

SWANSEA HARRIERS ATHLETIC CLUB

AGM ANNUAL REPORTS

SECRETARY'S REPORT 2014-15

In my conclusion to last year's report, I highlighted the fact that Swansea Harriers is one of the highest performing clubs in the UK. This was more than confirmed by UK Athletics when, in December, we received the accolade of being the Best Athletic Club in Great Britain for 2014. This is a tremendous achievement, repeating our success in 2009, and is a tribute to all those involved with the club- athletes, coaches, team managers, officials, committee members, helpers and parents. Well done to everyone concerned.

It is also not surprising that there were some dips in overall performance in 2014-15; nevertheless there were many individual highlights and team performances that we can all be proud of and which will motivate us to do even better next year.

Our Women's team maintained its position in the elite division of the British Women's League by coming 5th against very tough competition. Sue Leyshon, in her last year as team manager, again ensured that we maximised the talent and resources available to deliver such a good outcome.

Our Men's team gained promotion to the 2nd Division of the British Athletics League by comprehensively winning Division 3 with a number of top performances across all the matches.

Despite the fact that the junior team (U11 to U15) was not able to reach the same high levels of success as last year, they won the West Wales Junior League, the Gerald Codd trophy and the triangular series. We just missed out on qualifying for the LAG YDL national final, having come 2nd in the Midlands South Premier Division.

Unfortunately our Upper Age Group (U17/U20) YDL team were relegated from the Midlands Premier Division with an acute shortage of available female athletes. Those who did compete often had to perform in a number of unfamiliar events as well as their specialist disciplines.

The club has recognised the recruitment and retention problems at this higher junior age group, and though clearly this is a national issue, we have begun to establish a Development Squad for school years 9-14. This is enabling us, through the availability of Grassroots Funding, to offer specialist coaching days and evenings to increase participation, skills and enjoyment. We are also looking to boost the social side of the club, and we recently held a successful bowling night for our U17 plus juniors. In addition we are introducing a new awards evening specifically for junior members, the first of which will take place later this month. The awards night is an important way of thanking and honouring all the junior athletes who have competed for the club either on the track or off road during the season. Thanks to Imelda Morrison for her work in establishing the development squad and to Wendy Slade for initiating and organising the social events.

At an individual level there have been many top class performances at all age groups, demonstrated by the number of medals won at Welsh and national championships and the continued breaking of club records again across all age groups and events. At the elite level,

highlights include Laura Maddox (silver in the 4x400 relay) and Rachel Johncock competing so well at the Indoor European Championships, and Dewi Griffiths and Jac Hopkins (U20) representing Great Britain at the Cross Country World Championships. Most notable was Hannah Brier's sixth place in the 100m World Youth Championships having previously set a Welsh Senior record (11.39) in the heats. Hannah had a tremendous season, finishing as the top ranked U20 female 100m and 200m sprinter in Europe.

The separate reports from the Senior Women and Senior Men Team Managers, the Off Track report, the Track and Field report and Coach's report, provide more details of our successes and achievements and give a clear picture of the hard work and determination that goes into making Swansea Harriers such a thriving and successful club. Our feature in the Clubs Night section of Athletics Weekly more than exemplifies the buzz at training sessions, and the enjoyment that our 600 plus members get from being a part of the club and achieving at whatever their level of participation.

There is no doubting that the huge commitment and input of all volunteers within the club is key and crucial to its success and a big thank you goes out to them on behalf of all athletes and parents – many of whom also give up their time to help out in all sorts of ways. As the Coach's report highlights it is also crucial that we continue to recognise and meet the development needs of our volunteers, so that they also thrive and grow at the same time as the athletes and the club itself.

Our former chairman, Gwilym Evans, who sadly died suddenly whilst on holiday in July this year, wholly exemplified the club's volunteer ethos and commitment. Gwilym was ever present at training nights and competitions, and is very much missed in the club's café where he was always cheerful and ready to support club members with a smile and a telling anecdote.

There was further tragic news during July with the loss of one of the club's most highly regarded and successful junior athletes, Alex Pavlou. Alex's death was acutely felt by all those who knew him in the club, and it was only fitting that a special trophy was awarded in his memory to the winner of the U17 men's 200m final at the club's Junior Games. A very special thank you goes to Alex's family for their significant contribution in supporting the Games and for being present at the event to present the Alex Pavlou Trophy.

Finally we are very proud that our President, Barrie Owen, was deservedly recognised for his contribution to the Harriers and Welsh Athletics with an MBE in the Queen's Honours' list. This is a great honour for the club and we send Barrie our hearty congratulations.

As always it has been a great privilege to be part of the day to day business at Swansea Harriers, and I know we can again look forward to a successful 2015-16 with everyone involved with the club always giving more than 100% - with all our athletes thoroughly enjoying their sport and gaining all the recognition they deserve.

