iawn o ddweud bod y canllawiau hyn wedi'u cymeradwyo gan Menter Iaith.

**Y Wefan** - Rydym hefyd wedi datblygu'r wefan, gan alluogi bwcio a thalu ar-lein, gan gynnwys system archebu rasys byw. Mae hyn yn rhoi mwy o berchnogaeth i ni a threfnwyr rasys, yn ogystal â lleihau costau. (Diolch i Ian E a Suzie am y gwaith rhagorol ar hyn.)

**Grantiau** – Derbyniwyd dros £3,000 gan Chwaraeon Cymru, sydd wedi rhoi sail ariannol gadarn i ni fuddsoddi mewn hyfforddiant ac ymestyn datblygiad ein hyfforddwyr. Mae nifer wedi cwblhau hyfforddiant LiRF, a bydd cyfleoedd pellach ar gyfer CiRF, ynghyd â chyrsiau ychwanegol megis Cymorth Cyntaf ar gyfer gwirfoddolwyr a morfeydd. Yn ogystal, rwyf wedi bod yn awyddus ac yn rhagweithiol wrth ymgysylltu a datblygu perthnasoedd gyda phwyllgorau clybiau eraill, gan edrych ar gyfleoedd i gydweithio ac ehangu darpariaeth hyfforddi yng Ngogledd Cymru.

### **CYLLID**

Mae'r clwb mewn sefyllfa ariannol iach a sefydlog, ac mae'n cael ei redeg mewn modd tryloyw o dan arweiniad Ian Robson, ein Trysorydd. Diolch mawr iddo am fy addysgu ar y ffordd orau o asesu ein sefyllfa ariannol a sut gallwn fuddsoddi'n ôl yn yr aelodau — meithrin talent, adeiladu partneriaethau a datblygu'r hyn rydym yn ei gynnig. Byddaf yn gadael i Ian amlygu mwy yn adroddiad y Trysorydd.

### **GWIRFODDOLI A DIWYLLIANT CLWB**

Mae gwirfoddoli wedi bod yn thema amlwg eleni. Bu trafodaethau helaeth ynghylch y ffordd orau o annog mwy o aelodau i gymryd rhan — gan gynnwys a ddylai fod yn "orfodol". Roedd consensws cryf, ac rwy'n cytuno, nad yw gorfodaeth yn adlewyrchu diwylliant Eryri Harriers. Rwyf eisiau adeiladu ar y diwylliant sydd eisoes yn rymus yn y clwb — lle mae pobl eisiau helpu oherwydd eu bod yn teimlo'n rhan o rywbeth arbennig. Mae hynny, yn fy marn i, yn werth ei warchod. Efallai nad yw gorfodaeth yn ateb, ond hoffwn weld mwy o wobrwyd gwirfoddolwyr — nid o reidrwydd yn ariannol, ond drwy gyfleoedd i ddatblygu sgiliau, derbyn cydnabyddiaeth, neu gael y sgiliau a'r hyder i drefnu ras nad oedd ynt yn meddwl oedd yn bosib. Mae hwn yn broses barhaus, ond yn un werth ei hystyried dros y flwyddyn i ddod.

### **IGLOI**

Rydyn ni'n glwb (ac yn bwyllog) sy'n tyfu, yn dysgu, ac yn parhau i adeiladu strwythurau sy'n gallu cynnal a chryfhau'r twf hwnnw. Rydyn ni'n parhau i wella ein llywodraethu, ein cyfathrebu, ein hyfforddi a'n hymrwymiad i'n cymuned. Rwy'n hynod falch o'r hyn rydyn ni wedi'i gyflawni. Mae gennym ddyfodol cryf o'n blaenau — gyda thîm pwyllog, hyfforddwyr, gwirfoddolwyr ac aelodau ymroddgar sydd yn barod i gynrychioli a gwthio'r clwb yn ei flaen gyda brwd frydeddol. A chofiwch — os daw rhywun atoch yn dweud, "Dwi ddim yn meddwl bod fi'n iawn i Eryri" — yr ateb syml yw: "MAE CROESO I BAWB YN CLWB ERYRI."

**DIOLCH I CHI AM EICH YMRODDIAD, EICH AMSER A'CH CARIAD AT Y CLWB YMA.**

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### **Chair's Report 2025 - ENGLISH**

Good evening everyone,

### **CROESO**

Thank you very much for coming, and for your support throughout the year. It's a privilege to stand here as Chair and reflect on a year that has been exceptionally busy, ambitious, and successful for our club.

I want

to begin by thanking the committee, our coaches, our race organisers, and every volunteer who gives their time – sometimes weekly –

to keep the club running, both literally and figuratively.

We are all volunteers with full lives, and we

do this because of our love for the club and the running community. Without you, there would be no Eryri Harriers.

### **Why I'm here**

When someone asks me, "Do you run with Eryri Harriers?" I always answer with pride: "Yes – I really enjoy it."

Very often, people say, "I do run, but I don't think I'm right for Eryri.", "I'm not fast enough / serious enough / I just run to keep fit.", "I'm not the 'Eryri type.'"

My response every time – and what I truly believe – is: "EVERYONE is welcome in Eryri."

Anyone – from Couch to 5k runners to international

athletes. Someone who runs once a week to those who run 100 miles a week.

**EVERYONE IS WELCOME.**

These conversations have led many people to join, take part, make friends, and become part of our wonderful community. This mindset – "welcoming and developing anyone who wants to be part of the club, so they can succeed" – was one of the key things I stated when I was first elected Chair. I want to include everyone – whether you're running for your country, joining a club for the first time, or like the majority of people who run somewhere between those two poles – the backbone of our team and club. One Team, One Club.

### **CHALLENGES AND PRIVILIDGE**

When reflecting on the start of the year, there has been a great deal of learning and coordination in stepping into the role. Leading such an active club is not always simple, but working with the committee, supporting officers, and dealing with the quiet work that happens behind the scenes has been a valuable and constructive experience.

