



**SWANSEA HARRIERS ATHLETICS CLUB**  
**ANNUAL REPORT 2017-18**



## SWANSEA HARRIERS ATHLETICS CLUB SECRETARY'S ANNUAL REPORT

It was always going to be very difficult in 2018 to try and emulate the many successes of last year, and indeed for our Senior Men and Women's Team Managers and athletes, it was a frustrating year with both teams being relegated from the Premier Division of their respective British leagues. Notwithstanding this, it was still a great honour having both teams competing in the toughest division and league in the country and as a club we were still recognised by Welsh Athletics as being the Track and Field Club, Off Track Club and Junior Club of 2018.

So there were still many highlights in 2017-18.

Our seniors, under 20s and Under 17s retained their Welsh Track and Field title, winning all four matches during the year.

Our juniors won the Midlands West Lower Age Group YDL league and narrowly missed out on a place in the prestigious final. Our juniors also won the Welsh Junior League Cup, in an exciting final in Swansea where we pipped Cardiff Archers by just four points following the last event of the competition.

Our senior men and women both won their respective Welsh Cross Country Championships and the Welsh Road Relay Championships, and at a national level again excelled. Our men won the National six stage Championships in October 2017 and finished third in the twelve stage Nationals in April of this year, when a number of our best runners were absent. Our women finished third in the four stage Nationals in October and then 13th in the six stage in April, when a number of our top women were also absent.

From an individual athlete perspective, the club's profile was further enhanced when seven of our athletes were selected for the Gold Coast Commonwealth Games. Unfortunately, Dewi Griffiths and Dai Greene were unable to compete because of injury, but Jonathan Hopkins, Caryl Jones, Josh Griffiths, Eli Kirk and Caryl Granville all competed with distinction. Caryl Jones followed up her impressive 8th place in the marathon with selection for the GB and NI European Championships Team, where she finished 30th.

Congratulations also go to Joe Brier for his bronze medal at the Junior World Championships as part of the 4x400m relay team. It was also great to see his sister, Hannah back from injury and by the end of the season getting close to some of her best 100m times with more to come in 2019.

With mixed overall fortunes for the club, it is important that we continue to strive for further development and improvement across all disciplines and age groups. Whilst there have been no fewer than seventeen club records broken during the season, and although the number of junior gold awards was a significant 56, the underlying trend in the awards is a weakening of overall standards over the past three seasons. There is thus some concern that whilst our membership continues to grow, possibly approaching the 800 mark by the end of the year, that the impact on coach to athlete ratios and the demand on University facilities could be having a detrimental effect on individual athlete development. The club is therefore exploring with our coaches both

coach and athlete development during November, with undoubtedly some clear proposals coming from these discussions.

We are also taking steps to help retain our under 17 and under 20 athletes, where drop out rates across all sports clubs in the UK is high. We will introduce for the 2019 track and field season, male and female athlete of the match awards in all YDL and Welsh league fixtures that these age groups compete in. We will give awards to athletes who take part in most fixtures during the season, starting with our under 17s and under 20s who compete in four of the five John Collins Gwent Leagues cross-country matches. We will also extend the gold awards to our under 20 athletes in 2019.

Whilst within the club, there has been an excellent response from our volunteer officials, with Emma Spacey doing a fine job in her new role as Officials Secretary in getting our required allocation of officials out at nearly all matches, there have been worrying trends elsewhere. Some clubs have struggled to get adequate officials cover and this has resulted in two of the West Wales Junior League matches having incomplete results for Power of 10 purposes and in one of these matches, events being cancelled for the lack of officials cover. At a recent joint meeting between the Welsh Athletics Board and the Welsh Athletics General Council, the issue of officials' capacity and development was highlighted as a main concern going forward. Officials recognition and status, the qualification and training process and the length of meetings were all highlighted as areas needing attention, and there is no doubt that these will all need to be looked at to prevent a further deterioration of what is already a worrying situation. The club, as always, will play an active part in any future all Wales and regional debates.

Another major development for the club has taken place away from the track and competitions. In June, at a Special General Meeting, club members unanimously agreed to change the constitution of the club from a Community Amateur Sports Club (CASC) to a Charitable Incorporated Organisation (CIO). This recognizes the scale and complexity of our activities and puts the club in a far stronger position in seeking financial support, grants and sponsorship.