Tony Clements
Secretary, Swansea Harriers

UKWAL PREMIER LEAGUE 2015

I am delighted to say that the Swansea Harriers Ladies Team will compete in the Premier League in 2016 for the fifth successive year. It has been a very hard battle with injuries, unavailability of athletes and clashes of fixtures. Our first encounter in Edinburgh produced a fifth position in atrocious conditions, nevertheless the team bonded well with excellent team spirit on and off the field. I would like to thank the club for their support in enabling the team to fly up which enabled us to field a full team as a number of the girls were able to work on Friday and then come to the airport to fly with us- Clearly expensive but all the team agreed it was money well spent.

We fielded a stronger team at Birmingham, however so did the other teams. The result of this was that we finished sixth, still fifth overall with everything to play for in the last match at Windsor.

The third match was the most difficult, a significant number of injuries with athletes dropping out right until the last minute. Nevertheless we fielded a full team and thanks to a super human effort by many of the girls with a number doing two /three events.

The girls faced formidable opposition from the other teams who included some of their seasoned internationals who were preparing for the World Athletics Championships in Beijing. The score was very close all afternoon with any two team out of four facing relegation. It's a testimony to the girls grit and determination to stay up, that we finished fifth on the day and fifth overall.

It has been a pleasure and privilege to be the Team Manager for the last nine years.

It has been frustrating and challenging at times and I feel relieved to be able to leave the team in the Premiership. It was touch and go at times but we did do it.

2016 will be another year when Swansea Harriers will be the only Welsh Club in the Premiership.

I would like to wish the next team manager and the team every success for the future.

Good luck and thank you all for your support not forgetting the officials who travelled to the matches with us, whose contribution was invaluable

Sue Leyshon

Senior Men's Track & Field 2015

Swansea's Senior Men's team got their 2015 season off to the best possible start with a record score (401 points) to win the first BAL match in Swansea by exactly 100 points. Only one other club in the history of the British League has scored over 400 points. This was an outstanding result with a team consisting of a good mix of youth and veterans. On an individual basis, Dewi Griffiths run in the 3000m (8.11.73) came very close to breaking the overall BAL record. Special mention of Glen Elsdon's run in the 110mH (14.93) breaking 15sec. to win in difficult conditions

The second fixture at Bedford was much more difficult involving a long bus ride in the middle of the exam period, but whilst the team was weakened as a result we still managed to finish a close 2nd to Bedford & County and maintain top position. This match saw the debut of decathlete, Aled Price, in Swansea colours, who had an outstanding day competing in 4 individual events plus the sprint relay. Special mention again to Glen Elsdon who won the 110mH in a pb of 14.40 and Aaron Morgan who won the Javelin in a sb of 58.18

In the third match at Derby, the team were clear winners with Bedford dropping back to 5th on the day whereby guaranteeing promotion with one fixture to go. The team was helped by the return of the middle distance runners who together with club captain, Marc Hobbs, scored big points. Aled Price jumped a pb in the Long Jump (7.12) to win the event, whilst Glen Elsdon recorded his 3rd win in the 110mH.

Whilst the final match at Yeovil was a bit of a formality in terms of promotion, the target was to win a record 3 matches in a season, but it was not to be with Yeovil fielding a very strong team for their home match. Nevertheless, Swansea ran out clear winners of the Division and with that promotion to Division 2. Yeovil saw the debut of young Joe Brier where he finished 2nd in the 400m in a pb of 49.40. Aaron Morgan once again won the Javelin with a 60m plus throw (61m15).

Personal thanks to Marc Hobbs, Peter Roberts and Wyn Roberts for their help and to all the coaches and officials who supported the BAL team throughout the season. Also to young Osaze Aghedo who cleared over 13m50 in the Triple Jump in each of the 4 BAL meets, and he has promised me 14m plus next season! On the other end of the age scale, veterans Jon Clarke and John Owen both came out of retirement to fill gaps.

So onto 2016 and to a higher Division - it is clearly going to be a lot tougher, but I am convinced we can achieve back to back promotions provided we get a fair deal with BAL fixtures and there are no bad clashes with other fixtures.

David Jones
Manager – BAL Team Manager

Swansea Harriers senior road and cross-country report 2014-15

The last 12 months were disappointing by our own high standards despite the abundance of outstanding individuals in our ranks. We had a remarkable number of injuries, a lot of illness and were also afflicted by a relatively recent and worrying phenomenon – unavailability.

The women's team was especially badly affected by injury with athletes of the calibre of Sian Edwards and Caryl Jones absent for several months as were Andrea Whitcombe and Shan Morgan who both had babies. Add to that Ellie Kirk's absence studying in America and consistent performers Amanda Jones, Carol Glover and Elysia Ridley injured or taking time out, plus Ellen Butler, Sian Kirk and Cerri Santos moving out of the area, and it is little wonder we struggled for numbers. This was best illustrated in the Welsh road relays. In 2013 our teams completed a clean sweep of the medals, taking first, second and third. This year we could not even muster one team, though there was some small consolation in Kate Roberts running the fastest leg of the day in an incomplete team.

