

**Afan Nedd Tawe Schools Athletics Association**

**Cross Country County Trial**

**Wednesday 16<sup>th</sup> January 2019**

**@ 12.30pm Margam Park**

**Kindly 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 Margam 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 February 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**

12.30pm Year 7 Girls	1 small then 1 large lap	2150m
12.45pm Year 7 Boys	1 small then 1 large lap	2150m
1.00pm Year 8 & 9 Girls	2 large laps	2800m
1.15pm Year 8 & 9 Boys	1 small then 2 large laps	3550m
1.30pm Year 10, 11, 12, 13 & 14 Girls	1 small then 2 large laps	3550m
1.45pm Year 10, 11, 12, 13 & 14 Boys	3 large laps	4200m

### **INVITED SCHOOLS & COLLEGES**

St JOSEPH'S	GLAN AFAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
Y G BRO DUR	BISHOP GORE	OLCHFA	CEFN SAESON	LLANGATWG
PENYRHEOL	YG GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS	
CWMTAWE	BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YG YSTALYFERA
CWM BROMBIL	GOWER COLLEGE		YG BRYN TAWE	

### **RULES & INFORMATION**

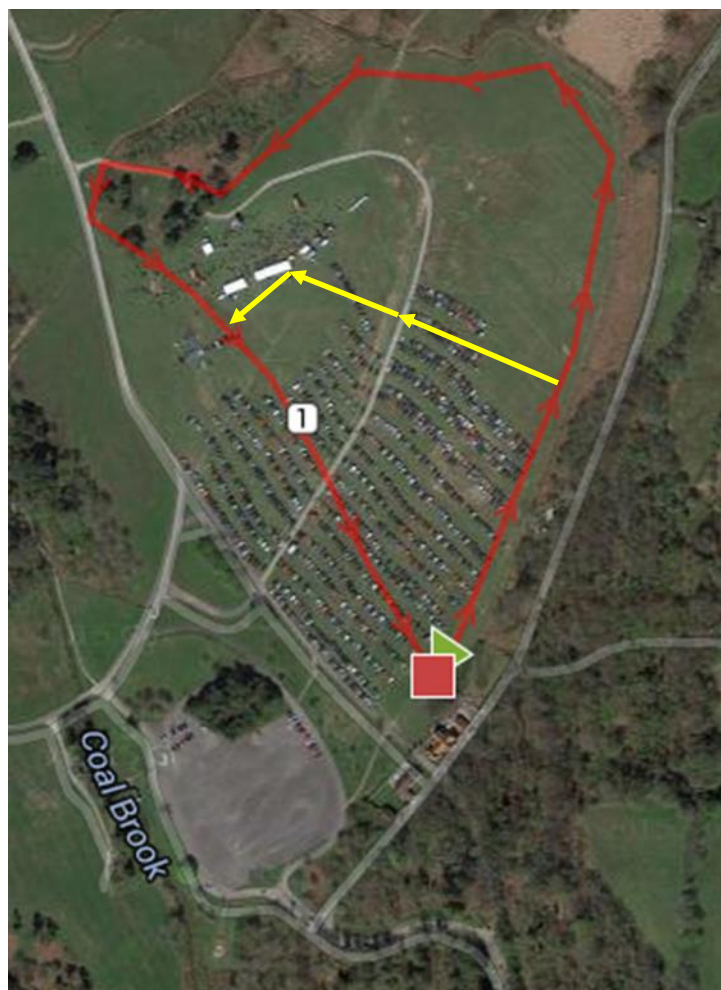
1. Schools and colleges taking part must be affiliated to the County Association.
2. **No athlete is allowed to compete unless accompanied by a member of staff.**
3. Only athletes from affiliated schools will be selected for county teams.
4. The assistance of staff in officiating at the fixtures would be welcomed.
5. The 2019 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 16<sup>th</sup> January.
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, but there are no on-site 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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#### PAST 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
<b>2018</b>	Mai Davies (Gwyr)	Cameron Llewelyn (Bishop Vaughan)	Tiffany Rees (Olchfa)	Charlie Holland (Bishopston)	Ashleigh Willis (Olchfa)	Dominic Smith (Olchfa)
<b>2017</b>	Ella Davies (Gwyr)	Finlay Catling (Ystalyfera)	Ashleigh Willis (Olchfa)	Rhys James (Dwr Y Felin)	Eluned King (Gwyr)	Elliot Lawrence (St. Joseph's)
<b>2016</b>	Elin Murphy (Bishopston)	Kian Evans (Bishopston)	Eluned King (Gwyr)	Nathan Jones (Bishopston)	Bethan Harris (Gower College)	Dominic Smith (Olchfa)
<b>2015</b>	Caitlin Gwyther (Gwyr)	Ethan Lee (Gowerton)	Eluned King (Gwyr)	Joseph Lloyd (Gwyr)	Awen Lewis (Ystalyfera)	Dominic Smith (Olchfa)
<b>2014</b>	Eluned King (Gwyr)	Ben Petherbridge (Gowerton)	Ellie McCormick (Cwmtawe)	Elliot Lawrence (St Josephs)	Lara Philippart (Olchfa)	Jonathan Tobin (Olchfa)
<b>2013</b>	Chloe Hopkins (Gwyr)	Jacob Young (Cwmtawe)	Bethan Harris (Bishopston)	Oliver Jones (Bishopston)	Olivia Gwynn (Bishopston)	Jac Hopkins (Bishopston)
<b>2012</b>	Ellie McCormick (Cwmtawe)	Elliot Lawrence (ST Josephs)	Bethan Harris (Bishopston)	Aran Rees (Gwyr)	Olivia Gwynn (Bishopston)	Jac Hopkins (Bishopston)
<b>2011</b>	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. Presentations of individual medals will be done immediately at the finish. NO TEAM MEDALS (1<sup>st</sup> TEAMS ONLY) WILL BE PRESENTED ON THE DAY. Staff are asked to hand 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 finish area.