Although there have been challenges along the way, it has been a privilege, and I look forward to continuing to develop and build on these foundations in the year ahead.

### **COMMITTEE ACHIEVEMENTS**

There are a number of things the committee has achieved that I am extremely proud of, and I want to highlight these before the individual Officers go into their own detailed reports.

### **Membership and Community**

We've seen strong growth this year. We have retained the vast majority of returning members and increased the number of new members since January. This is a testament to the strength of our community, our ability to communicate and include a wide range of runners, and to what we offer as a club. Our Youth section has also grown and strengthened — which is hugely important for nurturing talent, future runners, and future leaders of our club (I will let Neal give more details later).

Going forward, we hope to maintain these numbers. We have also started offering membership support for those unable to afford the fees, by creating a hardship fund so that cost is not a barrier for anyone wishing to join.

This growth does not happen by itself. It is the result of the hard work of the committee, race organisers, those who share messages and communicate widely, and every single member who has gone the extra mile to create a warm and welcoming atmosphere for new or less experienced runners.

### **TRAINING – ADULTS AND JUNIORS**

This year we've been developing and strengthening the club's training structure significantly. We've offered a range of opportunities, trialled new ideas, and asked for feedback. We are now formalising the Monday night and Sunday sessions and expanding our pool of coaches and run leaders. This not only widens the club's provision but also makes training more accessible to runners of all abilities. This is also true on the Juniors side, numbers have been strong, and it's so much fun being on the team taking the children to different locations using the natural and valuable "gym" that surrounds us to develop their confidence and abilities.

### **RACES AND EVENTS**

We have once again organised and supported numerous successful races this year – details of which will be highlighted by the relevant Committee Officers. I am sincerely grateful to everyone who has led, organised, and poured energy into these events. We've also seen teams enjoy success and represent the club brilliantly in various relay events and competitions – Borders League, Cross Country, Welsh Castles Relay, Tuesday night fell races, Pen Llŷn Ultras, to name just a few.

My message to you as members is: if you want to develop a team to compete and represent the club – in any race or series – please come to us! We want to invest in you and support you, including funding race fees where appropriate. So PLEASE COME TO THE COMMITTEE if you want to take a team to any event.

One race in particular – the Caernarfon 10K – has grown year after year. This has brought great successes, including attracting elite runners like Dewi Griffiths. I want to personally thank Arwel, Ann and Sharron for leading, organising and running this incredible race for so many years. This "dream team" is stepping down from this now iconic race – but don't worry, new race organisers will be announced soon.

Looking forward – we are expanding our programme with a brand-new race early in 2025: Tour de Yr Wyddfa. It's a very exciting opportunity, filling a gap in the racing calendar, and we're hugely grateful to Mary Gillie for bringing this idea to us. The committee has been tremendously supportive – including helping with risk management and co-ordinating training sessions around the route (with thanks to Kate Worthington, Molly and Ian R). This is a great example of the joined-up thinking and collaboration I want to continue to encourage.

### **COMMUNICATION, GOVERNANCE AND FINANCE**

There have been several quiet but important successes this year – the kind of background work that most people never see. A large club needs strong governance:

#### **Policies and Guidance**

We have updated and developed several policies and guidelines.

The Gender Policy was written carefully, discussed constructively with members of the LGBTQ+ community, and shaped to ensure fairness for all.

Communication - We have also restructured the way we communicate with members – creating different channels so we can reach everyone and provide safe, purposeful spaces for different types of messages. This is ongoing, and Tess will expand on it further.

**Welsh Language Guidance** - We are formalising guidance to ensure the Welsh language – a core part of our identity and constitution – is protected, strengthened, and encouraged within our community. I am very pleased to say that this guidance has been approved by Menter Iaith.

**Website and Systems** - We have developed the website to allow online booking and payment, including a live race-entry system. This gives us greater ownership, reduces external costs, and supports our race organisers. (Thanks to Ian E and Suzie for their excellent work.)

### **Funding**

We received a grant of over £3,000 from Sport Wales, giving us a strong foundation to invest in coaching and volunteer development. Several members have completed LiRF training, and we will be offering more opportunities for CiRF and further training, including First Aid for volunteers and marshals.

I have also been proactive in engaging with committees of other clubs, exploring opportunities for collaboration and joint training across North Wales.

### **Finances**

The club is in a healthy, stable financial position and is run effectively and transparently under the leadership of our Treasurer, Ian Robson. I'm very grateful to Ian for teaching me the best ways to understand our financial position and how we can invest back into our members, support talent, collaborate with partners, and expand our provision. Ian will share more in his Treasurer's Report.

### **VOLUNTEERING AND CLUB CULTURE**

Volunteering has been a major theme this year. There have been many discussions about the best way to encourage members to volunteer, including whether volunteering should be “mandatory”. The consensus – which I agree with – is that compulsory volunteering is NOT the culture of Eryri Harriers.

I want to build on our existing culture – where people help because they feel part of something special. This is worth protecting. Perhaps the solution isn't pressure – but recognition. I'd like to see more rewarding of volunteers. Not necessarily financially or with material gifts, but through opportunities to develop skills, receive acknowledgement, or gain access to race opportunities they may not have considered possible. This is a work in progress, but something to develop further in the coming year.

### **TO CLOSE**

We are a club (and committee) that is growing, learning, and continuing to build structures that supports growth into a new and fast paced age. We continue to strengthen our governance, communication, training, and commitment to our community.

I am very proud of everything we have achieved. We have a bright future ahead of us, with a dedicated committee, coaches, volunteers, and members who are ready to represent and push the club forward with enthusiasm.

I want to leave you with a request: If someone comes to you and says, “I don't think I'm right for Eryri.”, “I'm not fast enough / serious enough / I only run to keep fit.”, “I'm not the 'Eryri type'... Please give them this answer: “EVERYONE is welcome at Eryri Harriers.”

