

**Swansea Harriers Athletics Club Annual General Meeting 2017**  
**Annual Reports**

**Club Secretary's Annual Report**

I have had the pleasure each year as Secretary of Swansea Harriers of reporting our many successes and achievements. This year, however, the level of our successes and the club profile has reached unprecedented heights. Indeed, in talking to members who have been with the club since its beginning, this has probably been our most successful year ever.

The achievements, both as a club and for our individual athletes, have been sustained throughout the year, be it on the track, on the road and across country. Even last Sunday, we saw Dewi Griffiths post a world standard time of 61.33 at the Cardiff Half Marathon, with so many of our other club athletes prominent in all categories of the race.

The attached separate Team Manager reports detailing each area of the club's activities highlight the remarkable success achieved this year, and would be the envy of any club in the UK. In particular we:

- \* Won the national men's twelve stage relays and came second in the women's six stage relay at Sutton Park in April
- \* Our men achieved promotion for the third year in a row in the British Athletics League, and will now be in the Premiership next year for the first time
- \* Our women maintained their position in the UK Women's League by finishing 5th, thus ensuring we have both our men and women in the top British division, again for the first time ever
- \* Our juniors came 5th in the UK YDL Lower Age Group final, coming up against the top clubs from England and Scotland.
- \* Josh Griffiths and Matthew Rees made the front and back pages of the national newspapers as well as national radio and television, with their achievements in the London Marathon. Josh was the first British athlete home in 2:14:49, gaining a place in the World Championships as a result. Matthew showed exceptional spirit in helping a fellow athlete over the line, sacrificing any thought of his own personal finishing time.
- \* At a Welsh level, the club and our athletes dominated across all championships. We were road and road relay champions, Cross Country champions and Welsh Senior, U20 and U17 champions on the track.

The attached reports also highlight those individual athletes who have gained GB and NI vests and others who have broken club records, with many seniors and juniors gaining Welsh vests across all disciplines. Congratulations to them all as they undoubtedly provide inspiration to our growing number of junior (and senior) members taking up the sport for the first time.

The above achievements are a clear credit to the talent and hard work of the athletes involved and I am sure they would be the first to recognise that this success is also due to the tremendous support they receive from their families and the club as a whole. The coaches, team managers, official, committee members and other volunteer helpers within the club play a fundamental role in bringing the success we are experiencing.

This dedication, knowledge and love of athletics was most clearly seen and epitomised by John Collins, Life Member of the club, who sadly passed away in June this year. John had been involved with the club as athlete, official, event organiser and committee member

since 1970 and was a great friend to those who knew him. John was always enthusiastic and supportive to athletes and fellow volunteers, and it was fitting that there was a minutes silence immediately before this year's Swansea 10K to honour and remember him.

It is not surprising that the club continues to grow with now over 700 athlete members making it one of the largest clubs in the UK. Such success and growth, however, does bring its challenges. Numbers at junior nights can at times stretch our coaching resources and the facilities available to us. We still need to see more of our junior athletes competing for the club on a regular basis and talent ID remains a priority in our relationship with local schools. Recruitment and retention of our U17 and U20 athletes also remains a priority and is indeed a challenge across the sport. The club is committed to working with our governing body, Welsh Athletics, to seek improvements in athlete numbers in these vital age groups, and we will be actively involved in helping develop and take forward Welsh Athletics' new strategic plan.

Our relationship with the University is important to us and this has been developing this year, with increasing student numbers joining and competing for the club, and continued dialogue with the University to ensure the excellent facilities we have available to us remain fit for purpose. It is very encouraging that the indoor track is currently being resurfaced in recognition of this demand and the determination to keep the facilities amongst the best in Wales.

In response to the growth of the club and the changing environment that athletics finds itself in, we have been reviewing our governance arrangements and structures. Following the input of advisers funded by Welsh Athletics, the club is seeking to change from a Community Amateur Sports Club (CASC) to a Charitable Incorporated Organisation (CIO). This will make no difference to how the club runs on a day to day basis and how much members have a say in the running of the club, but will ensure we have greater legal protection for members and Trustees. It will hopefully also be an advantage when seeking financial support such as grants, sponsorship and donations. The AGM will be a critical stage in the process of this change if supported by members.

As always, it is a great honour and pleasure being associated with such a positive and welcoming club as Swansea Harriers. Everyone involved with the club needs to take credit for the many achievements this year, and I am sure will be more than ready for the challenges that lie ahead, especially in maintaining this year's successes! Well done to everyone.

**Tony Clements**  
**Club Secretary**

### **Senior Men's Track & Field 2017**

What a season! The only difficulty is trying to find enough superlatives to describe it. Another successful season resulted in promotion to the Premier Division in the British League for the first time in the history of the club over a campaign totaling 38 seasons. This made three consecutive promotions which is probably a first for any club in the British League. Four new Senior club records – five if we include the 4x100m relay that included higher claim athletes. In addition, there were three full GB caps, two GB Junior vests plus one Ireland international.

The first round of our BAL campaign kicked off in Basingstoke with a great team performance. The club finished 2nd only 2 points behind a very strong Cardiff team to give us the start that we needed. Whilst there were no individual winners, Adam King threw 61m31 to finish 2nd in the Hammer for the first club record of the day. Adam was ably supported by super-vet, John Owen, himself a former record holder. Later in the day, Osaze Aghedo added the 2nd record of the day when he jumped a legal 15m12 in the triple jump to finish second. New recruit, Roberto Oppong, won the B event with an impressive leap of 14m44. Elsewhere the Middle Distance athletes – Jonny Tobin, Guy Smith, and Jack Gooch – were racking up big points in their respective events. Other outstanding performances included that of Joe Brier who posted an early season 48.22 to finish 2nd in the 400m which was to prove good enough to win him a GB Junior cap later in the year.

In the second match in Swansea, the team went one better and were run-away winners where home advantage was a big factor. This put Swansea top of the Division as Cardiff could only manage third on the day. The Swansea match saw the return of Dewi Griffiths who showed that he was a class above the rest of field in winning the 5000m in the very fast time of 13.50.83. In the 110mH, Glen Elsdon was given the nod over Windsor's Nigerian decathlete, Peter Moreno, to win the race with Michael Wilson winning the "B" to secure maximum points. Once again the Middle Distance athletes scored big points with "B" string wins in the 800m, 1500m and 3000m Steeplechase. The Javelin pairing of Nathan James and Aaron Morgan improved on their performance in the first match with Nathan finishing 3rd in the "A" and Aaron winning the "B". But probably the best was left for last, when the Swansea 4x100m relay squad shattered the old club record with a time of 41.44, although the Harrow team was eventually given the verdict, after much deliberation, with both teams recording exactly the same time.