There continues to be a drive, encouraged by Welsh Athletics, to continue to improve how the club is managed and to continue to seek local partnerships to ensure we go from strength to strength and ensure a sustainable and successful future. Our relationship with the University and the City Council are crucial to this, but there is no doubting that the future success of the club firmly rests with our athletes, coaches, team managers, officials and other volunteer helpers. It is this strength, which is vital, as is our standing and links to the local communities of Swansea. We can all be proud of the contribution that the club is making to athletics, sport and the well being of our local people and communities, and from a Trustee perspective give a big thank you to all the volunteers who continue to make Swansea Harriers such a success.

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



### Senior Men's Track & Field 2018

What a difference in two seasons – from the euphoria of promotion to the Premiership to the disappointment of relegation back to Division 1. Whilst we knew that the Premiership was going to be a major step-up in quality, we were badly hit by fixture clashes and injuries to a few key athletes. It was not helped by Welsh Athletics organising events on BAL weekends that took some of our key athletes away from representing the club.

The first round of our BAL campaign kicked off in Leigh but the team was badly hit by the clash with the BUCS Championship. This meant that we were missing over ten of our best students. As a result we finished last on the day but only 14 points behind 5<sup>th</sup> place, which was to prove crucial. With 3 or 4 additional athletes I am convinced that we could have achieved 4<sup>th</sup> or 5<sup>th</sup> on the day, which would have set us up for the season. There were some excellent performances – Nathan James finished 3<sup>rd</sup> in the javelin with a throw of 62.15m with Aaron Morgan winning the B with a 62.13m personal best. Middle distance stalwarts, Guy Smith and Marc Hobbs, finished 3<sup>rd</sup> and 2<sup>nd</sup> respectively in the 3000m for good points. Roberto Oppong jumped 14.64m in the Triple Jump for 3<sup>rd</sup> before rushing off to Bedford for BUCS.

In the second match in Cardiff, we fielded a much stronger team but then so did everyone else as well and again we finished last. Our chances were not helped by Welsh Athletics organising a throws competition in Portugal, which took our best Javelin thrower away! The quality of the competition was unbelievable and in some of the field events we would have needed a performance far in excess of the club record to win and in some cases just to make the cut. Adam King threw a season's best of 60.55m in the Hammer for 5<sup>th</sup>, which was only just short of his club record. Glen Elsdon ran a 14.98 season's best for 2<sup>nd</sup> in the 110m Hurdles. Kris Jones ran 14.21.63 in the 5000m and Jonny Tobin ran 1.54.49 to win the B 800m. This was to be only our second winner all season.

And so on to Bedford and a repeat of the fiasco of the “big Saturday” format. Whilst it was better organised this year, the competition was still spread over 9 hours. The clash with the Welsh Schools and injuries meant that we were not able cover all the events and basically that ended our hopes of staying up. Adam King improved on his club record in the Hammer with a throw of 61.34m, which was only good enough for 4<sup>th</sup>. Nathan James continued his fine run of form to throw 64.84m for 2<sup>nd</sup> in the Javelin.

The final match at Hendon was a formality with relegation more or less confirmed before the event. Nevertheless, there were some good individual performances. Lemarl Freckleton ran 21.40 for a pb in the 200m. Joe Brier also ran an excellent 47.50 for 4<sup>th</sup> in the 400m behind Sudanese International, Sadam Koumi, who ran 46.56 in far from ideal conditions!

Special thanks to Aled Price who was the only athlete to compete in all 4 BALs and to the usual suspects – Marc Hobbs, Glyn Price, Wyn Roberts, John Owen - who have been supporting the club over many seasons in the British League.

For the record, club records were set by Adam King (Hammer – 61.34m at the Cardiff BAL) and Jonny Hopkins (8.30.52 in the 3000m Steeplechase).

Whilst it was a disappointment to have been relegated, we can at least say we made it to the top echelon of British Club athletics. Looking forward to Division One next year – I am convinced that we can win promotion back to the Premiership provided we get support from **all** sections of Athletics in Wales. Certainly, we need a commitment from Welsh Athletics to avoid clashes with the BAL weekends. We also need to re-emphasise to the athletes and to the coaches (and not just the Club coaches) that the British League is an excellent competition, which will help them, and their athletes to progress.