**THANK YOU ALL FOR YOUR DEDICATION, YOUR TIME, AND YOUR LOVE FOR THIS CLUB.**

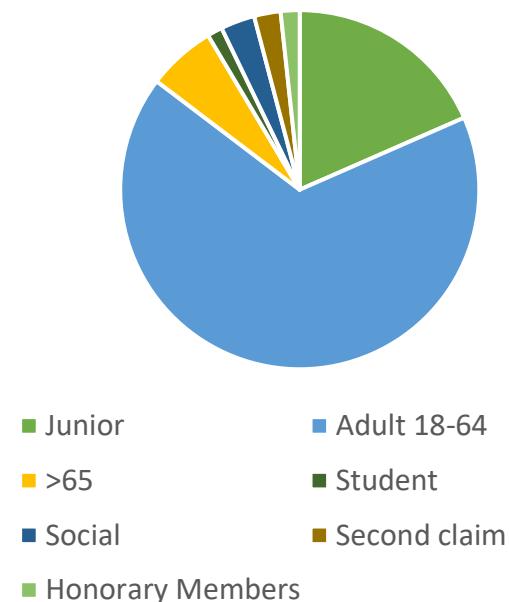
## Rhedwyr Eryri Harriers Membership Report for AGM 2025

Total 299 members (255 last year)

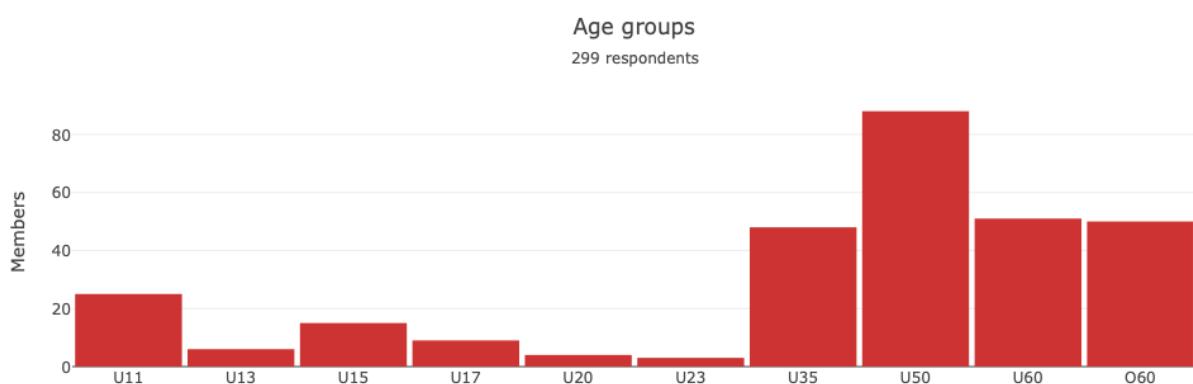
### Membership by types/category

Junior	54
Adult 18-64	196
>65	18
Student	4
Social	9
Second claim	7
Honorary Members	5

### Membership Types



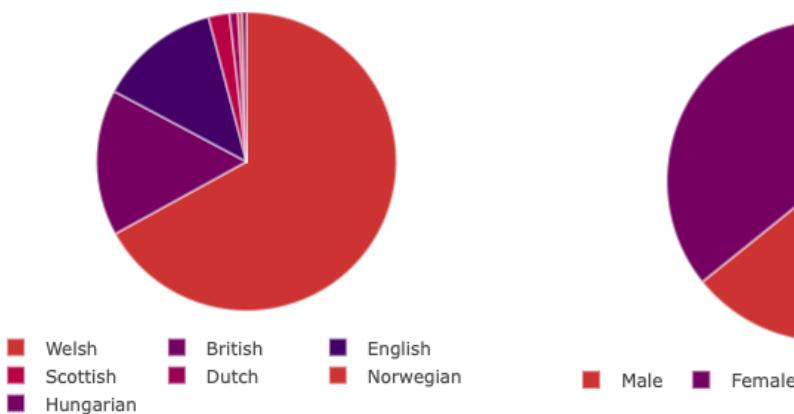
### Chart of age groups



## Charts by demographic

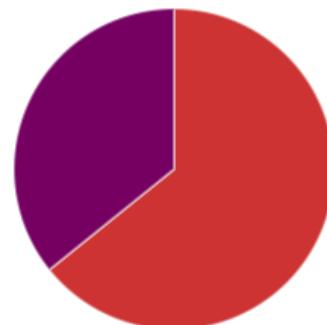
Nationality

221 respondents



Sex

299 respondents



Ethnicity

211 respondents



### Proposed Membership Subscription for 2026/27:

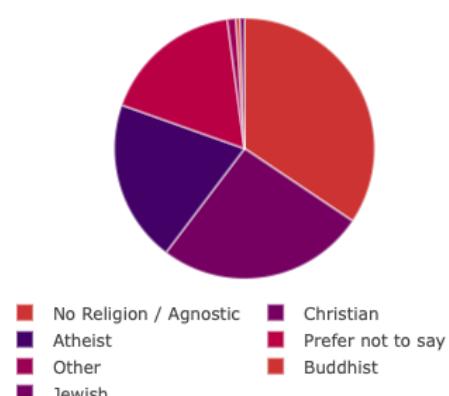
- £36.50 Senior
- £25.00 Student or Over 65
- £14.41 Junior (41p increase due to transaction fee)
- £5.00 Social

Fees kept largely static due to good financial position of club. Welsh Athletics membership costs £14 for juniors with a 41p transaction fee. The club does not gain any money from junior memberships. £23 of adult fee goes to WA. Approx £12 to club after transaction fees.

Diolch

Religion

189 respondents



**Anna Drinkwater, Membership Secretary**

NB- I would like to give thanks to David Buse who was our highly valued membership secretary until July 2025 but had to resign due to personal reasons and other commitments.