And so on to Bedford and the fiasco of "big Saturday". The less said about this format the better where the organisers tried, unsuccessfully, to incorporate all five Divisions into a single 8 hour timetable. Needless to say the match over-ran (by nearly 2 hours), performances were generally below par as a result, and we picked up injuries due to the disruption to warm-up times. Outstanding performance of the day was Dewi Griffiths' run in the 3000m where he recorded a time of 8.05.16 only to be outsprinted by Blackheath's Sesemann. Sesemann's winning time (8.04.25) was (and still is) a new overall League record. Despite finishing a disappointing 6th on the day, Swansea were still in 2nd place overall with one match to go.

The final match at Sportcity was a nerve-racking event with Swansea needing to finish in the top 3 on the day and for Cardiff to beat Sale who had the benefit of home advantage. At the halfway stage it looked as if we had blown our chance – languishing in 5th/6th position with Cardiff adrift of Sale. Then came the big push, starting with 2 x firsts in the 5000m courtesy of Dewi Griffiths and Kris Jones. Then Roberto Oppong's 2nd in the Triple Jump with Osaze Aghedo winning the "B". Two firsts in Javelin (Nathan James & Aaron Morgan)..... and we were in with a sniff of promotion. Great 2nd place in the 4 x 100m relay in 41.88 (2nd fastest time ever by a Swansea quartet) to keep us ahead of 4th placed Harrow. Cardiff won the final 4 x 400m relay to win the match ahead of Sale.....and to promotion for the two Welsh clubs.

It was so very, very close with promotion down to the athletes (and their coaches) giving that bit extra and to an excellent team spirit. Special thanks to Jack Gooch, Matt Richards, Osaze Aghedo, Nathan James, Connor Lavery and Aaron Morgan who competed in all four BAL matches. There were a whole host of others managing three rounds and in particular the veterans – John Owen, Peter Maitland, Glyn Price and Peter Roberts – ably supporting the younger members of the team. Age spread was from 16 up to the early 50s!

For the record, club records were set by Josh Griffiths (Marathon – 2.14.49 in the London Marathon), Osaze Aghedo (Triple Jump – 15m27), Adam King (Hammer – 64m30 in qualifying for the Ireland team for the European u23 Championships), Jonny Hopkins (3000m Steeplechase – 8.34.03) and the 4 x100m relay team (41.44) consisting of Glen Elsdon, Lemarl Freckleton, Michael Wilson and Sam Ige.

So onto 2018 and the Premier Division - it is clearly going to be much tougher and the club will have to step up to an even higher level particularly in the field events. We need to re-emphasise to the athletes and coaches that as far as the club is concerned BAL (and to that matter UKWL) competition is of the highest priority – without their support we are just going to come straight back down again. The big challenge will be to stay in the Premier Division.

**David Jones**  
**BAL Team Manager**

#### **UKWL Report 2017**

All three UKWL fixtures were away this season the first on 6th May in Birmingham, a very cold day and not the best conditions for the athletes. However, this did not stop some outstanding performances from the girls, first being Verity Ockenden with an impressive win in the 800m and a personal best to follow, this was the start of a very successful track season for Verity. She also competed in the 3000m at Birmingham achieving another personal best and second place. There were excellent performances in the both hurdle events with Caryl Granville claiming first place comfortably in the 400H A race and 100H B race and Molly Courtney just pipped at the line in the 100H A race. The relays also provided good performances with the 4x400m girls claiming first place. We placed strongly on the track, claiming top 3 positions in many of the events. Unfortunately, the same could not be said for the field events where many athletes competing in events that were not their own as we struggled to field a full team and were unable to provide any athlete to compete in the pole vault. However, this did not stop us claiming 5th place overall at this fixture.

The second fixture was in Windsor on 3rd June, again we provided a very solid performance on the track again from Verity Ockenden who once again achieved a personal best in the 800m A in second place along with Izzy Parry-Jones in 800m B race claiming first place. Unfortunately, we had many drop-outs and athletes unavailable due to exams and other events clashing with this fixture meaning many had to double up to cover the events, and once again competing in events they would not usually compete in. But at least by Windsor we had found a pole vaulter.

The final fixture was in Bromley 16th July and required an overnight stay for the athletes, some had chosen to travel the same day which unfortunately caused a bit of a panic due to an accident on the motorway causing a couple of them to be late arriving, which meant some last-minute changes to the team. But it all worked out in the end. This was a close competition with four teams facing the potential of relegation depending on the days' performance – we were one of these four. The 100m was our first dilemma with the last-minute unavailability of one of our athletes. Fortunately, Nicole Davenport (javelin) stepped in and gained herself a PB for her efforts, this was the pattern of the day – athletes filling in events they do not normally compete in – and they all did themselves and the club proud. The 400m saw Lauren Williams claim a PB and club record the B race, while Caryl Granville and Verity Ockenden achieved PBs in the 400H A and 800m A respectively. In the 100H we had a clean sweep with Mollie Courtney triumphant in the A race and Caryl Granville achieving another PB in the B race. Sian Davies further improved on her time and finishing position in the 1500m s/c (a new event for her this season), with a third-place finish and significant PB. The 4x100m

relay team achieved a second best to finish in second place and the 4x400m team won their race in a PB and club record for Swansea Harriers.

These fantastic performances by the athletes and their readiness to fill in as and when required is what kept the team out of relegation and eventually finishing 5th overall in the league for 2017. The goal for next season is to get some more field athletes involved to secure our position in the premiership for yet another season. A massive well done to the whole team, I look forward to 2018.

**Caroline Hurley**  
**Team Manager**

### **Cross-country Report 2017**

Welsh Cross-country Championships

The highlight of the 2016/17 winter was the Welsh Championships which were, once again, held in Singleton Park. We won a total of 20 medals which included:- 4 x Team gold; 4 x Individual gold; 3 x Team silver; 5 x Individual silver; 2 x Team bronze; 2 x Individual bronze. We also won the Club Participation Award for the highest number of master/senior runners with 41 competitors.