We also failed to get a women's team to the Welsh cross-country championships in North Wales, an event we normally win as a matter of routine, but there was light amidst the gloom in April when we maintained our recent fine record by finishing third in the National six-stage road-relay at Sutton Coldfield. It seemed at one point that we would again fail to get a team together, but at the last minute the rather reluctant and very nervous Helen Marshall came to the rescue and was rewarded with a bronze medal along with Ellie Kirk, Sian Edwards, Andrea Whitcombe, Kate

Roberts and Alaw Beynon-Thomas, behind Aldershot and Bristol, but ahead of the much fancied Leeds and Birchfield Harriers.

The men did reasonably well in the Welsh road relays, the "A" team finishing second to Cardiff and the "B" team third, but the dreaded unavailability, plus illness and injury, hit us hard in the run-up to the national 12-stage, for which we could field only 10 runners and therefore failed to finish. The men did, however, retain their title in the Welsh cross-country championship, where Dewi Griffiths comfortably retained his individual title. The winning team comprised Dewi, runner-up Marc Hobbs, third placed Phil Matthews and Matt Harvey, who finished seventh. Dewi, who finished second in the UK trials and thus qualified for the world championships (as did Jac Hopkins in the under-20s), had another outstanding winter season.

The indications are that the position with injuries is improving and Ellie Kirk is now back from the USA, so we can look forward to the forthcoming winter and spring with a reasonable degree of optimism.

George Edwards

Jo Davis Track & Field Secretary

May I start by saying a very big thank you to all the team managers, officials, coaches, volunteers, committee members, club officers, parents and not forgetting the athletes for dedicating their time to help promote and maintain this club as one of the best in the country.

The outdoor track & field season started for many with the Swansea Harriers open meeting held at the home track. With over 330 entries, it was a good indicator that the athletes had trained hard during the winter season and I congratulate them wholeheartedly for their magnificent efforts.

UK Women's Athletics League (Senior Women)

Swansea Harriers senior women's team maintained the very high standard of competition for another year finishing in the Premier Division in a very respectable 5th position. The league held over three fixtures saw athletes travel to Edinburgh, Birmingham and Eton. Individual event winners include Hannah Brier (100m) Kate Roberts (3000m) Sian Swanson (High Jump) Bethany Close (100mH). Final Scores – Thames Valley Harriers (699.8/24) WSEH (608.8/20) Birchfield Harriers (608.1/17) Edinburgh AC (558.3/4) Swansea Harriers (498.6/11) Enfield & Haringey (438.8/8) Woodford Green with EL (431.5/8) Blackheath & Bromley (425.1/6). Sue Leyshon, the team manager for many years handed in her resignation at the end of the season, a huge loss to the team. Many thanks to Sue for all her hard work and words of encouragement.

British Athletics League (Senior Men)

Swansea Harriers senior men's team had a magnificent season with two wins and two second places which saw them finish at the top of Division Three gaining promotion next year. The league held over four fixtures at Swansea, Bedford, Derby and Yeovil. The home match saw a winning performance of 100 points difference between 1st and 2nd place. Individual event winners include Rhodri Williams (400mH) Guy Smith (800m) Jonathan Tobin (800m) Wyn Roberts (100m, Triple Jump) Sullivan Smith (3000m S/C) Glen Elsdon (110mH) Dewi Griffiths (3000m) Mark Hobbs (3000m) Michael Wilson (Long Jump) Jac Hopkins (1500m / 3000m) Aled Price (Long Jump / Javelin / 110mH) Thomas Arnold (400m) Matthew Harvey (5000m) Brendan Hyland (Shot

Putt) Aaron Morgan (Javelin) Jonathan Williams (400m) Sam Ige (200m). Final Scores – Swansea Harriers (1377/30) Bedford & County AC (1192/24) Yeovil Olympiads (1167/23) Bournemouth AC (1146/21) Trafford AC (1112.5/18) Southend AC (1038/16) Derby AC (833.5/7) Mansfield Harriers (776/5). Special mention must go to David Jones, who has team managed at over 100 fixtures.

Welsh Senior League (U17/U20/Seniors)