## **Eryri Harriers Fell & Mountain Running Report – AGM 2025**

*Plenty of heroic hill efforts in 2025*

### **▲ 2025 Club Mountain Championships**

This year the club moved away from the league format and introduced two standalone championship races: one long, one short, both equally painful in their own special ways.

**\*\*Long Fell Championship – Ras Foel Fras \*\* Sunday 14th September**

#### **Men's Club Podium**

🥇 **Sion Edwards** – 1st in the CLUB and 1st overall, 🥈 **Adam Harper** – 2nd in the club,  
8th overall, 🥉 **William Greenwood** – 3rd in the club, 20th overall & 1st M60 (still showing the youngsters how it's done!)

**Women's Club Podium:** 🥇 **Sarah Barnwell** – 1st in the club, 3rd overall, 🥈

**Louise Beetlestone** – 2nd in the club, 4th overall, 🥉 **Louise Emery** – 3rd in the club, 5th Overall

**Foel Fras Age Category Winners:** Trevor Lawler, Ellie Salisbury, Alwyn Oliver, Brian Robbins, Maggie Oliver

Big climbs, big smiles, and even bigger arguments over got blown by the wind the furthest off the summit.

**\*\*Short Fell Championship – Cnicht \*\*\*24th August \***

**Men's Club Podium:** 🥇 **Tony Hall** – 1st in the club, 10th overall, 🥈 **Michael Coyne** – 2nd in the club, 12th overall, 🥉 **James Harwood** – 3rd in the club, 16th overall

**Women's Club Podium:** 🥇 **Kasia Osipowikz** – 1st in the club, 1st female overall, 🥈 **Hazel Robbin** – 2nd in the club, 8th female overall

**Age Category Winners:** Mike Blake, Kean Rowlands, Brian Robbins□

#### **Eryri Harriers Organised Races□**

##### **Holyhead Mountain Race / Ras Mynydd Twr**

Organised brilliantly by **Katie Reynolds**, this year's race delivered fast running, fierce competition

**Men's Highlights:** 🥇 **Sion Edwards** – 1st overall 🥈 **Matt Fortes** – 2nd overall Strong top-10 performances from **Emlyn Owen** and **Adam Harper**, **Michael Coyne** (1st M50 and top 10) **Tony Hall** (1st M60 and top 10)

**Women's Highlights:** 🥇 **Sarah Barnwell** – 1st female overall, **Alexandra Fletcher** -1st F40

A cracking day out on the island hills with excellent organisation and even better post-race cake.

**\*\*Thank You's from Katie:** A huge thank you from organiser Katie Reynolds to all the brilliant marshals and helpers: Finn, Bethan, Maggie, Alwyn, Megan, Margot, David, Em & Dafydd

Thanks also to **Wil Stewart** from Anglesey County Council for allowing use of Breakwater Park, and to **Caffi'r Parc** for the picnic area

All proceeds from the race are proudly going to a **local food bank**

### **Tal y Fan Fell Race**

Organised by **Helen Blair**, this 8-mile (12.8km) classic over varied terrain with almost 800m of ascent — a route that tests lungs, quads, and navigation all in one go. The race is proudly part of the Rowen Village Carnival, bringing a brilliant local atmosphere to the hillside heroics. this scorching hot edition of Tal y Fan proved once again that Helen's grit is stronger than the sun. While some commercial races waved the white flag and halted racing due to the heat, Tal y Fan kept the show alive with slick organisation and plenty of smiles (and sweat).

**Men's Highlights:** 🥳 **Gareth Hughes** – 1st male overall, **Michael Coyne** – 6th,

**Steven Brown** – 21st, **David Prytherch** – 22nd

A proper summer suffer-fest with brilliant support throughout.

### **Ras Moel Wnion**

Hosted once again by **Ross Roberts**, Ras Moel Wnion delivered another brilliantly run event with a **huge Eryri Harriers turnout**. The club put on an incredible show of strength with **10 members finishing in the top 20**—a true sea of red and green powering up the slopes.

### **Gladstone 9**

Organised by **Ellie Salisbury**, the Gladstone 9 once again proved why it's a staple of the North Wales fell running calendar. As part of the **WFRA North Wales Series**, it attracted a big turnout, eager legs, and plenty of post-race tales from the ridge.

### **Fron Four**

Organised by **Mike Blake**, Fron Four also featured in the **WFRA North Wales Series** and saw another excellent turnout. A shortened route due to weather didn't dampen spirits and still created a thrilling race.

### **Pedol Peris & Foel Fras (September Races)**

Organised by **Suzie Richards**, both of these classic mountain races fell victim to the full force of the **September weather gods**. With rain blowing sideways and wind speeds best described as "character building," both events had to deploy their **bad weather route options**.

Despite the battering conditions, runners dug deep, marshals stood firm, and the races went ahead with thanks to Aber Fall Distillery and Snowdon Railway for the prizes.

### **Penmaenmawr Fell Race – 50th Anniversary**

Organised by **Russell Owen**, the Penmaenmawr Fell Race celebrated its **50th year** in style.

Despite **Storm Claudia's** best efforts to blow everyone back to Llanfairfechan, the **full 10-mile loop** was used, and a brilliant **240 runners** completed the course.

It was fantastic to see so many Eryri club members both helping Russell on the day and also **picking up plenty of prizes**.

A special shout-out to Russell, who continues to **encourage local newcomers** to give fell running a go through this iconic community race.

### **UKA Fell Relays**

Hosted this year by **Clwb Rhedeg Meirionnydd**, the UKA Fell Relays brought together some of the strongest fell-running talent in the country. Eryri proudly fielded **two teams**: a **Male Open** team and a **Female Open** team.

**Team Results: Male Open** – 31st place, **Female Open** – an outstanding **9th place**

A hugely successful day for the club, holding our own among an exceptionally high-calibre field and showcasing true Eryri spirit.

### **Final Notes**

A huge shout-out to all runners, marshals, organisers, bakers, supporters, dogs, and anyone who shouted “nearly there!” despite knowing full well it was a lie.

Here's to another year of big climbs, bold lines, and brilliant company.