Team medals were won in the following age categories:- U15G = Silver, U17M=Gold, SW=Silver, SM=Gold, MM35=Gold, MM40=Gold, MM45=Gold.

Special note must be made of Dewi Griffiths running unopposed from gun to tape to win a record-breaking six consecutive titles. This was the start of a sensational 2017 for Dewi as he went on to set new PB's for every road/track distance from 3000m up to half-marathon.

UK Athletics Cross Challenge/UK Rankings

Dewi Griffiths also won the British Athletics Cross challenge in Cardiff and was ranked fourth in the UK. This year Kristian Jones also appeared in the rankings in 20th after finishing second to Callum Hawkins in the Scottish XC championships and second to Dewi in the Cardiff Cross challenge. In the U17 Men's UK rankings Dominic Smith was 20th overall after winning a silver medal in the Welsh champs. In the Under 15 Boys winter rankings Nathan Jones was ranked 20th in the UK with solid performances in the Cross Challenge series.

Veteran/Masters

In the masters categories Angus Maclean won the MM35 Welsh champs with Phil Matthews taking silver. In the MM45 category the gold was won by Eamonn Kirk with Paul Flynn winning the silver. After an injury plagued winter Ifan Lloyd won the MM55 title. Uku Kamaru won bronze in the MM65 race. Helen Marshall won a well-deserved silver medal in the MW35 race.

Some old friends of the Harriers are still performing well. Sullivan Smith was ranked 4th in the MM40 and Donald Naylor 1st in the MM45 UK age categories. Donald also won the British and Irish Vets international in the MM45 race.

SIAB (Schools International) Margam Park

A number of Swansea Harriers represented Wales in Margam Park all performing really well. In the U15G race Ashleigh Willis finished 17th and in the U17G Eluned King and Mollie Jones finished 16th and 27th respectively. Nathan Jones finished 17th in the U17B race.

Gwent League

Closer to home the Gwent League continues to be poorly supported by some age groups. Nevertheless, our U15G finished a very close second. Average numbers of runners in each age group was:- U11B = 6, U11G=10, U13B=5, U13G=4, U15B=1, U15G=6, U17M=2, U17W=1, SM=7, SW=4. I am sure with the support of our dedicated team managers we will improve.

West Glamorgan Cross country League

In the West Glam League, for senior athletes, Swansea Harriers once again won the men's and women's league titles with Matt Rees and Helen Marshall winning overall individual titles. Paul Flynn, Thomas Guest and Brian Fox won their respective age titles.

Brian Fox 25th Sept 2017 (with many thanks to all our team managers for their support)

Team Managers:- Rick Stratton-Thomas, Sarah Gemine, Jacki King, Tomiko Evans, Leanne Gwyther, Helen Sawyer, Lynn Martin

**Brian Fox**  
**Cross Country & Road Secretary**

### **Endurance Group report – 2016-2017 report**

It has been another great year for the group. We changed the name to Swansea Harriers Endurance, for a clearer reflection of the type of running the group enjoys. We added to our LiRF session leaders, now a team of 7 (3 women, 4

men, all active runners for the Club). The average attendance rose to around 30+ per session. We managed again this year to attract more female runners and U35s, to create a more diverse group.

#### Sessions

We now offer one speed session and one tempo session each week, still at varied locations around the Club area. The group also arranges many ad hoc training runs and group meets outside of our weekly sessions. We maintain the lower threshold for joining the group, 50-min 10K or 2-hour half marathon. Some runners still “graduate” to George Edwards’ faster group, so we are a good gateway into the Club for these athletes. Of note, Matt Rees (Marathon hero) and James Dean (Triathlon Age Group World Champion) started off in our group.

The training and support again has reaped dividends across the board. Of the core group of 80+ athletes, in the last years, most athletes have had multiple PBs, from short distances to marathons.

#### Cross country

There have been numerous XC highlights: our Endurance group again made up the bulk of the 3 West Glam XC Teams. The women won the top Division 1, as did the men. Our VM team gained a respectable 3rd in Division 2, after only being promoted last season. Several runners won their age group category. The enthusiasm for the Gwent League dipped last season, but we hope to encourage more athletes to run in the coming season.

We had a huge turnout of athletes at the Welsh XC Champs at Singleton Park, with numerous individual and team spoils. We had a surge in the number of vet runners who gained Welsh vests for the British-Irish Masters International XC in Glasgow. A total of 10 of our runners proudly represented Wales, with a handful of individual and team medals. We aim to have some representatives in Derry later this year.

#### Road running

In road running, again we had a large number of athletes in the London Marathon, with most people strong enough to qualify via Good for Age, or via our Club Ballot places. There is a great thirst in the group for longer races, such as half and full Marathons. With a last minute invite, two LiRFs went to Cork as guests of the Lord Mayor, due to Swansea and Cork being twinned. They had free entry to the Half Marathon/Marathon, and were treated to a very social weekend in Ireland.

Once again, we were runners up in the Welsh Castles Vets Competition, and winners of the Monarchs of the Mountains section for the 4th year out of 5. More recently, we fielded a large group of runners at the Welsh Champs Road Relays, many of whom hadn’t run at a higher level event before. Our runners were part of the senior men’s and women’s teams. They also made up the VM35, VM45, and VM55 winning teams, with individual golds in the VM45 and VM55 groups. Our VF35 team was just pipped to a bronze medal.

#### Other events

A number of athletes are involved in Triathlon, including Iron Man events. We have several event winners in our group, and a special mention has to go to Rebecca Bennett, one of our LiRFs. She qualified for the Ironman World Championships via the toughest route, Iron Man Wales, on her first attempt at the event.

#### Other highlights

We have maintained our request for people who come attend training to join the Club, to renew in a timely manner, and to ensure they pay for track. Last year saw our inaugural Championship competition for the group, which rewarded training attendance, racing, and improvements in personal times. This year, the Championship has returned, and has included two excellent 3K track time trials. Again, the Championship has given people extra focus with regard to racing and training. It has also created some healthy competition in the group.

We are still benefitting from more visibility, due to having our jackets and T-shirts. We continue to gain great publicity in Facebook, the local press, TV, and local Park Runs. The London Marathon effect from Josh Griffiths and Matt Rees definitely raised interest in our group too.