**OFFICIALS**

The school district is indebted to the kind support of all our volunteer officials today who have given up their free time to make the event possible.

1	Referee	Andrew Jenkins
2	Timekeeper 1	
3	Timekeeper 2	
4	Timekeeper's recorder 1	
5	Timekeeper's recorder 2	
6	Position Judge 1	
7	Position Judge 2	
8	Disc Steward 1	
9	Disc Steward 2	
10	Starter	
11	Clerk of Course	
12	Course Marshall 1	
13	Course Marshall 2	
14	Course Marshall 3	
15	Course Marshall 4	
16	Course Marshall 5	
17	Safety steward in the funnel	
18	Safety steward in the funnel	
19	Scoring, Results & Awards	Steve Jones
20	Scoring, Results & Awards	
21	Awards Presentations	
22	First Aid 1	St John Ambulance
23	First Aid 2	St John Ambulance
24	Car Park Marshall	
25	Car Park Marshall	

Many thanks to our other kind sponsors today:		
<p><b>Tom Harper Green Friends</b></p> <ul style="list-style-type: none"> <li>• Grass Cutting</li> <li>• Grounds Maintenance</li> <li>• Small tree work/hedge trimming</li> <li>• Planting/pruning</li> <li>• Turfing</li> <li>• Fencing</li> <li>• Full landscape service</li> </ul> <p><b>079 20 48 10 83</b></p>	<p><b>Rhys Jones Painting &amp; Decorating</b></p> <ul style="list-style-type: none"> <li>• Friendly local painter</li> <li>• No Job too big or small</li> <li>• Pensioner discounts available</li> <li>• Call today for a quote</li> </ul> <p><b>079 85 70 90 85</b></p>	<p><b>Wayne Saunders Bishopston Tiling Services</b></p> <ul style="list-style-type: none"> <li>• Tiling for floors and walls</li> <li>• Surface preparation</li> <li>• Grouting</li> <li>• Sealing</li> </ul> <p><b>079 89 97 91 81</b></p>
	