This year saw the Welsh Senior League spread over three matches with half timetable with the fourth match as a final for the top 8 teams. Four athletes per event per age group were permitted with two athletes per event per age group for the final using a full timetable. Matches took place at Cardiff, Newport and Brecon. Individual event winners include Rhodri Williams (100m/400mH) Llyr Gealy (200m) Keiran Ingram (200m/Shot Putt/Discus) Michael Wilson (110mH) Rhys Harris (100mH/100m/Long Jump) Hannah Brier (100m/200m) Chloe Crossman (200m) Alaw Beynon Thomas (3000m) Sarah Dacey (100mH) Oszae Aghedo (Long Jump) Peter Maitland (Shot Putt) Emily Cockrill (Shot Putt) Awen Rosser (Discus) Zoe Dakin (Hammer) Jonathan Williams (200m) Christian Lovatt (1500m) Dominic Smith (3000m) Joesph Brier (400mH) Donna Jones (200m/400m) Megan Stratton Thomas (Discus/2k Walk/Pole Vault) Joshua Hollisey Mclean (Pole Vault) Elliot Webber (Triple Jump) Jonathan Clarke (Javelin) Nathan James (Javelin) Nina Prells (Discus) Jordan Draisey (100m) Kwado Jusi Darkwah (100m/200m/Triple Jump) Ffion Jenkins (300m) Bethan Harris (1500m) Katherine Morris (100mH) Scott Morgan (Pole Vault) Ryan Nicholas (Shot Putt) Carys Smith (Hammer). League Final Scores – Swansea Harriers (3399/14) Cardiff AAC (2753/13) Brecon AC (2403/12) Pembrokeshire Harriers (1807/11) Run4All Neath (1639/10) Neath Harriers (1626/9) Carmarthen Harriers (1343/8) Aberdare VAAC (1032/7) Barry & Vale (959/6) Rhondda AC (682/5) Bridgend AC (605/4) Newport Harriers (548/3) Llanelli AC (384/2) Cwmbran Harriers (301/1). The fourth fixture, the final was held at Swansea. Individual winners were Jordan Draisey (100m/200m) Jonathan Williams (400m) Dominic Smith (3000m) Elinor Jones (200m) Donna Jones (400m/400mH) Katherine Morris (100mH/Shot Putt) Rhys Harris (Long Jump) Osaze Aghedo (Triple Jump) Robin Wood (Triple Jump) Zac Lewis (Shot Putt/Discus) Nathan James (Javelin) Katie Phillips (High Jump/Triple Jump) Megan Stratton Thomas (Pole Vault) Rachel Jones (Discus/Javelin) Carys Smith (Hammer). The Final's Final Scores – Brecon AC (853/8) Swansea Harriers (831/7) Carmarthen Harriers (705/6) Cardiff AAC (628/5) Pembrokeshire Harriers (580/4) Neath Harriers (460/3) Run4All (460/2) Barry & Vale (203/1)

Youth Development League UAG (U17/U20)

This year the divisions were split into geographical areas for the midland league. This meant a lot less travelling and not so early bus rides for these athletes with fixtures at Yate, Cheltenham, Cardiff and Swansea. Again in the Premier Division, the club was against Cardiff AAC, West Wales, Cheltenham & County Harriers, Team Avon and Team DC (Devon & Cornwall). Sadly due to the lack of athletes, albeit not for the team managers trying, they have been relegated to the lower league for next season. Saying that, the athletes who did take part were a credit to the club and gave it their all. Final Scores – Team DC (2752/24) Team Avon (2415/19) West Wales (2291.5/16) Cardiff AAC (1920.5/12) Cheltenham & County Harriers (1439/7) Swansea Harriers (1386/6)

Youth Development League LAG (U13/U15)

Like the UAG, the Midland Division was split into geographical areas, again less travel and more sleep! Matches were held at Cheltenham, Bath, Filton and Swansea. The LAG were against some tough competition and match scores at each of the fixtures were always very close with stiff

competition from the local clubs Cardiff AAC and Cardiff Archers. We were also against, Cheltenham, Team Bath and Bristol & West/Mendip

Final Scores – Cardiff AAC (2274/23) Swansea Harriers (2265.5/21) Cardiff Archers (2011/16) Cheltenham & County Harriers (1622.5/11) Team Bath AC (1544/9) Bristol & West AC/Mendip (1002/4)

As the club finished 2nd overall, we were invited to take part in a paper match, which sees the best results over all four matches for each event being sent, which would see the winning team go forward to the National Finals in Birmingham. Sadly this year it was not to be and we finished 2nd behind Reading AC.

Welsh Junior League – Louise Arthur Division (U11 / U13 / U15)

This popular competition gives the junior athletes a fun day of athletics, with six athletes per event per age group, there is ample room to mix events. With just over a thousand points ahead of their nearest rivals, the club successfully won the boys section and the girls section and triumphed as the overall winner. Matches took place in Carmarthen, Neath, Swansea and Brecon. Final Scores – Swansea Harriers (5511/36) Pembrokeshire Harriers (4532/32) Carmarthen Harriers (3954/28) Brecon AC (3664/24) Neath Harriers (3086/20) Bridgend AC (2411/16) Barry & Vale (1987/10) Llanelli AC (1767/10) Pontyclun AC (399/4)

Welsh Junior League Cup Final (U11 / U13 / U15)

With the top 3 teams from the Louise Arthur League together with the top 3 teams from the east division and 1 from the north. With many athletes not available, those that did take part done a great job, sadly we could only manage 3rd place on the day. Final Scores – Cardiff AAC (1226) Cardiff Archers (1132) Swansea Harriers (1107) Pembrokeshire Harriers (837) Carmarthen Harriers (735) Newport Harriers (618) Blaenau Gwent AC (594) Wrexham AAC (218)