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



### **Senior Women's Team- UK Women's League Premier Division 2018**

We had a tough season this year with the UKWL losing many of our top athletes to injury. However, all athletes who did compete gave a 110% to try and remain in the Premier but it was a difficult task to achieve especially without any 100H, 400H or Pole-vaulters in the last meet. But it was a valiant attempt nonetheless.

The outstanding performance of the season for me was Lauren Williams who went from strength to strength throughout the season, managing pb s regularly in the 400H and 400m. This put her in good stead by the end of the season where she achieved the club record for under 20 400H and qualifying time for junior championships.

We have a lot of work to do by next season to get ourselves back up into the Premier division but it is definitely an achievable goal.

All I can say is a huge thank you to all the athletes who have given their all this season especially as many of them covered events outside their comfort zones.

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

## **Track & Field Secretary Report Swansea Harriers Athletics Club**

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 390 entries, it was a good indicator that the athletes had trained hard during the winter season and I congratulate them wholeheartedly for their efforts.

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

This year saw the 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 are permitted with two scoring. Matches took place at Cardiff, Neath, Swansea and Newport. For the 3<sup>rd</sup> consecutive year Swansea Harriers brought the trophy home. Final Scores – Swansea Harriers (3745/44) Cardiff AAC (2858/38) Brecon AC (2505/38) Neath Harriers (1491/30) Newport Harriers (1268/24) Pembrokeshire Harriers (1142/23) Carmarthen Harriers (622/19) Run4All Neath (477/15) Parc Bryn Bach RC (442/15) Cardiff Archers (933/14) Barry & Vale (76/1)

### **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 again saw the slight change to the format of the fixtures for the Midlands Division with 3 league matches held in Swansea, Cardiff and the very long journey to Exeter against Team Avon (2157.5/17) Cardiff AAC (1871/15) Team DC (1758/13) West Wales (1407/8) Cheltenham & County Harriers (1378.5/6) and Swansea Harriers (1077/4). The fourth fixture held in Swansea was a promotion/relegation match which saw the club maintain its position in the Premier Division for another session. Final Scores – West Wales (631) Swansea Harriers (548) Cardiff Archers (539) Cheltenham Harriers (486) Team Gwent (486) and South & East Wales (299). Sadly athlete numbers were low but not through the lack of trying from the team managers.

### **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 Swansea, Bath and Yate. After the three fixtures the scores were Swansea Harriers (1679/17) Cardiff Archers (1616/16) Cheltenham & County Harriers (1439.5/12) Cardiff AAC (1361.5/8) Yate & District (1315/7) and Team Bath AC (1048/3). Held in Stoke Gifford the Midland Promotional Final saw Cardiff Archers winners on the day (553) with Marshall Milton Keynes AC (535) joining them in the National Finals. Other team scores were Birchfield Harriers (489) Swansea Harriers (482.5) Notts AC (476.5) Cheltenham & County Harriers (394).

### **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, Neath, Swansea and Brecon. The match at Swansea was abandoned due to the bad weather conditions. Final Scores – Swansea Harriers (4815/36) Carmarthen Harriers (3742/32) Pembrokeshire Harriers (3009/26) Bridgend AC (2767/24) Brecon AC (2552/22) Neath Harriers (1871/15) Llanelli AC (1544/7) Pontyclun AC (1221/11) Barry & Vale (1361/7). As there was a distinct lack of qualified officials from the majority

of clubs participating this put a considerable strain on our officials and will need to be addressed for the 2019 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, this nail biting final saw Swansea Harriers only just come away with the trophy after the scores changed continuously throughout the day. Final Scores – Swansea Harriers (1070) Cardiff Archers (1066) Cardiff AAC (937) Newport Harriers (884) Carmarthen Harriers (826) Pembrokeshire Harriers (618) Bridgend AC (442) and Rhymney Valley (441)

### **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. Unfortunately, on the day scoring was incorrect which saw the club take the win however, once the results were typed up and scores checked and rechecked they come out as runners up to the hosts Pembrokeshire Harriers.. Final scores – Pembrokeshire Harriers (778) Swansea Harriers (772) Carmarthen Harriers (659) Neath Harriers (360) Llanelli AC (311) Bridgend AC (225). Again unfortunately this was slightly marred by the lack of qualified officials especially timekeepers and track judges on this occasion.