#### Strengths and challenges

Small challenges remain. These include the increasing admin and coordination to manage the group. We are nearing the point where we may have to make some changes, if the group grows further. We may look to expand our Leaders in Running Fitness team. We still have no facility for people to train with us (or the Club) if they don’t meet our basic lower threshold. We do signpost to other Clubs, and encourage people to return when they are fitter/faster. We are starting to look at further diversifying the group, as there are no doubt groups of the Swansea population who are under-represented.

Our numerous strengths include a thirst for representing the Club at individual and team levels, which is very striking. We still have a very friendly and supportive atmosphere at training and races; this is something we pride ourselves on, and most new people comment on. Also, it is a very low cost group to train with, as we do not charge subs. There remains a growing social side to the group, which is something the members value. It has become increasingly clear that many people run to manage their mental health, and in particular, overcoming isolation and making social connections is a major part of this.

We are hoping the group will continue to thrive in the next 12 months. Once again, we are grateful for the support we have had, particularly from Brian Fox, Andrew Jenkins, and Gary Irvine, and many others in our Club. Also, we have to mention the late John Collins, who was always a vocal fan of our training and exploits.

**Best wishes**  
**Eamonn Kirk**  
**Swansea Harriers TNT Leaders in Running Fitness**

## **SENIOR ROAD-RUNNING REPORT 2016-17**

Just one minor blemish spoiled what was otherwise a highly successful 12 months for the Harriers' road-running squad. First the successes:

Last October we went within a whisker of winning the national six-stage relay at Sutton Park, the team of Dan Desta, Guy Smith, Jonny Tobin, Dewi Griffiths, Jack Gooch and Jonny Hopkins losing out by just three seconds to great rivals Cardiff. A consolation was that second was our highest position since winning the title in 1991.

The frustration and disappointment that narrow defeat generated was enough to inspire the team to great things in April, when we returned to Sutton Park to win the significantly more prestigious 12-stage relay by almost five minutes - "Swansea win by a mile" as Athletics Weekly headlined the achievement. The win was achieved without key men like Josh Griffiths (first GB home in the London Marathon a week later) and Jon Hopkins, who was away. Dewi Griffiths ran the fastest long leg of the day and Kris Jones the fourth fastest. Five of our six short-leg runners were among the top 20 fastest short stage runners out of a total of 384, which was remarkable. The team comprised: Guy Smith, Christian Lovatt, Phil Matthews, Jonny Tobin, Dewi Griffiths, Dan Desta, Angus Maclean, Jack Gooch, Kris Jones, Dan Rothwell, Marc Hobbs and Liam Lloyd.

The women's team in the national six-stage relay run in conjunction was badly depleted by injuries and illness, but nonetheless did superbly well to finish second behind Leeds City AC. Verity Ockenden ran the fastest long leg of the day, ahead of top-class rivals Susan Partridge, Tracey Barlow and Claire Duck, while the apparently ageless Andrea Whitcombe ran the fifth fastest short leg of the day out of 184 competitors. Team: Verity Ockenden, Helen Marshall, Kate Roberts, Caryl Jones, Andrea Whitcombe and Alaw Beynon-Thomas.

The minor blemish, arguably very minor, came when we were unable to take a strong team to the women's four-stage relay last October. Ninth place out of 64 teams was respectable, but not up to the standard we have set ourselves in recent years. International calls, injuries and illness combined to wreck our chances of medals, but the root of the problem was a lack of depth. Our strongest women's team can match any club in the UK with the possible exception of Aldershot, but we lack the depth in quality the men can boast. The only home-grown runner in the entire squad is Ellie Kirk, all the others having joined from other clubs, which is a worry. Hopefully some of our good crop of youngsters will come through to make the grade at the highest level. In the meantime the acquisition of young GB runner Cari Hughes from Menai obviously strengthens the squad.

On the domestic front, the Welsh road relays, which were switched from the Spring to September, proved easy meat for our seniors. The men's A team (Dewi Griffiths, Jonny Hopkins, Jonny Tobin and Josh Griffiths) won very comfortably with our B team (Marc Hobbs, Jack Gooch, Liam Lloyd and Ian Harris) rising to the occasion to take the silver medals ahead of Cardiff A. Dewi Griffiths ran the fastest leg with Josh Griffiths second fastest. Our women also won by a huge margin, which was not surprising as our four runners – Kate Robert, Caryl Jones, Andrea Whitcombe and Alaw Beynon-Thomas) ran the four fastest times of the day, with Caryl fastest.

**George Edwards**  
**(team manager)**

## **Track & Field Secretary's Report For All Age Groups:**

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 420 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)

The senior women's team successfully maintained their position in the Premier Division for another year. Matches took place at Birmingham, Eton and Bromley. Final positions 1st Thames Valley Harriers (680/23) 2nd Birchfield Harriers (660.5/21) 3rd Edinburgh AC (588.5/17) 4th Windsor Slough Eton & Hounslow (551/15) 5th Swansea Harriers (483/10) 6th Blackheath & Bromley AC (447.5/10) 7th Shaftsbury Barnet (471.5/9) 8th Woodford Green/Essex Ladies AC (383/3). Please see the report from the team manager for more information. Congratulations everyone! 🎉

#### BAL League (Senior Men)

After another successful season, the team put in an awesome effort to gain promotion to the Premier Division for 2018. Matches took place in Basingstoke, Swansea, Bedford and Manchester. Final Positions are 1st Cardiff AAC (1306.5/29) 2nd Swansea Harriers (1171/24) 3rd Sale Harriers Manchester (1268.5/23.5) 4th Harrow AC (1150/22) 5th Blackheath & Bromley AC (1125/18) 6th Windsor Slough Eton & Hounslow AC (1031/14.5) 7th Glasgow City AC (819.5/8.5) 8th Basingstoke & Mid Hants AC (730.5/4.5). Please see the report from the team manager for more information. Congratulations everyone! 🎉

