

Afan Nedd Tawe Schools Athletics Association

Cross Country County Trial

Wednesday 14th February 2018

@ 1pm Gnoll Park, Neath, SA11 3EF

Supported by Apollo Teaching Services



CHAIRMAN

STEVE JONES

TREASURER

ANDREW JENKINS

VICE CHAIRMAN

ZANE MAYNARD

HON SECRETARY

NICOLE EVANS

The Afan Nedd Tawe Schools Athletics Association has invited all secondary schools and colleges to compete and officiate at the cross country county championships. We thank Gnock Park and Neath Port Talbot Council for the use of the facilities, the Association would also like to thank officials from Neath Harriers, Swansea Harriers and Welsh Athletics for their support. Following these championships the Afan Nedd Tawe team will be selected to compete at the Welsh National Cross Country Championships in March at Brecon. Finally, my personal thanks to all teachers, coaches and parents for preparing the competitors we shall see today striving to gain honours, not only for themselves but for their school and county. Thank you and best wishes to all those who compete.

Mr Steve Jones

Chairman

TIMETABLE

1.00pm Year 7 Girls	1 small then 1 large lap	2000m
1.15pm Year 7 Boys	1 small then 1 large lap	2000m
1.30pm Year 8 & 9 Girls	2 large laps	3000m
1.45pm Year 8 & 9 Boys	1 small then 2 large laps	3500m
2.00pm Year 10, 11, 12, 13 & 14 Girls	1 small then 2 large laps	3500m
2.15pm Year 10, 11, 12, 13 & 14 Boys	3 large laps	4500m

INVITED SCHOOLS & COLLEGES

St JOSEPH'S	BAE BAGLAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
GOWER COLLEGE	BISHOP GORE	OLCHFA	CEFN SAESON	LLANGATWG
PENYRHEOL	YG GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS	FFYNONE
CWMTAWE	BIRCHGROVE	BRYNTAWE	YG BRYN TAWE	YG YSTALYFERA

RULES & INFORMATION

1. Schools and colleges taking part must be affiliated to the County Association.
2. **No athlete is allowed to compete unless accompanied by a member of staff.**
3. Only athletes from affiliated schools will be selected for county teams.
4. The assistance of staff in officiating at the fixtures would be welcomed.
5. The 2018 County Trial is an open event therefore it is not necessary for individuals and school teams to have competed in any of the development fixtures to be eligible to compete on 14th February.
6. Results of the county trial form the basis for selection of the Afan Nedd Tawe team for the Welsh Schools Cross Country Championships.
7. Medals will be presented to the top 3 individuals in each race and to the winning teams only.
8. Team medals – 6 athletes to score in the year 7 to 9 races and 4 athletes to score in the year 10 to 14 combined race.
9. Toilets are available, there are no changing facilities.

HEALTH & SAFETY

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

FIRST AID

First Aid cover is available on site. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.

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RECENT CHAMPIONS

Individuals	Year 7 Girls	Year 7 Boys	Year 8 & 9 Girls	Year 8 & 9 Boys	Year 10 to 14 Girls	Year 10 to 14 Boys
2017	Ella Davies (Gwyr)	Finlay Catling (Ystalyfera)	Ashleigh Willis (Olchfa)	Rhys James (Dwr y Felin)	Eluned King (Gwyr)	Elliot Lawrence (St. Josephs)
2016	Elin Murphy (Bishopston)	Kian Evans (Bishopston)	Eluned King (Gwyr)	Nathan Jones (Bishopston)	Bethan Harris (Gower College)	Dominic Smith (Olchfa)
2015	Caitlin Gwyther (Gwyr)	Ethan Lee (Gowerton)	Eluned King (Gwyr)	Joseph Lloyd (Gwyr)	Awen Lewis (Ystalyfera)	Dominic Smith (Olchfa)
2014	Eluned King (Gwyr)	Ben Petherbridge (Gowerton)	Ellie McCormick (Cwmtawe)	Elliot Lawrence (St Josephs)	Lara Philippart (Olchfa)	Jonathan Tobin (Olchfa)
2013	Chloe Hopkins (Gwyr)	Jacob Young (Cwmtawe)	Bethan Harris (Bishopston)	Oliver Jones (Bishopston)	Olivia Gwynn (Bishopston)	Jac Hopkins (Bishopston)
2012	Ellie McCormick (Cwmtawe)	Elliot Lawrence (ST Josephs)	Bethan Harris (Bishopston)	Aran Rees (Gwyr)	Olivia Gwynn (Bishopston)	Jac Hopkins (Bishopston)
2011	Kylie Richards (Bishopston)	Oliver Jones (Bishopston)	Olivia Gwynn (Bishopston)	Ashley Hopkins (Gwyr)	Jemima Osborn (Olchfa)	Matthew O'Leary (St. Josephs)

TEAM SCORING AND MEDALS:

Individuals:

The top 3 individuals in each race will receive a medal including the year 10, 11, 12, 13 & 14 age groups which is a combined race.

Teams:

1. There are only team medals for the winning teams i.e. no medals for 2nd and 3rd places teams.
2. You must have a full team to score i.e Year 7 and Year 8/9 races must have 6 finishers and the Year 10, 11, 12, 13 & 14 combined races must have 4 finishers.
3. The team with lowest combined score will win i.e. 1st place is awarded 1 point, 2nd place = 2 points, 3rd place = 3 points and so on, as mentioned in point 2 incomplete teams will not count towards team totals.
4. So we can start the presentations as soon as possible after the final race hopefully at 3.15pm please keep handing in results sheets and envelopes that you will receive on the day ASAP after every race to Steve Jones, who will be based close to the start and finish area.