**See you on the Mountains in 2026.**

## RHEDWYR ERYRI HARRIERS

**FORMED: at the Royal Victoria Hotel, Llanberis, 7th September 1977**  
**ERYR ERYROD ERYRI – THE EAGLE OF THE EAGLES OF SNOWDONIA**

### AGM 2025 ROAD RUNNING REPORT, ON THE ROAD AGAIN



As the photo illustrates, it is a long road ahead! 2025 has seen some notable success stories for Eryri on the roads with our women winning promotion to the first division of the Borders Road Running League for only the second time in our history since joining the league in 1998 with Gemma Moore winning the overall F/40 award. Staying up will be a challenge that we failed to maintain in 2008/09. Following the first race of the 2025/26 season at Tattenhall where there were 448 finishers, our women were one runner short of the required six counters and the 200-point penalty proved crucial in placing last of the seven teams in the first division. Our men placed fourth of the eleven teams in their respective second division last season and are currently placed eighth after the Tattenhall race. As I have stated too many times to mention! The Borders League offers our athletes of all ability six free races, that is correct, a free race for all Eryri members and one relay race a year at distances ranging from 5 miles to 10km in a club friendly atmosphere, in all, since joining the League in October 1998, Eryri have competed in 172 Borders League races and 2 relay events.

On a sad note, one of our original magnificent 7 who participated for Eryri in our first ever Borders Road Running League race at Shotton on 18/10/1998 Gwilym Williams (Gwil Bach) has sadly passed away recently at the age of 78. Our sincere condolences to his family.

Gemma Moore has had a very good year to date with personal bests at: 5 miles. 10 miles, Half Marathon, 20 mile and Marathon plus a Parkrun PB! First female at the Colwyn Bay 20 miler (9<sup>th</sup> March) and more recently winning the Flying Fox 10 miler (2<sup>nd</sup> November) while running for North Wales. I will have a more detailed achievements report for our presentations evening though, we are a club that cater for runners of all abilities and celebrate everyone who wears the club vest as they achieve their own personal goals.

**Caernarfon 10k** – After 22 Caernarfon 10k's and 11 Border League races on the 10k race route, it is time for someone else to take over the organisation of this iconic event first staged in 1986 by Dafydd Ellis, a race that I competed in with Hefin Griffiths winning in a time of 32.37 and Mair Tomos the 1<sup>st</sup> female in 41.37. The following year, there were two 10k's on the race route with myself winning the May edition, The Ysbyty Gwynedd Scanner Appeal 10k when it was run clockwise for the first time in a time of 32.24. In total, there have been 37 Caernarfon 10k races staged along with the 11 Border League races. The event was not staged in 2000 & 2001 (No race organiser) or in 2020 & 2021 (Due to Covid Restrictions) I resurrected the race in 2002. It would be a shame to not see the race staged next year. At least I went out with a bang! The course record of 31.02 has stood since 2008 and it was obliterated this year by the

second fastest Welsh Marathon runner of all time and GB international Dewi Griffiths (Swansea Harriers) in a time of 29.28 with the second and third placed male also inside the old record! A total of 376 finishers was also a record for the event. For health & safety reasons, the event will in future have to be run in an anti-clockwise direction, a road closure would have to be applied for to run the race in a clockwise direction (The Coed Helen Road Section) and a temporary traffic management (Traffic Control, stop/go system) on the Coed Helen, Pant Road and A4871 junction. Costs for road closures in Gwynedd vary. A temporary road closure application costs between £1,092 and £2,591 depending on the application type. As we have seen with most events on the road with road closures, the event organisers are inclined to raise their entry fees to cover the costs of the road closure/s and of course, the chip timing arrangements which are a necessity in road races these days with competitors expectations of receiving their finishing times and positions in an instant once they have crossed the finishing line.

**ERYRI ROAD RUNNING CHAMPIONSHIPS 2025:** This year's championship format consisted of 14 races with the best scores from 7 races to count with a minimum of 6 completed races to count towards any awards. There is an extra 10-point bonus for any Borders League races completed. With only the one event to go (Borders League race at Trac Món on Sunday 7<sup>th</sup> December) Current Standings:

**Women**

1<sup>st</sup> Margot Saher – 188  
2<sup>nd</sup> Anna Drinkwater – 174  
3<sup>rd</sup> Nia Meleri Edwards – 164

**Men**

1<sup>st</sup> Ian Edwards – 199 (We can safely say that Ian has won this year's Royal Victoria Hotel Road Running Championships Trophy/Shield)  
2<sup>nd</sup> Arwel Lewis – 140  
3<sup>rd</sup> Gruff Anderson – 139  
4<sup>th</sup> Samuel Drinkwater – 134  
5<sup>th</sup> Anthony Davies - 127

I am eternally grateful to everyone who have given up their time to help at the Caernarfon 10k race, Welsh Castles Relay (especially those that stepped in to organise and coordinate with myself being away on international duty) and Borders League this year and to everyone who have contributed with assisting the club in whatever capacity, and to everyone who have worn their Eryri vest with pride in races both at home and abroad.

I have now been in this role since 2002 having previously been the road running secretary in the last century before someone decided to use their vehicle to ram me off my motor cycle, putting me out of action for most of the 1990's! Unfortunately, I am not getting any younger though, I try to keep up with the times and I am always looking for suggestions/ideas to improve our road running section.

Enjoy your running,

**ARWEL LEWIS**  
**ROAD RUNNING SECRETARY**

**ERYRI HARRIERS**  
**AGM NOVEMBER 2025**  
**CROSS COUNTRY REPORT**

Last season (2024/25) 64 Eryri runners participated in four North Wales cross country league races, represented North Wales at the Welsh inter-regional championships and the British inter-counties championship, raced in the North Wales cross country championships, represented Wales at the BMAF home nations cross country, and competed at the Welsh cross country championships.