#### Welsh Senior League (U17/U20/Seniors)

This year saw the renamed Welsh League spread over three matches with half timetable and a full timetable for the fourth match. Any amount of athletes per event per age group were permitted with two scoring. Matches took place at Neath, Newport, Brecon and Swansea. The Final Scores – Swansea Harriers (3989/477) Brecon AC (2895/40) Cardiff AAC (2895/39) Neath Harriers (2032/33) Pembrokeshire Harriers (2002/32) Aberdare AAC (1854/30) Carmarthen Harriers (1321/21) Newport Harriers (1244/17) Run4All Neath (1097/17) Barry & Vale (910/17) Cardiff Archers (738/14) Bridgend AC (434/5)

#### Youth Development League – Upper Age Group (UAG) (U17/U20)

After winning promotion last season the team returned to the Midland Premier South Division. This year saw a slight change to the format of the fixtures with 3 league matches held in Yate, Cardiff and Cheltenham against Cardiff AAC (2078.8/16) Team Avon (1981/16) Team DC (1736/11) West Wales (1561.3/9) Swansea Harriers (1376.8/6) and Cheltenham Harriers (1400/5). The fourth fixture held in Newport was a promotion/relegation match the saw the club run away with a victory (746.5) against West Wales (568) Cheltenham Harriers (540) Cardiff Archers (395.5) Team Gwent (370) and South & East Wales (366). Sadly athlete numbers were low but not through the lack of trying from the team managers. If the format is to stay the same the club will participate in the Premier League once again next year.

#### Youth Development League – Lower Age Group (LAG) (U13/U15)

The same format was also used in the lower age group with the team taking on hard fought competitions in Yate and Cheltenham against Cardiff Archers (1548/14) Yate & District AC (1536/12) Cardiff AAC (1473/11) Cheltenham Harriers (1225.5) and Bristol & West AC/Mendip (1131/3) in the first 3 league matches coming away winners (1658.5/17). Held in Cardiff the promotion/relegation fourth match saw Cardiff Archers winners on the day (527) with Swansea runners up (517.5). Other teams included Rugby & Northampton AC (514) Marshall Milton Keynes (491.5) Yate & District AC (473.5) and Charnwood AC (435.5). Congratulations must go to George Dun, Sam Petherbridge, Rhidian Jenkins and Charlie Holland who brought the house down by winning the 4 x 300m relay in club breaking record of 2.39.03 taking them to 5th in the UK rankings.

#### Youth Development League – Lower Age Group National Finals (U13/U15)

After a very early start and finish on the bus, the athletes travelled to Alexander Stadium in Birmingham. With very strong competition in for both boys and girls from the top clubs in the UK, they finished a very credible 5th place. (During the final announcement, an error was made by the announcer which saw the club being awarded 8th place and athletes took part in a final lap of honour, it was quickly found that he was reading the results in alphabetical reverse order....so the athletes did another lap of honour when awarded 5th. Individual medallists were GOLD Noah Osborne (Pole Vault) Carys Poole (75mH) India Collinson (Long Jump) Elin Murphy (Pole Vault) Jamie Holland (Javelin) Tiana Evans (Javelin) Elliot Riordan (High Jump) Elenya Beard (Long Jump) SILVER Charlie Brown (80mH) Joshua Wilton (Discus) Carys Poole (Long Jump) Marnie Musgrave (High Jump) Evie Lawrence (Pole Vault) William Trott (75mH) Samuel Davies (High Jump) Ella Davies (800m) Chloe Jones (Shot Putt & Javelin) BRONZE Sam Petherbridge (80mH) Rhidian Jenkins (Hammer) Harley Thomas (Javelin) Jamie Holland (Shot Putt) Holly Cooper (Discus) Joshua Kenny (100m) Zac Davies (75mH) Dylan Morgan (Long Jump) Joshua Aka, Elliot Riordan, Dylan Morgan and Joshua Kenny (4 x 100m Relay) Tiffany Rees (1200m) Mai Davies (1200m). Final positions Sale Harriers (602) Blackheath & Bromley (599) Southampton AC (594.5) Edinburgh AC (536) Swansea Harriers (487.5) Preston Harriers (477) Havering AC (470) and Cardiff Archers (451)

#### Welsh Junior League (West) – 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, Swansea and Brecon. The match at Neath was abandoned due to the bad weather conditions. Final Scores – Swansea Harriers (3749/27) Pembrokeshire Harriers (2856/22) Carmarthen Harriers (2688/20) Bridgend AC (2370/19) Brecon AC (2457/17) Barry & Vale (1619/10) Neath Harriers (1761/9) Llanelli AC (1589/8) Pontyclun AC (756/3). There was a distinct lack of qualified officials from all clubs participating and along with the length of the timetable need to be addressed for the 2018 season.

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

The top 4 teams from the west together with the top 4 teams from the east division took part in this final, 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 Archers (1131) Cardiff AAC (1092) Swansea Harriers (1074) Rhymney Valley (781) Newport Harriers (644) Bridgend AC (589) Pembrokeshire Harriers (577) Carmarthen Harriers (402)

#### 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 as runners up to the hosts Pembrokeshire Harriers. Final scores – Pembrokeshire Harriers (594) Swansea Harriers (538) Carmarthen Harriers (442) Llanelli AC (372) Neath Harriers (107). Again unfortunately this was slightly marred by the lack of qualified officials.

#### Inter-Regional Triangular Match – Llanelli AC v Neath Harriers v Swansea Harriers (U11/U13)

This popular junior fixture is now in its fifth 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 (704/9) Llanelli AC (360/5) Neath Harriers (326/4)