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

This popular junior fixture is now in its sixth 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 (728/9) Neath Harriers (370/6) Llanelli AC (188/3)

### **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** Megan Stratton Thomas (Walk) Abigail Howells (Walk) Abbie Hall (800m) Charlie Holland (800m/200m) Ethan Rigby (Javelin) Darcie Bass (800m) Iwan Beggs (High Jump) Rachel Davies (800m) Katie Philips (Triple Jump) Ieuan Hosgood (Pole Vault) Mia Evans (100m/200m) Evie Lawrence (Pole Vault) Eli Onyewu (100m/200m) Abigail Goodrick-Latham (3000m) Sam Fenwick (Pole Vault) Holly Cooper (Discus) Owain Clarke (80mH/300m) Charlotte Champion (Triple Jump) Neve Bowen (Discus) Chole Jones (Javelin) Holly Guite (Pole Vault) Freya Morgan (75mH/High Jump) Conor O'Shaughnessy (Long Jump) William Trott (Pole Vault) Michael Thompson (Shot Putt) Iona Melrose (High Jump) Lily Ford (Shot Putt) Max Thomas (Pole Vault) Matt Gudgeon (75mH/1500m) Nathan James (Javelin) Thomas Gorvett (Javelin) Macsen Holland (Discus/Shot Putt) Seren Wyatt (Long Jump) Mai Davies (1500m) Chloe Simmonite (100m/200m) Elin Murphy (Pole Vault) Harrison Garcia (100m/200m) Sara Davies (400m/200m) Charles Walsh (400m) Vicky Jackson (1500m) Katelyn Thomas (70mH/High Jump) Sarah Lyons (Long Jump) Oscar Dun (Hammer/Discus) Joseff Lewis (Triple Jump) David Jones (Hammer) Thomas Whitehouse (High Jump) Samuel Davies (High Jump) India Collinson (Long Jump) Emily Collins (Hammer) Thomas Payne (Long Jump) **SILVER** Rebekah Pratt (Pole Vault) Michael Thompson (Long Jump/High Jump/Discus) Shannon Thomas (Walk) Freya Gemine (Walk) Dylan Morgan (Long Jump) Harry Newton (Pole Vault) Gemma Seaman (800m) Charles Walsh (800m) India Collinson (100m) Jamie Holland (Javelin/Shot Putt) Sharon Leach (3000m) Iwan Slade (Pole Vault) Ioan Jenkins (High Jump) Isla Melrose (Shot Putt) Conor O'Shaughnessy (Discus) Ben Woodnutt (Pole Vault) Sally Hopkins (Discus) Daniel Morgan (3000m) Iona Melrose (Long Jump)

Fiachra Tobin (Discus) Joseff Lewis (Pole Vault) Lucy Harris (Javelin/Discus) Carys Dickinson (Shot Putt) Sam Petherbridge (80mH/100m/200m) Samuel Davies (Triple Jump) Emily Collins (75mH) Oscar Dun (Shot Putt) Ella Davies (1500m) Joshua Wilton (Javelin/Discus) Oliver Clarkson (100m/Long Jump) Georgia Wilson (100m/200m) Robin Wood (Long Jump) Abigail Goodrick-Latham (1500m) Megan Gwyther (70mH) Holly Guite (High Jump) Christian Garcia (200m) Nathan Jones (Javelin) Summer Stuart Low (Discus) Thomas Gorvett (High Jump) Elliot Riordan (High Jump) Eleanor Ward (Hammer) Lara Spacey (Hammer) Millie Carter (Pole Vault) **BRONZE** Carys Hennessy (800m) Reuben de Vall (800m/Long Jump) Llinos Jones (800m/1500m) Charles Walsh (3000m/1500m) Zac Davies (80mH/Long Jump) Dafydd King (75mH/Pole Vault) Katelyn Thomas (100m) Christian Garcia (100m) Harvey James (100m/Shot Putt) Dewi Williams (400m) Eve Bevan (300m) Gabrielle Garcia (300m) Jacob Evans (200m) Matthew Makoni (200m) Chloe Simmonite (Long Jump) Harrison Garcia (High Jump) Chelsey Thomas (Hammer) Renate Prells (Hammer/Discus) Roderick Davies (Long Jump) Ruby Jones (High Jump) Emily Collins (Long Jump) Katie Lake (Pole Vault) Alex Hambleton (Pole Vault) Grace Thomas (Long Jump) Tiana Evans (Javelin) Nathan Jones (Discus/Shot Putt) Chris Pruski (Javelin) Jessica Wilcock (Shot Putt) Chloe Jones (Shot Putt/Discus) Shannon Thomas (Discus) Sally Hopkins (Shot Putt) Catherine Collins (Shot Putt) Tilo Dietzig (Javelin) Lily Ford (Discus)