Notable results were:

Noa Vaughan 1<sup>st</sup> at Welsh Nationals, North Wales Champion, and winner of the two league races he competed in.

Gemma Moore and Mike Whyatt won their age groups in the North Wales league. Please refer back to the 2025 Presentation night report for more details.

(At 16 November) there have been two fixtures in the 2024/25 North Wales cross country league, with 35 Eryri athletes involved, with strong turn outs by the Ladies and older men, and sufficient men. Four Juniors have raced so far. ***(Race three is 22 November – but results are unlikely to be available to update this in time for the AGM)***

So far the notable performances are Noa Vaughan whilst still an Under 20 won race one. Gemma Moore has been leading the Eryri ladies home, closely followed by Elliw Haf. Nic Brook, and Anthony Davies in the younger men and Dylan Huws in the older men.

After two races, the Ladies are currently 2nd in the Team rankings, and the Vet Ladies 1st. The older men are also lying 1st in their team rankings. The men, are lying 4th, and the Vet men 6th.

The next events are the inter-regional championships (29 November), and the on 10 January 2025, Eryri are hosting the North Wales Championships at Treborth. This requires separate entry from the league, so watch the NWXC website, and Eryri emails for information. On the day we will need some assistance with set up, marshalling, finish line help, and clearing up, as well as cakes for the pop up café. If everyone does a little bit, its easier for everyone.

Don't worry if you have not raced cross country before, numbers can be obtained on race day, so just turn up with your Eryri club vest.

Are there any questions?

Thank you all for the support.

Helen Blair

Nov 2025.

## **Eryri Harriers Treasurer's Report**

**The Club has had another very successful year and is in a very healthy position.**

**The Club's good year is largely attributable to the races it runs. We are very grateful to the members who organise these races and for those who help and support them with marshalling and other duties.**

**The Club received a grant in the year from Sports Wales. There is expenditure in these accounts which is as a result of the grant and further expenditure will follow in 2025/26.**

**Whilst membership fees are down on the face of the accounts, this is a result of timing issues and not a reflection of membership numbers. Welsh Athletics' membership year does not align with our year end.**

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**Eryri Harriers****Accounts****1st October 2024 to 30th September 2025****INCOME & EXPENDITURE**

	<b>2025</b>			<b>2024</b>
	<b>Income</b>	<b>Expenditure</b>	<b>Nett</b>	<b>Nett</b>
	£	£	£	£
<b>Membership</b>				
AGM Fees	115.00	1,009.80	(894.80)	(440.00)
Membership	2,680.55	0.00	2,680.55	3,066.00
<b>Activities</b>				
Christmas Fun Run	10.00	-	10.00	130.00
X Country Food Stall	257.30	-	257.30	421.00
Pedol Peris / Peris Horseshoe	595.00	400.00	195.00	3,238.00
Junior Eryri Marathon	700.00	-	700.00	500.00
Prize Evening	175.00	827.00	(652.00)	(895.00)
Castles Relay	-	740.00	(740.00)	-
Merchandising	162.57	540.00	(377.43)	(260.00)
Fron 4	-	5.00	(5.00)	105.00
Race the Train	1,310.00	-	1,310.00	1,600.00
Welsh 1000	379.69	-	379.69	-
Gladstone 9	135.71	-	135.71	189.00
North Wales Cross Country Assoc	-	150.00	(150.00)	(150.00)
Caernarfon 10k	5,424.84	-	5,424.84	1,733.00
Tal Y Fan	15.00	-	15.00	25.00
Midweek Juniors	132.00	-	132.00	-
Grants	3,080.00	-	3,080.00	-
Morbengno - Italy	-	-	-	(100.00)
British Fell Relay Champs	-	-	-	(1,090.00)
Lee Mills	-	-	-	(562.00)
Training Fees	-	1,040.00	(1,040.00)	-
Boarder League	-	75.00	(75.00)	-
<b>Administration</b>				
Website & IT Exps	-	227.83	(227.83)	(212.00)
Professional	-	30.00	(30.00)	-
Other	2.00	50.00	(48.00)	(114.50)
Kit signs	-	-	-	(40.00)
Equipment	-	82.80	(82.80)	-
Hire Fees	-	-	-	70.00
Interest	172.72	-	172.72	84.00
Accountancy	-	265.00	(265.00)	(230.00)
	<hr/> <b>15,347.38</b>	<hr/> <b>5,442.43</b>	<hr/> <b>9,904.95</b>	<hr/> <b>7,067.50</b>

**Eryri Harriers**  
**Accounts**  
**1st October 2024 to 30th September 2025**

<b>BALANCE SHEET</b>	<b>2025</b>	<b>2024</b>
	£	£
<b>Fixed assets</b>	-	-
<b>Current assets</b>		
<b>Debtors</b>		
Caernarfon 10k	<b>5,424.84</b>	1,733.41
Pedol Peris	-	3,500.00
<b>Bank accounts</b>		
Deposit accounts		
Santander	xxxx xxxx xxxx 2760	
	<b>18,573.82</b>	12,401.10
Current accounts		
Santander	xxxx xxxx xxxx 2294	
	<b>10,520.63</b>	6,944.83
<b>Creditors &amp; accruals</b>		
EMC Fee 2025	<b>265.00</b>	230.00
<b>Net assets</b>	<b>34,254.29</b>	<b>24,349.34</b>
<b>Reserves</b>	<b>34,254.29</b>	<b>24,349.34</b>

**Other bank accounts - (Not included in the financial statements)**

	<b>2025</b>	<b>2024</b>
	£	£
NatWest account - Race the train	<b>341.67</b>	236.67
NatWest account - Peris	<b>7.14</b>	7.14
Lloyds account - Maesgwyn	-	<b>93.76</b>
	<b>348.81</b>	<b>337.57</b>

**Client Approval Certificate**

We approve the Income & Expenditure Account and Balance Sheet, and confirm that we have made available all relevant records and information for their preparation.

Date: .....