#### West Wales Regional Athletics Championships

The annual event held this year in Carmarthen saw athletes from all over West Wales competing for the chance to be crowned champions of the region. GOLD Megan Stratton Thomas (Walk) Nathan Phillips (400mH) Donna Jones (400mH) Ffion Jenkins (400mH) Ellie D'Auria (300mH) Millie Carter (Pole Vault) Ella Davies (800m) David Jones (Hammer) William Trott (Pole Vault) Emily Collins (Pole Vault) Noah Osborne (Pole Vault) Chloe Jones (Javelin/Shot/Discus) Jamie Holland (Javelin) Lara Spacey (Hammer) Charlie Holland (800m) Rebecca Martin (800m) Danielle Jones (Javelin) Samuel Davies (High Jump/Long Jump) George Dun (Shot/High Jump) Ieuan Hosgood (Pole Vault) Carys Poole (75mH/Long Jump) Rhys Granville (100m/200m/400m) Marnie Musgrave (High Jump) Tom Slade (200m/100mH) Sam Petherbridge (80mH) Iwan Beggs (High Jump) Charlotte Campion (Triple Jump) Katie Phillips (Triple Jump) Danai Mugabe (100m) Eira James (400m) Joshua Wilton (Javelin) Osaze Agehedo (Triple Jump) Abigail Goodwick-Latham (1500m) Holly Cooper (Discus) Michael Thompson (Shot) Peter Roberts (Shot/Discus) Thomas Payne (200m/Long Jump/100m) Catherine Collins (Long Jump) Mia Evans (100m/100mH) Joe Crosby (100m) Awen Rosser (Discus/Shot) Zac Davies (75mH) Joshua Kenny (200m/100m) Rhian Evans (Shot) Nathan James (Javelin) Amber Evans (300m) Rhidian Jenkins (Triple Jump) Holli Evans (200m) Callum Davies (200m) SILVER Rosa Humphreys (300mH) Leni Beard (Pole Vault) Tiana Evans (Javelin) Dylan King (Pole Vault) Elliot Riordan (High Jump/Pole Vault) Holly Cooper (Hammer) Ffion Berrell (Hammer) Danielle Jones (Discus/Hammer) Renate Prells (Hammer) Roderick Davies (Long Jump) Sam Fenwick (Pole Vault) Georgia Milza (Triple Jump) Brynmor Clements (Shot/Discus) George Dun (100m) Maccsen Holland (Discus) Joshua Wilton (Discus) Eli Onyewu (100m/200m) Thomas Gorvett (Javelin) Charlie Holland (300m) Neve Bowen (Discus) Christian Garcia (800m) Hollie-May Allen (800m) Iwan Beggs (Long Jump) Michael Thompson (110mH/Discus/Long Jump) Rhian Evans (Discus/Javelin) Grace Thomas (Long Jump) Daphne Marler (Long Jump) Joseff Moyse (Javelin) Chris Pruski (Javelin) Oscar Dun (Shot) Owain Clarke (80mH) Nina Prells (Discus) Ashleigh Willis (1500m) Neve Bowen (Shot) Ioan Jenkins (High Jump) Tom Slade (High Jump) Holli Evans (100m) Oliver Clarkson (Long Jump) Ffion Hennessy (Discus) Shanaya Bray-Davies (High Jump) Freya Morgan (70mH) Kyle Rees (200m) Caitlin Hier (200m) Nathan Jones (1500m) Francis Lewis (1500m S/C) Danai Mugabe (200m) BRONZE Dylan Ward (Pole Vault) Abbie Hall (800m) Harley Gleeson (800m) Honey Barrett (Discus/Shot/Javelin) Elin Van Block (Javelin) Emily Collins (Hammer) Joe Crosby (200m/Long Jump) Harrison Garcia (High Jump) Steffan Jones (Pole Vault) Tiana Evans (Long Jump) Ben Petherbridge (200m) Paul Flynn (1500m) Ella Davies (200m) Yazan Hammouda (Shot) Sam Petherbridge (200m/100m) Nathan Jones (Discus/Javelin) Caitlin Hier (100m) Oscar Dun (Discus) Maccsen Holland (Shot) Harrison Dale (Shot) Samuel Davies (75mH) Mai Davies (1500m) Noah Osborne (Long Jump) Cameron Ciaburri (100m) Sara Davies (200m/400m) Ieuan Nicholls (400m) Nina Prells (Shot) Rhidian Jenkins (300m) Michael Thompson (Javelin) Joshua Kenny (Long Jump) Vamsi Muddada (100m) Holly Cooper (Shot) Brooke Castle (High Jump) Megan Gwyther (70mH) Alannah Clark (Triple Jump).

At the South and East Wales Championships, the following athletes took part GOLD Steffan Jones (400m) Henry Gauntlett (Javelin) Daniel Williams (High Jump) Katie-Jane Priest (100m/200m) Sian Swanson (Long Jump/Triple Jump) BRONZE Steffan Jones (200m)

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

The Inter Regional Championships took place in Brecon covering age groups U15s to seniors. The West were successful in winning 3 out of 4 age groups and were overall winners. Club athletes taking part were David Jones, Brynmor Clements, Joshua Wilton, Sophie Hutchinson, Seren Wyatt, India Collinson, Carys Poole, Caitlin Ward, Evie Lawrence, Ioan Jenkins, Iwan Beggs, Stephen Jenkins, Lara Spacey, Emily Collins, Nikki Williams, Harvey James, Charlie Holland, Awen Rosser, Nina Prells, Sally Hopkins, Grace Thomas, Marnie Musgrave, Nathan James, Glyn Price, Sonny Walsh, Iwan Slade, Ieuan Hosgood, Sam Fenwick, Dylan ward, Noah Osborne, Sian Swanson, Rachel Jones, Tiana Evans, Lili Church, Steffan Jones. Final Scores West Wales – 1047.5 South Wales 837.5 North Wales 815.5 East Wales 720.5

#### Welsh Athletics Championships (U13/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 Cari Hughes (1500m) Dewi Griffiths (5000m) Caryl Granville (100mH/400mH) Osaze Aghedo (Triple Jump) Sian Swanson (Triple Jump) Jamie Holland (Shot) Awen Rosser (Discus) Joe Brier (400m) Tiffany Rees (800m) Carys Poole (75mH) Tomos Slade (100mH/Long Jump) Samuel Davies (High Jump) Evie Lawrence (Pole Vault) Dylan Ward (Pole Vault) Thomas Payne (Long Jump) Chloe Jones (Shot/Discus/Javelin) Holly Cooper (Discus) SILVER Tommy Payne (100m) Joseph Brier (400m) Alaw Beynon-Thomas (5000m) Michael Wilson (110mH) Sian Swanson (Long Jump) Renate Prells (Shot) Nathan James (Javelin) Ella Davies (800m) Tiffany Rees (1500m) Samuel Davies (75mH) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) William Trott (Pole Vault) Carys Poole (Long Jump) Lara Spacey (Hammer) Henry Gauntlett (Javelin) Jamie Holland (Javelin) BRONZE Roderick Davies (100m) Danai Mugabe (200m) Guy Smith (800m) Jonathan Tobin (1500m) Donna Jones (400mH) Eli Onyewu (100m) Caitlin Ward (Pole Vault) Noah Osborne (Pole Vault) Samuel Davies (Long Jump)