At the South and East Wales Championships, the following athletes took part Samantha Gamble (100m) Macey Morris (300m) Isabel Davies (300m) Armani Williams (400m) Bronwen Stratton Thomas (1500m s/c) Daniel Williams (High Jump) Sian Swanson (Triple Jump) Jacob Williams (Discus/Hammer)

#### **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 overall. Club athletes taking part were Eli Onyewu, Daniel Williams, Ioan Jenkins, Iwan Beggs, Niki Williams, Glyn Price, Rachel Davies, Ieuan Hosgood, Ben Woodnutt, Peter Roberts, Aled Price, David Jones, Nathan James, Thomas Payne, Matthew Makoni, Georgia Milza, Charlie Brown, George Dun, Rhidian Jenkins, Joshua Wilton, Ethan Rigby, Helen-Marie Davies, Daniel Morgan, Abbie Hall, Matthew Rees, Sam Petherbridge, Charlie Holland, Owain Clarke, Zac Davies, Samuel Davies, Noah Osborne, William Trott, Dylan Morgan, Oscar Dun, Abigail Goodrick-Latham, Seren Wyatt, Catherine Collins, Tristan James, Rachel Jones, Caitlin Gwyther, Darcie Bass, Shannon Thomas, Evie Lawrence, Eleanor Ward, India Collinson, Tiana Evans, Jamie Holland, Lara Spacey, Holly Cooper, Georgia Wilson, Lexi Allen, Iona Melrose, Ella Davies, Tiffany Rees, Freya Gemine, Freya Morgan, Elin Murphy, Niamh Jones, Neve Bowen, Tamsin Thomas, Millie Carter, Emily Collins and Chloe Jones. Final Scores West Wales (936) North Wales (755) South Wales (733) East Wales (704)

#### **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. Medal winners were **GOLD** Dylan Parry (100m) Steffan Dylan Jones (400m) Carys Poole (75mH/Long Jump) Tomos Slade (110mH/Long Jump) Bronwen Stratton-Thomas (1500m s/c) Megan Stratton-Thomas (3k Walk) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) William Trott (Pole Vault) Macey Jones (Triple Jump) Maccsen Holland (Shot Putt) **SILVER** Harrison Garcia (100m/200m) Gabrielle Fakande (100m/200m) Macey Morris (200m) Isabel Davies (300m) Sam Fenwick (Pole Vault) Caitlin Gwyther (800m/1500m) Owain Clarke (80mH) Francis Lewis (2000m s/c) Samuel Davies (High Jump) Noah Osborne (Pole Vault) Evie Lawrence (Pole Vault) Millie Carter (Pole Vault) Michael Thompson (Long Jump) Thomas Payne (Long Jump) Sarah Lyons (Long Jump) Charlotte Champion (Triple Jump) Tom Bond

(Triple Jump) Tristian James (Shot Putt) Oscar Dun (Discus) Lucy Harris (Discus) Holly Cooper (Hammer) Joshua Wilton (Javelin)