Gerald Codd Trophy Match (U11 / U13 / U15)

This annual competition held in Haverfordwest during the summer holidays saw junior athletes put in an excellent performance and a nail biting finish to come out on top, beating the host club Pembrokeshire Harriers. Records were broken by U13G Carys Poole (70mH) U13G Caitlin Gwyther (1500m) and U13G Holly Cooper (Discus) Final scores – Swansea Harriers (690) Pembrokeshire Harriers (663) Carmarthen Harriers (541) Llanelli AC (218) Bridgend AC (168)

West Wales Regional Athletics Championships

The annual event held this year in Neath saw athletes from all over West Wales competing for the chance to be crowned champions of the region. GOLD medal winners were Megan Stratton Thomas (Walk) David Jones (Hammer) India Collinson (Long Jump) Alex Jackson (Long Jump) Tommy Payne (100m/200m) Dylan Lambropoulos (800m) Katherine Morris (100mH) Tomos Slade (80mH) Hannah Davies (75mH) Harvey James (75mH) Carys Poole (70mH) Zoe Dakin (Hammer) Carys Smith (Hammer) Aron Williams (Shot Putt) Rachel Jones (Discus/Javelin) Joe Brier (400m/400mH) Jonathan Williams (200m/400m) Rhodri Williams (400m) Nathan James (Javelin) Marnie Musgrave (High Jump) Caitlin Gwyther (200m/800m) Holli Evans (200m) Jordan Draisey (200m) Emily Cockrill (Shot Putt/Javelin) Holly Cooper (Discus) Lucy Fligelstone (400mH) Mollie Jones (800m) Danai Mugabe (100m) Joe Crosby (100m) Katie Phillips (100m/Triple Jump) Sophie Roberts (100m) Dominic Smith (3000m) Robert Prady (3000m) Ieuan Hosgood (Pole Vault/Long Jump) Manon Owen (Pole Vault) Josh Hollisey Mclean (Pole Vault) Donna Jones (Long

Jump/200m) Rebecca Martin (1500m) Awen Rosser (Discus) George Dun (Long Jump) Sally Hopkins (Shot Putt) Rhian Evans (Discus) Eliot Webber (Triple Jump) SILVER medal winners were John Collins (Walk) Brynmor Clements (Hammer/Discus) Lia Moruzzi Jones (Javelin/Discus) Rhian Evans (Javelin) George Dun (100m) Chris Packham (800m) Michael Thompson (100mH/Shot Putt) Tyler Cook (80mH) Joseph English (75mH) Cerys McGeachie (Hammer) Lara Spacey (Hammer) Keiran Ingram (Javelin) Catrin Morgan (High Jump) Hannah Davies (High Jump) Danai Mugabe (200m) Amber Evans (200m) Joe Crosby (200m) Raymund Gundu (100m/200m) Awen Rosser (Shot Putt) Zac Lewis (Discus) Bronwen Stratton Thomas (800m) Holli Evans (200m) Jordan Draisey (100m) Caroline Hurley (100m) Robin Harris (3000m) Ifan Lloyd (3000m) Steffan Jones (Pole Vault) Nell Davies (Pole Vault) Grace Thomas (Long Jump) Rhidian Jenkins (High Jump) Aron Williams (Discus) Nina Prells (Discus) Lucy Osborn (300m) Tommy Payne (Long Jump) Callum Dodd (Long Jump) Holly Cooper (Shot Putt) Sara Davies (200m) Sam Petherbridge (200m) Owain Morgan (200m) Dominic Smith (1500m) Alana Rees (Discus) Jack Bowen (Triple Jump) David Jones (Discus) Rhys Hughes (Javelin) BRONZE medal winners were Nell Davies (Walk) Rhys Hughes (Hammer) Sophie Hutchinson (High Jump) Marnie Musgrave (Long Jump) Tiana Evans (Javelin) Elliot Webber (Long Jump) David Jones (Shot Putt/Javelin) Sam Petherbridge (100m) Ffion Jenkins (80mH) Emily Collins (70mH) Renate Prells (Hammer) Seren Vaughan (Hammer/Shot Putt/Discus) Harvey James (Shot Putt) Megan Stratton Thomas (Discus) Ryan Nicholas (Javelin/Discus) Olivia Thomas (Discus) Keiran Ingram (High Jump) Elliot Lawrence (1500m s/c) Lowri Thomas (300mH) Anna Phillips (800m) Hollie May Allen (800m) Sara Davies (100m) Alana Rees (Long Jump) George Dun (Discus) Tomos Slade (300m) Noah Osborne (Long Jump) Nicholas Williams (Long Jump) Lia Moruzzi Jones (Shot Putt) Rhidian Jenkins (200m) Owen Jones (Javelin) Bethan Harris (1500m s/c)

At the South and East Wales Championships, the following athletes took part Thomas Arnold (200m) Nicole Davenport (Javelin) Shauna Quirke (Javelin) Daniel Williams (High Jump) Samantha Gamble (100m/400m) Lyndsey Maund (Pole Vault) Toni Wells (Hammer) Zoe Dakin (Hammer).