England Athletics U17 / U15 Champs including Age Group Disability Athletics Championships held in Bedford With high standards set, the top athletes from across the UK annual take part in these championships. Athletes taking part were U17W Lara Spacey (Hammer) U15G Jamie Holland (Shot/Javelin) Holly Cooper (Discus) and Tomos Slade (100mH). Well done 🎉

#### England Athletics U23 / U20 Champs

Held in Bedford the following athletes took part U20W Cari Hughes (3000m) U23W Katie-Jane Priest (100m) Olivia Caesar (400m) Bethany Close (400mH) Jade Brewster (Pole Vault) U20M Joe Brier (400m) Rhys Harris (400mH) Osaze Aghedo (Triple Jump) U23M Daniel Beadsley (100m/200m) Jonathan Tobin (1500m) Michael Wilson (110mH) Connor Laverty (Discus). Well done 🎉

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

The Welsh Athletics Outdoor International featured an U20 International Match between Wales, Welsh Schools and England Regions held in Cardiff. Swansea athletes taking part were – Callum Davies (100m) Daniel Beadsley (100m) Tyler Williams (200m) Elliott Lawrence (1500m) Cari Hughes (1500m) Mia Evans (100mH) Rhys Harris (400mH) Lauren Williams (400mH) Donna Jones (400mH) Osaze Aghedo (Triple Jump) Nathan James (Javelin) Rachel Jones (Javelin)

#### Manchester International

Held midweek saw the Manchester International match in Sportscity. With competing teams from England, Wales, Scotland, Northern Ireland & Ulster, GB Juniors, BAL/UKWL, Denmark and International Select. Taking part as a member of the Welsh Team were Jonathan Tobin (Mile) Kristian Jones (3000m) Jonathan Hopkins (Steeplechase) Joe Brier (4x400m Relay) Caryl Granville (100mH/400mH/4x100m Relay/4x400m Relay) Sian Swanson (Triple Jump) Awen Rosser (Discus) Lauren Williams (4x400m Relay). Other clubs members also took part for other teams including BAL/UKWL Megan Stratton Thomas (3000m Walk) England Verity Ockenden (3000m) Risqat Fabunmi-Alade (4x100m Relay) GB Juniors Lauren Williams (400mH) Osaze Aghedo (Triple Jump) and Guests Risqat Fabunmi-Alade (100m). Congratulations to those international selections 🎉

#### 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 Junior Boys Thomas Payne (100m/Long Jump) Charlie Holland (300m/800m) Charlie Brown (80mH) George Dun (High Jump/4x100m Relay/Shot) Dylan Ward (Pole

Vault) Noah Osborne (Pole Vault) Iwan White (Pole Vault) Middle Boys Eli Onyewu (100m) Steffan Jones (400m) Tomos Slade (100mH/High Jump) Cameron Ciaburri (4x100m Relay) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) Ben Woodnutt (Pole Vault) Iwan Slade (Pole Vault) Nikki Williams (Triple Jump) Joseff Moysie (Javelin) Senior Boys Callum Davies (100m/200m/4x100m Relay) Elliot Lawrence (1500m) Dominic Smith (3000m) Chris Packham (3000m) Rhys Harris (110mH/400mH) Osaze Aghedo (Long Jump/Triple Jump) Ryan Nicholas (Discus/Hammer/Javelin) Nathan James (Javelin) Junior Girls Danai Mugabe (100m/4x100m Relay) India Collinson (300m/4x100m Relay) Darcie Bass (800m) Ashleigh Willis (1500m) Carys Poole (Long Jump/75mH/4x100m Relay) Marnie Musgrave (High Jump) Elin Murphy (Pole Vault) Eleanor Ward (Pole Vault) Jamie Holland (Shot/Javelin) Holly Cooper (Discus) Middle Girls Caitlin Hier (100m/4x100m Relay) Holli Evans (200m/4x100m Relay) Amber Evans (300m/4x100m Relay) Mollie Jones (800m) Bronwen Stratton Thomas (1500m) Eluned King (3000m) Ellie D'Auria (80mH/300mH) Caitlin Ward (Pole Vault) Seren Wyatt (Long Jump) Charlotte Champion (Triple Jump) Rhian Evans (Shot/Discus) Josie Sivak (Shot/Hammer) Lara Spacey (Hammer) Ffion Berrell (Hammer) Senior Girls Eira James (400m) Ffion Jenkins (400m/400mH) Sophie Hutchinson (High Jump/Long Jump/Triple Jump) Rachel Jones (Discus/Javelin). Well done everyone 🎉

#### SIAB U17 International

U17 British Schools International held in Dublin Ireland for Wales V Scotland V Ireland V England. It was fantastic to see Swansea Harriers athletes selected for the Wales team helping them to 3rd place overall. Athletes selected were Steffan Jones (400m/4x400m Relay) Tomos Slade (100mH) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) Henry Gauntlett (Javelin) Charlotte Champion (Triple Jump) Lara Spacey (Hammer). Congratulations everyone 🎉

#### Celtic Games

The Celtic Games were held in Dublin, Ireland and saw the following athletes selected to represent their country in the U16 & U18 age groups. U18M 3rd Elliot Lawrence (3000m) 4th Steffan Jones (400m/4x400m Relay) U16M 4th Tyler Cook (100mH) and U16G 3rd Holly Cooper (Discus). Well done to the athletes for achieving a Welsh vest and representing Wales in a hard fought competition 🎉