**BRONZE** Steffan Dylan Jones (200m) Sam Petherbridge (200m) Katelyn Thomas (70mH/High Jump) Zac Davies (80mH) Seren Wyatt (Long Jump) Michael Thompson (High Jump) India Collinson (Long Jump) Joshua Wilton (Discus) Holly Cooper (Discus) Lara Spacey (Hammer) Ethan Rigby (Javelin) Rachel Jones (Javelin)

Athletes also competing were Cameron Ciaburri, Thomas Payne, Tristan James, Ben Petherbridge, Oliver Clarkson, Reuben de Vall, Jenson Morris, Chloe Simmonite, Ruby Jones, Kyle Rees, Dewi Williams, Joshua Aka, Zac Davies, Jacob Dowling, Christian Garcia, Matt Gudgeon, Iona Melrose, Sarah Lyons, Chloe Jones, Tamsin Thomas, Sophie O'Brien, Katelyn Thomas, Niamh Jones, Eve Bevan, Matthew Lewis, Tom Alison, Darcie Bass, Tiffany Rees, Abbie Hall, Esme Barclay, Mai Davies, Megan Gwyther, Jessica Wilcock, Harry Collins, Emily Collins, Evan Willis, Conor O'Shaughnessy, Freya Gemine, Zac Davies, Harrison Garcia, Bethany Morgan, Iwan Slade, Max Thomas, Harry Newton, Tiana Evans, Caitlin Jenkins, Georgia Milza, Phoebe Davies, Harley Thomas, Sally Hopkins, Ellie Bond, Isla Melrose, Emilia Evans, Lois Parry, Nathan Jones, Katie Lake, Rebekah Pratt, Ffion Berrell

### **Celtic Games**

The Celtic Games were held in Grangemouth, Scotland and saw the following athletes selected to represent their country in the U16 & U18 age groups. **U18** Armani Williams (100m/4x400m) Macey Morris (200m/4x100m) Steffan Dylan Jones (400m/4x400m) Gabrielle Fakande (400m/4x400m) Ashleigh Willis (3000m) Tomos Slade (110mH/Long Jump/4x100m) Evie Lawrence (Pole Vault) Rhys Hughes (Javelin) **U16** India Collinson (Long Jump) Jamie Holland (Shot Putt) Well down to the athletes for achieving a Welsh vest and representing Wales in a hard fought competition 😊

### **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 Macey Morris (200m) and Steffan Dylan Jones (400m) Well done 😊

### **England Athletics U23 / U20 Champs**

Held in Bedford the following athletes took part Tomos Slade (110mH) Daniel Beadsley (100m/200m) Callum Davies (100m) Hannah Brier (100m) Joseph Brier (400m) Olivia Caesar (400m) Cari Hughes (1500m) Conor Smith (3000m) Michael Wilson (110mH) Lauren Williams (400mH) Jade Brewster (Pole Vault) Osaze Aghedo (Triple Jump) Well done 😊

### **Manchester International**

Held midweek saw the Manchester International match in Sportscity. Manchester. With competing teams from England, Wales, Scotland, Northern Ireland, GB Juniors, BAL/UKWL, Iceland and International Selection. Taking part as a member of the Welsh Team were Jonathan Tobin (1500m) Hannah Brier (100m/4x100m) Joseph Brier (400m) Lauren Williams (400m/4x400m) Aled Price (Long Jump) Sian Swanson (Triple Jump) Lemarl Freckleton (100m/4x100m) Another club member also took part for **GB Juniors** Osaze Aghedo (Triple Jump) Congratulations to those international selections 😊

### **CAU Inter-Championships (Including England Athletics Senior Championships)**

Held at Sportscity in Manchester, the following athletes took part Daniel Beadsley (100m/200m) James Ledger T12 (100m) Hannah Brier (100m) Lemarl Freckleton (200m) Joseph Brier (200m) Risquat Fabumnmi-Alade (200m) Lauren Williams (400mH). Well done ☺

### **Welsh Athletics U20 International (inc. Welsh Athletics 3000m Championships)**

The Welsh Athletics Outdoor International featured an U20 International Match between Wales, Welsh Schools. England South, England Midlands, Scotland, England North and Northern Ireland held in Swansea. Swansea athletes taking part were – Eli Onyewu (100m) Thomas Payne (100m) James Ledger (100m) Gabrielle Fakande (100m/200m) Isabel Davies (100m) Ben Paris (200m) Joseph Brier (400m) Elliott Lawrence (1500m) Ashleigh Willis (3000m) Caitlin Gwyther (3000m) Tomos Slade (110mH/Long Jump) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) Michael Thompson (Long Jump)