Welsh Athletics Championships (13 / U15 / U17 / U20 / Senior)

The age groups were held on separate weekends at different venues throughout the summer. Swansea Harriers had a number of athletes taking part. Individual medal winners were GOLD George Dun (75mH/Shot Putt) Caitlin Gwyther (800m/1500m) Marnie Musgrave (High Jump) Sally Hopkins (Shot Putt) Holly Cooper (Discus) Jamie Holland (Javelin) Callum Davies (100m) Rhys Harris (100mH) Osaze Aghedo (Long Jump/Triple Jump) Nathan James (Javelin) Dewi Griffiths (5000m) Hannah Brier (100m/200m) Alaw Beynon Thomas (5000m) Sian Davies (400mH) Sian Swanson (Triple Jump) Awen Rosser (Discus) Ieuan Hosgood (Pole Vault) Rhodri Williams (400mH) Miles Keller Jenkins (High Jump) Osaze Aghedo (Triple Jump) Megan Stratton Thomas (3k Walk) SILVER Rhidian Jenkins (75mH) Ethan Lee (High Jump) George Dun (Long Jump) Aron Williams (Shot Putt) Dania Mugabe (100m/200m) Carys Poole (70mH) Jamie Holland (Shot Putt) Joe Brier (400m) Rhys Harris (Long Jump) Elliot Webber (Triple Jump) Ffion Jenkins (300mH) Christian Lovatt (5000m) Katherine Morris (100mH) Sian Swanson (High Jump) Imelda Morrisson (Long Jump) Nicole Davenport (Javelin) Tomos Slade (80mH/Long Jump) Hannah Davies (75mH) Rhian Evans (Shot Putt/Discus) Michael Wilson (110mH) Rhys Harris (Long Jump) Nicole Davenport (Javelin) BRONZE Tommy Payne (200m) Joseph English (75mH) Rhidian Jenkins (High Jump) Aron Williams (Discus) Catrin Morgan (High Jump) Marnie Musgrave (Long Jump) Holly Cooper (Shot Putt) Michael Thompson (Shot Putt) Sophie Hutchinson (Triple Jump) Rachel Jones (Discus) Josh Griffiths (5000m) Donna Jones (400mH) Nina Prells (Discus) Zoe Dakin (Hammer)

Shauna Quirke (Javelin) Owen Jones (Javelin) Brynmor Clements (Shot Putt/Discus) Eluned King (1500m) Katie Roberts (Hammer/Shot Putt) Rhian Evans (Javelin) Sophie Hutchinson (High Jump) Katie Phillips (Triple Jump) Shauna Quirke (Javelin)

Welsh Athletics International (inc. Welsh Athletics 3000m Championships)

The Welsh Athletics International was held at Cardiff. Swansea athletes taking part were – Hannah Brier (200m) Rhodri Williams (400m) Jonathan Tobin (Mile) Dominic Smith (3000m) Elliot Lawrence (3000m) Chris Carpanini (3000m) Christian Lovatt (3000m) Joseph Lloyd (3000m) Alaw Beynon Thomas (3000m) Mollie Jones (3000m) Lucy Fligelstone (400mH) Lyndsey Maund (Pole Vault) Nina Prells (Discus) Zoe Dakin (Hammer) Carys Smith (Hammer) Scott Phillips (Javelin) and Nicole Davenport (Javelin)

Inter Regional Championships (U15 / U17 / U20 / Senior)

The Inter Regional Championships took part in Connah's Quay covering age groups U15s to seniors. The West were successful in winning all age groups and were overall winners. Club athletes taking part were Jordan Draisey, Joe Crosby, Stephen Opoku, Katie Phillips, Amber Evans, Rhodri Williams, Jonathan Williams, Donna Jones, Chris Packham, Bethan Harris, Hannah Davies, Tomos Slade, Ffion Jenkins, Francis Lewis, Nell Davies, Glyn Price, Scott Morgan, Iwan Slade, Caitlin Ward, Sian Swanson, Zac Lewis, Zoe Dakin, Nina Prells, Rachel Jones, David Jones, Carys Smith, Lara Spacey, Nathan James, Nicole Davenport, Rhian Evans. Final score – West Wales (945) North Wales (810) South Wales (736.5) East Wales (564.5)