**Accountants' Report**

In accordance with instructions given to us, we have prepared without carrying out an audit the annexed Income and Expenditure Account and Balance Sheet from the accounting records of Eryri Harriers and from information and explanations supplied to us.

Emyr Mortimer Cyf  
32 Y Maes  
Caernarfon  
Gwynedd  
LL55 2NN

Date: .....

**Eryri Harriers**  
**Juniors Annual Report**

*Copi Cymraeg ar gel hefyd!*

It's been another successful year for the club's junior section.

### **Training**

About 30-40 young runners train with us regularly, from 7 to 18 years old. Fortunately, the coaching team is increasing (see below), this has allowed us to run 3 groups on Tuesday evenings, provide better adapted sessions for each group, and to use a greater variety of venues. We train every Tuesday evening between 18:00-19:15. The sessions include longer hill runs to develop fitness and 'hill skills' as well as drills to develop form, agility etc and of course some fun. The focus is on 'learning how to train', at a level appropriate to the age group. Sunday morning hill runs have been postponed for the time being due to the availability of instructors, but will resume soon.

The current coaching team includes:

- Neal Hockley: Coach in Run Fitness (CiRF), Mountain Leader (summer SML, and winter WML).
- Nia Meleri Edwards: Leader in Run Fitness (LiRF)
- Jordan Collins: (Lirf, SML)
- Math Roberts (SML)
- Owain Williams (SML, LiRF)
- Dafydd Williams (SML, CiRF)
- Rachel Sergeant (LiRF – almost!)
- Dan Rodrigues (LiRF)

Thanks also to several other parents who help as well. We would like to **record our thanks to Tim Downes** who has decided to step down after 4 years of helping on Tuesday evening – Thank you Tim!

### **Successes**

So much! But here are some highlights: Anwen Hockley represented Wales at the British and Irish Junior Mountain Running Championships (under 20s) in Y Fron.

WFRA North Wales Junior Fell Series: MU11 River Collins (2nd) Seb Perrin-Roberts (3rd). FU13: Poppy Collins (1<sup>st</sup>), Ethne Elliot-Kelly (3rd). FU15 Amber Chauhan (3<sup>rd</sup>). MU17: Dylan Billington (2nd) FU20: Bethan Billington (1st), MU20: Deri Hockley (1st)

North Wales Vests (Fell). Eryri once again provided a good portion of the North Wales team for the Inter-Counties Championship: Gruff Anderson, Martha Ellis-Davies, Josh Watt, Elis Owen, Ifor-Ellis Davies, Eban Roberts.

WFRA Junior Fell Champs (Aberedw Hill): FU13 Poppy Collins (1st), Heidi Worth (3rd), Holly Worth (3rd), Bethan Billington (1st). River Collins (2nd), Mu20: Deri Hockley (1st).

FRA Junior Champs (England). Poppy Collins (FU13) placed 3rd in the series.

Junior Snowdon Race: Poppy Collins won the FU12.

### **Events**

The junior section has organised a number of events over the past year, including:

- WFRA North Wales Junior Series: we hosted 4 of the 6 races in this series. There were 30-50 juniors competing in each race.
- Junior Tuesday Night Series (under 9 - under 15): Jordan and Pixie Collins organised the youth races again this year – 13 races across Eryri!
- Marathon Eryri Children's Races: Kelly O'Donnell organised the children's races in this year's marathon on behalf of the club. Thank you very much to everyone who helped marshal etc. Marathon Eryri makes a very generous donation to the thank-you club every year, and we use it to get more parents to qualify as leaders and coaches.

### **Diolch yn Fawr!**

None of this would be possible without support from:

- The club – the adult section subsidizes the youth section, helping to pay for courses for coaches, equipment etc.
- Helpers/Marshals: Thank you to everyone at the club and beyond who has helped with junior races and training sessions over the past year.

*Report by Neal Hockley*

**Rhedwyr Eryri Harriers**

**Adroddiad Ieuenciad Blynnyddol**

*English copy also available!*

Mae wedi bod yn flwyddyn lwyddiannus arall i'r adran ieuenciad y clwb.

### **Hyfforddiant**

Mae tua 30-40 o redwyr ifanc yn hyfforddi'n rheolaidd gyda ni, o 7 i 18 oed. Yn ffodus, mae'r tîm hyfforddi yn cynyddu (gweler isod), mae hyn wedi caniatáu inni gynnal 3 grŵp ar nos Fawrth, yn darparu sesiynau wedi'i addasu'n well i bob grŵp, ac i ddefnyddio amrywiaeth mwy o leoliadau. Dan ni'n hyfforddi pob nos Fawrth rhwng 18:00-19:15. Mae'r sesiynau'n cynnwys rhediadau hir i ddatblygu ffitrwydd a 'sgiliau bryniau' yn ogystal â driliau i ddatblygu ffurf, ystwythder ac ati - ac wrth gwrs rhywfaint o hwyl. Y ffocws yw 'dysgu sut i hyfforddi', ar lefel sy'n briodol i'r grŵp oedran. Mae rhediadau mynydd ar bore Sul wedi'u gohirio am y tro oherwydd argaeledd hyfforddwyr, ond byddant yn ailgychwyn yn fuan.

Mae'r tîm hyfforddi rŵan yn gynnwys:

- Neal Hockley: Coach in Run Fitness (CiRF), Arweinwr Mynydd (haf a gaeaf – SML, WML).
- Nia Meleri Edwards: Leader in Run Fitness (LiRF)
- Jordan Collins: (Lirf, SML)
- Math Roberts (SML)
- Owain Williams (SML, LiRF)
- Dafydd Williams (SML, CiRF)
- Rachel Sergeant (LiRF – bron!)
- Dan Rodrigues (LiRF)

Dioch i sawl rhieni sy'n helpu hefyd. Hoffem gofnodi ein **ddiolch i Tim Downes** sydd wedi penderfynu ymddiswyddo ar ôl pedair blynedd o helpu ar nos Fawrth – Diolch yn fawr Tim!