### **SIAB U17 International**

U17 British Schools International held in Grangemouth, Scotland for Wales V Scotland V Ireland V England. It was fantastic to see Swansea Harriers athletes selected for the Wales team. Athletes selected were Thomas Payne (100m) Macey Morris (200m) Isabel Davies (300m) Steffan Dylan Jones (400m) Dafyd Jay (3000m) Ashleigh Willis (3000m) Bronwen Stratton Thomas (1500m s/c) Sam Fenwick (Pole Vault) Evie Lawrence (Pole Vault) Carys Poole (Long Jump) Charlotte Campion (Triple Jump) Jamie Holland (Shot Putt) Lara Spacey (Hammer)

### **British Athletics Championships (Inc. European Trials)**

This high class field of the top athletes around the UK took part in this meeting held in Birmingham. The following Swansea Harriers athletes participated – Daniel Beadsley (100m) Lemarl Freckleton (200m) Joseph Brier (400m) Olivia Caesar (400m) Laura Maddox (800m) Cari Hughes (1500m) Dai Greene (400mH) Lauren Williams (400mH) Jonathan Hopkins (3000m s/c) Nathan James (Javelin).

JO WOOD

TRACK AND FIELD SECRETARY





### Road Running Report 2017-18

It was another excellent year for the club's road-running teams, though the success of individuals in earning international recognition inevitably had an impact, especially in April.

Following the successes in the 2017 Welsh road relays, in which the Harriers won both men's and women's races by huge margins, there were high hopes for the autumn national relays at Sutton Park and confidence proved justified in the men's six-stage race with the team cruising home in first place 74 seconds (so a quarter-of-a-mile) ahead of second place Tonbridge. Jonny Tobin, Marc Hobbs and Jon Hopkins ran the first three legs after which we were just in front before Jack Gooch, Josh Griffiths and Dewi Griffiths extended the lead with a top-notch display of front running. Dewi,

in great form at the time, ran the fastest leg of the day by no less than 34 seconds. The six-stage title, following on from victory in the 12-stage the previous April, meant an unprecedented double for the club.

Our women's team, though hit by injuries, did extremely well to take third place behind Aldershot and Leeds, Cari Hughes, Sian Edwards and Andrea Whitcombe getting us to sixth place before Verity Ockenden pulled up to third with a brilliant anchor leg.

The clash with the Commonwealth Games meant this year's April relays were always going to be a challenge as the men were deprived of runners of the calibre of Dewi Griffiths, Josh Griffiths, Liam Lloyd and Jonny Hopkins, but a battling effort notable for a superb run by Kristian Jones enabled the team to take third place in the 12-stage. Frustrating though it was that any one of our runners on the Gold Coast would have made the difference between third and retaining our title, this was a brilliant effort. Kris's time on the long leg was the second fastest of the day behind Alex Yee.

Without Eli Kirk and Caryl Jones, who ran the Commonwealth Games marathon, plus injured Andrea Whitcombe and Verity Ockenden among other unavailabilities, we had a real struggle to get a women's team together, but in the end a team including three who had never run at Sutton Park before managed to finish 13<sup>th</sup> out of 72 starters which was a fine effort. Team: Kate Roberts, Cari Hughes, Hannah Munday, Sian Edwards, Sarah Worley and Abigayle Goodrick-Latham.

**George Edwards**  
**Team Manager**



### 2017/18 Cross-Country Report

Some mixed fortunes last season but nevertheless Swansea Harriers continue to be a force to be reckoned with on the country.

In the Welsh championships Dewi Griffiths consecutive run of wins ended due to injury, which also resulted in him not being able to run in the Gold Coast Commonwealth Games. Nevertheless, the team performed exceptionally well by retaining the team title with a stand-out performance by Phil Matthews who finished second. Our 'B' Team confirmed our strength-in-depth by winning bronze medals. For the second year in a row we also won the mass participation cup for the largest number of senior/masters competitors. Similarly, in the Senior women's race Swansea won the team title with Sian Edwards finishing in fourth place and the 'B' team gaining bronze medals.