#### Welsh Schools and Welsh Athletics Combined Events Championships

This year's event will return to Swansea after the success of last year's event where 150 athletes of all ages battled it out for the Welsh U13 Combined Events Championships, WSAA Under 15, U17 & U20 Championships and Inter District Team Event. Athletes taking part were U11G (75m Shot and Long Jump) 1st Carys Morgan (1323) 2nd Amy Beynon (1063) 3rd Neve Dodd (1051) 4th Marney Allen (1021) 6th Carys Hennessy (826) 7th Carys Flynn (739) 8th Mali Evans (722) 9th Lily Ford (695) U11B (75m Shot and Long Jump) 1st Reuben De Vall (1369) 2nd Dylan Stapley (1230) 4th Drew Dodd (1146) 5th Harry Collins (1101) 6th Shadane Hixson (981) 7th Felix Hiemstra (919) 8th Tom Allison (779) U13G (Long Jump 70mH Shot and 800m) 4th Freya Morgan (1473) 8th Melissa Davies (1343) 9th Sarah Lyons (1194) 14th Olivia Key (961) 15th Ffion Hennessy (950) 17th Emilia Evans (724) 18th Rebekah Pratt (656) U13B (Long Jump 75mH Shot and 800m) 3rd Zac Davies (1202) 7th Dylan Morgan (1090) 9th Oliver Clarkson (661) 11th Henry O'Brien (403) 12th Matt Gudgeon (382) 13th Freddie Webber (365) 14th Joseff Lewis (317) U15G (Long Jump 75mH Shot High Jump and 800m) 1st Carys Poole (2717) 2nd Jamie Holland (2558) 26th Elin Murphy (1627) 28th Evie Lawrence (1429) U15B (80mH/ Shot/High Jump/Long Jump/800m) 4th Charlie Holland (2326) 7th Charlie Brown (1991) 9th Sam Petherbridge (1905) 10th Rhidian Jenkins (1825) U17M (100mH/Long Jump/200m/Shot/800m) 1st Tomos Slade (3126) 4th Ben Petherbridge (2379) 6th Stephen Jenkins (2241). Congratulations 🎉

#### England Athletics U17 & U15 Combined Events Championships

This multi event competition was held in Manchester and saw only two take part, U17W Heptathlon (80mH/ High Jump/Shot/ 200m/Long Jump/Javelin/800m) Josie Sivak was our sole competitor placing 17th with a score of 3753 points. U15G Hexathlon (75mH/Long Jump/Javelin/ Shot/High Jump/800m) Jamie Holland was placed 8th with a score of 2981. Congratulations 🎉

#### England Athletics Senior / U20 Combined Events Championships (incorporating the BUCS, Midlands, Northern championships and Welsh championships) plus Open Disability Events plus U18 Hurdles events

This multi event competition was held in Bedford and saw Michael Thompson take on the U20M Decathlon (100m/400m/Long Jump/Shot/High Jump/110mH/Discus/Pole Vault/Javelin/1500m) scoring an impressive 5000 points. Well done 🎉

#### CAU Inter-County Championships (Inc England Athletics Senior Championships)

Held in Bedford the following athletes took part SM Daniel Beadsley (100m/200m) SW Risqat Fabunmi-Alade (200m) Verity Ockenden (5000m). Well done 🎉

#### British Athletics Championships

This year held in Birmingham, the following athletes participated SM Daniel Beadsley (100m) Jonathan Hopkins (3000m S/C) SW Risqat Fabunmi-Alade (100m/200m) Olivia Caesar (400m) Cari Hughes (1500m) Verity Ockenden (5000m) Lauren Williams (400mH) Caryl Granville (400mH) Bethany Close (400mH). Well done ☺

### Club Records

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

SM	3000m Steeplechase	Jonathan Hopkins	8m 34.03
SM	Triple Jump	Osaze Aghedo	15.27m
SM	Hammer 7.26kg	Adam King	61.31m
SM	Marathon	Joshua Griffiths	2h14m49.0
SW	100mH	Caryl Granville	13.48
SW	400mH	Caryl Granville	56.59
SW	Triple Jump	Sian Swanson	11.98m
U20M	Triple Jump	Osaze Aghedo	15.27m
U20W	400m	Lauren Williams	55.86
U20W	400mH	Lauren Williams	59.88
U15G	Javelin 500g	Jamie Holland	37.84m
U15B	800m	Charlie Holland	2m03.19
U13B	Pole Vault	William Trott	2.80m
SW	4x400m Relay	Olivia Caesar, Bethany Close, Lauren Williams & Caryl Granville	3.40.94
U20M	4x100m Relay	Eli Onyewu, Cameron Ciaburri, Rhys Harris & Tomos Slade	44.18
U15B	4x300m Relay	George Dun, Rhidian Jenkins, Sam Petherbridge & Charlie Holland	2.39.03
Club Bests			
U17W	Hammer 3kg	Lara Spacey	47.17m
U15G	Shot Putt 3kg	Jamie Holland	11.38m
SM	4x100m Relay	Lemarl Freckleton, Glen Elsdon, Michael Wilson & Sam Ige	41.44

Special mention to one of the senior athletes, Glyn Price who took part in the European Masters Athletics Championships in Denmark and successfully won the M50 age group Pole Vault with a height of 4.00m Nice one Glyn ☺

### JO WOOD

#### TRACK & FIELD SECRETARY 2017

#### Coaching 2017

The coaching opportunities in Swansea Harriers during 2017 have remained constant compared to the last 6 years. The club are very, very lucky to have the coaches we do.

It is a major undertaking to be able to offer coaching to well in excess of 700 members of all abilities and ages in every athletics discipline, with sessions being delivered 7 days a week not just on the main club nights. At the time of typing the signs are that the club membership looks like it will rise again potentially towards 800 members in 2018. This creates further challenges to be overcome, with not only the number of active coaches the club has, but also the capacity of the University facility especially in the winter months indoors. The club will need to consider if the membership growth continues, its aims and objectives more closely, with coaching ratios becoming higher and higher, its primary responsibilities to our competing membership, but also to non competing members and other partners what is sustainable and effective to deliver.

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 63 UKA qualified coaches, unfortunately the number of active coaches from amongst them has dropped by around 10 over the last 12 months. Of those who are active, some are volunteering on a casual basis once every couple of weeks, and some who are at the track 3 or 4 times every single week. This is just about 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. We need to rebuild this to at least 60 active and qualified coaches to try and maintain effective coaching and ratios.

Our 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 as the club builds towards the future. A number of key coaches are gradually winding down their coaching commitments to the club after in some cases decades of service.

A concern is that there are less coaching assistants willing and available to step into their shoes by establishing their own groups. However 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.

It has been pleasing to have 5 coaches pass the new UKA Athletics Coach qualification over the last 12 months, where we had zero for the preceding 3 years. We have another 3 who indicate they wish to attend this or the Coach in Running Fitness Qualification in 2018. Recruitment of UKA Coaching Assistants continues at a steady pace year on year.

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.

**Andrew Jenkins**  
**Coaching Coordinator**