### Llwyddiannau

Cynrychiolodd Anwen Hockley Cymru yn Pencampwriaeth Rhedeg Mynydd Prydain ac Iwerddon (dan 20) yn Y Fron.

WFRA Cyfres Gogledd Cymru: MU11 River Collins (2il) Seb Perrin-Roberts (3ydd). FU13: Poppy Collins (1af), Ethne Elliot-Kelly (3ydd). FU15 Amber Chauhan (3ydd). MU17: Dylan Billington (2il) FU20: Bethan Billington (1af), MU20: Deri Hockley (1af).

Festiau Gogledd Cymru (Fell). Unwaith eto darparodd Eryri gyfran dda o dîm Gogledd Cymru ar gyfer y Pencampwriaeth Rhyng-Siroedd: Gruff Anderson, Martha Ellis-Davies, Josh Watt, Elis Owen, Ifor-Ellis Davies, Eban Roberts.

Pencampwriaeth leuenctid y WFRA (Aberedw Hill): FU13 Poppy Collins (1af) Heidi Worth (3ydd), Holly Worth (3ydd), Bethan Billington (1af). MU11: River Collins (2il), MU20: Deri Hockley (1af).

Pencampwriaethau leuenctid y FRA (Lloegr). Daeth Poppy Collins (FU13) yn 3ydd yn y gyfres.

Râs yr Wyddfa: enillodd Poppy Collins yr FU12.

### Digwyddiadau

Mae'r adran ieuengtiau wedi trefnu nifer o ddigwyddiadau dros y flwyddyn ddiwethaf, gan gynnwys:

- Cyfres leuenctid Gogledd Cymru y WFRA: Cynhaliodd Eryri 4 o'r 6 ras yn y gyfres hon. Roedd 30-50 o blant yn cystadlu ym mhob ras.
- Cyfres leuenctid Nos Fawrth (dan 9 - dan 15 oed): Trefnodd Jordan a Pixie Collins y rasys ieuengtiau eto eleni – 13 ras ledled Eryri!
- Rasys Plant Marathon Eryri: Trefnodd Kelly O'Donnell y rasys plant yn y marathon eleni ar ran y clwb. Diolch yn fawr iawn i bawb a helpodd marsialu ac ati. Mae Marathon Eryri yn gwneud cyfraniad hael iawn i'r clwb bob blwyddyn, ac rydym yn ei ddefnyddio i gael mwy o rieni i gymhwys fel arweinwyr a hyfforddwyr.

### Diolch yn Fawr!

Ni fyddai dim o hyn yn bosibl heb gefnogaeth gan:

- Y clwb – mae'r adran oedolion yn rhoi cymhorthdal i'r adran ieuengtiau, gan helpu i dalu am cyrsiau ar gyfer hyfforddwyr, offer, ac ati.
- Helpwyr/marsialiaid: Diolch i bawb yn y clwb a thu hwnt sydd wedi helpu gyda rasys iau a sesiynau hyfforddi dros y flwyddyn ddiwethaf.

*Adroddiad gan Neal Hockley*

**Rhedwyr Eryri Harriers CCB/ AGM**  
**Registration/Cofrestru**

Name	Food Choice	Honorary Member	Signature
Samuel Drinkwater	Veg Curry		<i>SD</i>
Anna Drinkwater	Veg Curry		<i>AA</i>
Molly Hewit + one	Veg Curry		<i>MH</i>
	Veg Curry		<i>✓</i>
Alex Fletcher	Veg Curry		
Alice Deacon	Veg Curry		
Matt Fortes	Veg Curry		<i>MF</i>
Wendi Evans	Veg Curry		<i>W-Evan</i>
Lucy O'Donnell	Veg Curry		<i>L-E O'Donnell</i>
Tess Elias	Veg Curry		
Owain Williams	Veg Curry		<i>✓</i>
Geoffrey Fielding	Veg Curry		<i>G Fielding</i>
Hazel Morgan Robbins	Veg Curry		<i>H. M. Robbins</i>
Kasia Osipowicz	Veg Curry		<i>K. Osipowicz</i>
Margot Saher	Veg Curry		<i>✓</i>
Mary Gillie	Veg Curry		<i>✓</i>
Samuel Johnston	Veg Curry		
Anthony Davies	Veg Curry		
Felicity Aries	Veg Curry		<i>FA</i>
Neal Hockley	Veg Curry		<i>NH</i>

Nia Meleri Edwards	Veg Curry		N/A
Suzie Richards	Veg Curry		Suzie Richards
Ellie Salisbury	Veg Curry	Yes	✓
Maggie Oliver	Veg Curry	Yes	Maggie Oliver
Alwyn Oliver	Veg Curry	Yes	Alwyn Oliver
Russell Owen	Chicken + Potatoes		
Helen Blair	Chicken + Potatoes		Blair
Ian Robson	Chicken + Potatoes		N/A
Katie Reynolds	Chicken + Potatoes		
Siôn Edwards	Chicken + Potatoes		Siôn
Dorina Savu	Chicken + Potatoes		Savu
Paul Hodges	Chicken + Potatoes		Paul Hodges
Brian Robbins	Chicken + Potatoes		Brian
Felicity Aries SHAUN DE CLIVE	Chicken + Potatoes		Felicity Aries
Kelly O'Donnell	Chicken + Potatoes		
Ian Edwards	Chicken + Potatoes		Ian
Ioan Edwards	Chicken + Potatoes		Ioan
Ania Edwards	Chicken + Potatoes		Ania
Arwel Lewis	Chicken + Potatoes	Yes	✓
Ann Lewis	Chicken + Potatoes	Yes	✓
Sharon Owen	Chicken + Potatoes	Yes	✓
Mike Blake	Chicken + Potatoes	Yes	Mike Blake
Megan Hughes	Veg Curry		✓

Dave Humphreys	Chicken + Potatoes		
Ceri Phillips	Veg Curry		<i>2018/2019</i>