Other results from the Welsh XC champs

Under 11 Girls - team bronze

Under 13 Girls – Ella Davies 5th

Under 15 Girls - team silver medal – Ashleigh Willis 4<sup>th</sup>.

Under 17 Women - Eluned King 4<sup>th</sup>

Under 20 Men – Dominic Smith 1<sup>st</sup>, Eliot Lawrence 6<sup>th</sup>

Masters Women – M35 Gold – Helen Marshal ind. bronze

Masters Men – M35 team silver – Phil Matthews ind. gold, M40 team gold, M50 team gold, M55 team gold – Ifan Lloyd ind. Gold

On the same day in Scotland our Dundee resident Swansea Harrier won the Scottish cross-country title in Falkirk. The GB International mountain-running and orienteering athlete also performed well in the Edinburgh cross-country to finish first in the inter-district competition.

Cari Hughes also ran well in Edinburgh finishing in fourth place. Cari finished 9<sup>th</sup> in the SPAR European cross-country championships in Samorin, Slovakia where Dewi dropped out due to injury.

Paul Flynn ran for GB in this year's Masters World athletics championships in Spain winning a team bronze medal in the cross-country +M45 age group

Locally our teams and individuals have performed consistently well. Ashleigh Willis had a good season winning the Welsh Schools title as well as finishing fourth in the Welsh Championships. Bronwen Stratton-Thomas ran consistently all season and was rewarded with a Welsh vest. The Gwent League results continue to be inconsistent. Our senior men finished third overall as did the under-13 Girls. The under-17 women finished second overall with Bronwen finishing 3<sup>rd</sup>, Beth Thomas 6<sup>th</sup> and Molly Jones 8<sup>th</sup>. Ifan Lloyd ran every race and dominated the M45/M55 age groups. Simon Merrick continues his long run of consecutive appearances

We could not achieve these performances without the support of our coaches and, particularly our team managers:- Rick Stratton-Thomas, Jacki King, Gareth Davies, Tony Clements, Leanne Gwyther, Lynn Martin and my wife Kay Fox.

**Brian Fox – Cross-country Secretary / Senior Men's/Women's team manager 18/09/2018**

## Coaching 2017/18

The coaching opportunities at Swansea Harriers during 2018 have remained constant compared to the last 8 years. The club are very, very lucky to have appropriately qualified, experienced and dedicated volunteer coaches across all event disciplines

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 2018/19. This creates further challenges to be overcome by the club, with not only the number of active coaches the club has, but primarily the capacity of the University facility especially in the winter months indoors, with restrictions continually placed on our throwers due to soccer on the infield. The much rumored external throws cage would resolve this situation instantly and additionally make the venue more attractive to meeting organisers with two competition cages.

The club will need to consider as the membership growth continues, its aims and objectives more closely. With coaching ratios becoming higher and higher and therefore less effective. Increasing demands have also been placed on the club coaching resources, where there is a lack of opportunities in other organisations as well as internally with a small percentage of non competing club members making what is already practical, sustainable and effective to deliver even more challenging.

The club now has 4 well established satellite clubs for children in school year 4 and below that are too young to join the club which provide fantastic opportunities, however for the last 2 years this has resulted in over 100 primary aged children wanting to start with the club each October is what are already oversubscribed sessions.

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 62 UKA qualified coaches, unfortunately the number of active coaches has dropped by around 3 in 2018 following on from 10 over 2017. 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 re build this to at least 70 active and qualified coaches to try and maintain effective coaching and ratios.

For 2018/19 our main challenge and objective is not only to retain, but 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. Plans will be made during the build up to Christmas on how to further develop our coaching team.

A continued concern is that there are fewer coaching assistants willing and available to step into senior coaches 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. However the good news is that in 2018 one coach has now established their own group.

It has been pleasing to have 5 coaches pass the new UKA Athletics Coach qualification in 2017 and a further 2 over the last 12 months, where we had zero for the preceding 3 years. We have another 5 who indicate they wish to attend this or the Coach in Running Fitness Qualification in 2018/19. 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**