Welsh Schools and Welsh Athletics Combined Events

The Welsh Athletics & Welsh Schools Combined Events Championships took place in Swansea. Athletes taking part were U13G Carys Poole (3rd) Jamie Holland (4th) Emily Collins (6th) Elin Murphy (10th) Chloe Clarke (13th) U13B George Dun (1st) Rhys Piper (3rd) Rhidian Jenkins (4th) Tommy Payne (5th) Ethan Lee (6th) Harvey James (8th) Tom Sumner (9th) Sam Petherbridge (10th) Noah Osborne (12th) Matthew Dalling (14th) Evans Willis (15th) Alex Davies (16th) Joseph Edwards (17th) U15G Hannah Davies (9th) Daniela Ramos (14th) Grace Thomas (15th) Lily Johnson (20th) U15B Tomos Slade (4th) Callum Dodd (11th) Ben Petherbridge (12th) Nathan Lake (14th) U17M Rhys Harris (1st) Michael Thompson (5th)

SIAB U17 International

The SIAB Schools U17 Track and Field International is a highly contested schools competition, this year held in Grangemouth, Scotland. This international fixture is a contest between England, Ireland, Scotland and Wales at the U17 age group. The following athletes were selected to represent Welsh Schools Callum Davies (100m/Relay) Joe Brier (400m/Relay) Rhys Harris (100mH/Long Jump) Megan Stratton Thomas (3k Walk) Osaze Aghedo (Long Jump/Triple Jump) Nathan James (Javelin) Rhian Evans (Discus). Congratulations to all athletes for gaining an international vest.

Celtic Games

The Celtic Games is an international match between held Wales, Scotland and Ireland for the U16 and U18 age groups and this year's event took place in Grangemouth, Scotland where a small group of our athletes made the trip to take part. Those athletes were Osaze Aghedo (3rd Long Jump & 1st Triple Jump) Emily Cockrill (1st Shot Putt) Nathan James (1st Javelin) Rhys Harris (4th 110mH) Hannah Brier (1st 100m) Joe Brier (5th 100m) Rhodri Williams (1st 400mH).

Congratulations to all athletes for achieving a Welsh vest and representing Wales in a hard fought competition.

England Athletics Senior AAA Championships & UK CAU Championships

This event was held at Bedford and the following athletes took part - David Greene (400mH) Zoe Dakin (Hammer) Megan Stratton Thomas (3k Walk)

Welsh Schools Track & Field Championships

The Welsh Schools National Track & Field Championships was held at Cardiff, where a large number of our junior athletes enjoyed a day of individual success. Those taking part were Senior Boys – Michael Wilson (100m/110mH) Rhodri Williams (400m/400mH) Christian Lovatt (1500m/3000m) Kwado Kuji Darkwah (High Jump/Long Jump) Josh Hollisey Mclean (Pole Vault) Middle Boys – Callum Davies (100m) Llyr Gealy (200m) Jordan Draisey (200m) Joe Crosby (200m) Joe Brier (400m/400mH) Dylan Lambropolous (800m) Oliver Jones (1500m) Dominic Smith (3000m) Rhys Harris (100mH/Long Jump) Elliot Lawrence (1500m s/c) Scott Morgan (Pole Vault) Osaze Aghedo (Long Jump/Triple Jump) Scott Hill (Discus/Hammer) Nathan James (Javelin) Ryan Nicholas (Javelin) Junior Boys – Stephen Opoku (100m) Joseph Lloyd (1500m) Tomos Slade (80mH) Iwan Beggs (High Jump/Long Jump) Ieuan Hosgood (Pole Vault) Steffan Jones (Pole Vault) Ben Woodnutt (Pole Vault) Tom Bond (Triple Jump) Brynmor Clements (Discus) Rhys Hughes (Javelin) Francis Lewis (1k Walk) Senior Girls – Katie Phillips (Triple Jump) Shauna Quirke (Javelin) Middle Girls – Megan Stratton Thomas (800m/2k walk) Ffion Jenkins (300mH) Bethan Harris (1500m s/c) Rachel Jones (Discus/Javelin) Cerys McGeachie (Hammer) Junior Girls – Caitlin Hier (100m) Holli Evans (200m) Mollie Jones (800m) Eluned King (1500m) Hannah Davies (75mH) Manon Owen (Pole Vault) Nell Davies (Pole Vault/1k Walk) Grace Thomas (Long Jump) Katie Roberts (Shot Putt) Rhian Evans (Discus)

Club Records

Another successful year for Club Records and Club Bests being broken. Congratulations to everyone on their achievement.

SW 100m	11.39	Hannah Brier
SW 200m	23.59	Hannah Brier
U20M 5000m	14.29.1	Jac Hopkins
U20M 1500m	3.47.20	Jonathan Tobin
U20W 100m	11.39	Hannah Brier (Welsh Record)
U20W 200m	23.59	Hannah Brier
U20W 5k Walk	27.49.7	Megan Stratton Thomas
U20W 5000m	17.16.03	Olivia Gwynn
U17M 100m	10.96	Callum Davies
U17W 3k Walk	15.48.13	Megan Stratton Thomas
U17W Hammer	40.07m	Cerys McGeachie
U15B Discus	41.75m	Brynmor Clements
U15G Javelin	33.89m	Rhian Evans
U13B Javelin	31.87m	Rhys Piper
U13G Discus	30.77m	Holly Cooper
U13G 800m	2.22.23	Caitlin Gwyther

UK U20 & U23 Championships

These championships were held in Bedford and it was great to see so many Swansea Harriers athletes performing against the UK's top juniors, where there were some great results. Hannah Brier (100m) Jonathan Tobin (1500m) Olivia Gwynn (3000m) Chris Carpanini (5000m) Jac Hopkins (5000m) Sian Swanson (Triple Jump) Awen Rosser (Discus) Zoe Dakin (Hammer) Nicole Davenport (Javelin) very well done to them all.

England Athletics Championships (U15 / U17)

The England Athletics U17 & U15 Championships were held at Bedford. Athletes taking part were Joe Brier (400m) Thomas Arnold (400m) Tomos Slade (80mH) Rhys Harris (100mH) Brynmor Clements (Discus) Megan Stratton Thomas (5k walk) Ieuan Hosgood (Pole Vault) Osaze Aghedo (Triple Jump) Tom Bond (Triple Jump) Congratulations in taking part in a very high standard of competition.

Senior British Championships inc. European Athletics Trails

The Senior British Championships trails were held at Birmingham, and once again it was great to see so many of our members up against the best of British Seniors. Athletes taking part were – Laura Maddox (400m) Dewi Griffiths (5000m) David Greene (400mH) Sian Davies (400mH) Lyndsey Maund (Pole Vault)

Inter Regional Triangular Match – Llanelli AC v Neath Harriers v Swansea Harriers (U11 & U13)

This popular junior fixture is now in its third year and saw three fixtures being attended at each of the competing clubs. A selective timetable was used to cover at least one jump, run and throw for each age group. Swansea Harriers successfully won all three matches comfortably. Final scores: Swansea Harriers (711/9) Llanelli AC (309/5) Neath Harriers (238/4)

Welsh Masters (Over 35s)

The Welsh Masters League is for the over 35 years age group. The small number of athletes who compete regularly in this league are John Collins (75M) David Jones (65M) Glyn Price (45M) Peter Roberts (40M) Robin Wood (45M) and Renate Prells (60W).

At the Welsh Masters Championships held in Brecon, John Collins (75M) won gold in the 2k Walk, David Jones (65M) won gold in the Shot & Hammer with a Silver in Discus, Renate Prells (55W) had 3 gold medals in Discus, Shot and Weight Throw and Robin Wood had a very busy day with Gold's in Triple Jump, Long Jump and High Jump and Silver medals in the 100m, 200m Javelin & Discus. Congratulations to these athletes for an outstanding performance.

Renate Prells also took part in the British Masters Championships coming 2nd in the Weight throw and 5th in the Hammer, Renate then went on to the World Masters Championships in France and came away with a 6th place in the hammer and 11th in the weight throw. Well Done!

JO DAVIS

TRACK & FIELD SECRETARY 2015

Coaching 2015

There has been little change in the coaching opportunities in 2015 from the last 4 years and the club is very, very lucky to have the coaches we do in Swansea Harriers, where it is a major undertaking to be able to offer coaching to our 600 members of all abilities in every athletics discipline, with sessions being delivered 7 days a week, and not just on the main club nights.

I'd like to thank all the club coaches for all their dedication, continued help, teamwork and cooperation and for giving up so much of their free time to come and volunteer at the club on a regular basis. Your support is really appreciated and much needed.

The club currently has 59 UKA qualified coaches ranging from some volunteering on a casual basis once every couple of weeks, to some who are at the track 3 or 4 times every single week. This is an adequate number of coaches to offer more effective coaching ratios due to the large number of members particularly in the junior sections in the club. The main challenge and objective is to retain and upskill these coaches so that they can become more independent and have the self confidence, as well as appropriate qualifications, to deliver higher quality sessions.

We have recruited just enough UKA Coaching Assistants but for the last 2 years have not had anyone complete, pass and progress to UKA Athletics Coach qualification. There are a variety of reasons for this situation not least the time, expense and complexity of the course. Nevertheless in 2015/16 there are 3 Coaching Assistants undertaking the course that we hope will pass very soon.

The club hopes that more of the newer Coaching Assistants that have started with us in the last few years will have the confidence to go on and establish their own groups, away from the junior introductory squads, of which several of them are more than capable of doing so.

With the continued huge interest and increase in numbers of participants in the U11, U13 & U15 age groups, it is essential that more parents continue to come forward to volunteer and undertake formal UKA Coaching Assistant Qualifications within the club introductory groups, in an attempt to have as effective coaching ratios as possible. As they progress along the clubs coaching structure and pathway we can then maintain these introductory group sessions.

	2007	2008	2009	2010	2011	2012	2013	2014	2015
UKA Qualified & Active Coaches	39	44	47	45	43	42	44	50	59

Andrew Jenkins
Coaching Coordinator