



**SWANSEA HARRIERS ATHLETICS
CLUB**

ANNUAL REPORT 2018-19

Preface

First and foremost I would like to thank all the volunteers who have given up so much of their time to help the club. The Trustees, Team Managers, Coaches, Café Staff and Officials who all work so hard to make the club a success. At the moment they number about 100, but we are still short of officials in particular and would welcome people to help as Timekeepers and Judges. Many thanks to Sue Griffiths our Treasurer for compiling the Financial Report and our Secretary Tony Clements in compiling this report along with the contributors to the different sections.

It was decided at an EGM of the club in October to change the Date of our Annual General Meeting to the month of January with the Financial year ending on the 30th September the same date as the Track and Field season ends. This was at the request of the Charity Commission. So for this year the gap between our AGM's has been extended.

After 2018 which was one of the clubs most successful years as is sometimes the case with sporting organisations there were not the same successes achieved in 2019. However there were many pleasing performances. British International Vests were gained by Joe and Hannah Brier on the Track and Carrie Hughes, Kristian Jones, Dewi Griffiths, and Verity Ockenden at Cross Country. We were delighted with their selection and wish them well for the future. 7 of our club members have gained funding of some kind from the Governing Body with future Commonwealth Games in mind, Hannah and Joe Brier, Lauren Williams, Jonathan Hopkins, Josh Griffiths, David Greene and Dewi Griffiths, the latter with Olympic podium place funding.

It was pleasing that both our Senior Men's and Women's teams did well enough in Division 1 of their Leagues to earn themselves a place in the newly formed Premier Division National Athletics League for 2020 where they will compete jointly for the first time against the best teams in the UK. Both our Under20/17 YDL and Under 15/13 YDL teams made it to the Midlands Regional Finals. Also The Welsh Senior League and Junior League Trophies were both won by the club, The Senior Women and Primary Girls won the Team Awards at The Welsh Cross Country Championships.

With the A.G.M. being held in January it does give me the opportunity to wish all our athletes a successful and enjoyable 2020. I hope they will all achieve their aims. The club has introduced several incentives to help members in reaching their targets such as Gold Awards, Athlete of the match Awards, Club Records and Loyalty Awards. This year there are many competitions in some events for some younger age groups. If you need advice and guidance your Team Managers and Coaches will only be too pleased to help. Last but not least do let Your Team Managers know as soon as possible if you can or can't compete in an event.

Very Best wishes to everyone for 2020

Barrie Owen

Club President

SWANSEA HARRIERS ATHLETICS CLUB

SECRETARY'S ANNUAL REPORT 2018-19

In many ways the last year has been one of consolidation for the club. Our senior men and women retained their Division One status in their respective leagues, and encouragingly our U17s and U20s made it through to the Regional YDL final having in the previous year needed the promotion/relegation play off to maintain their Premier league status. Our younger juniors were again strong in both Welsh and YDL competitions, and were key in the club retaining its title of Welsh Athletics Junior Track and Field Club of the Year. Off track was a mixed season though our women were particularly strong in Welsh competitions. Nevertheless, we were again Welsh Athletics Off Track Club of the Year. So much to be positive about.

Our juniors (U13/15) had a very good Youth Development League (YDL) season, comfortably winning the Midlands South West league and coming close to reaching the prestigious YDL national final, when we came third in the Midlands final. Joined by our under 11s, our juniors were too strong for the other Welsh clubs, winning the West Wales League and then winning the Welsh Athletics Junior Cup Final by over 70 points from second placed Cardiff AAC.

It was a very encouraging year for our Under 17/20s juniors, who for the first time reached the Midlands YDL final having exceeded expectations in the Midlands South West League. The quality of our athletes is highlighted by the good numbers representing Wales in the relevant international matches during the season. Thirteen Under 17 club athletes represented Welsh Schools at the British Schools Championships, fittingly held in Swansea, and ten junior club athletes represented Wales at the Under 20 International in Cardiff. A fully breakdown of all our representative athletes and championship medal winners is given in Jo Wood's comprehensive report on the track and field season.

This was the first year for the male and female athlete of the match awards to be presented (UAG YDL and BAL/UKWL matches) to reward athletes who make a particularly significant contribution to a match – given the success of our UAG YDL team, this is certainly an initiative that will continue.



YDL Athlete of the Match winners Gabrielle Fakande, Sam Peteherbridge, Steffan Jones, Bronwen Stratton -Thomas, Jamie Holland and Tom Payne.

One of the highlights of the year was seeing both Joe and Hannah Brier competing for GB and NI at the Under 23 European Championships in Sweden in July. Hannah was part of the GB and NI 4x100 relay team coming fifth in the final and Joe gained a great silver medal with the 4x400 relay team. Many congratulations to them both and certainly a first for the club.



For our seniors, the Track and Field season for 2020 will be an exciting one, with the launch of a new National Athletics League bringing together the men and women's teams. Given the strength of both our teams, we will be competing in the 16 strong Premier division with a new round robin format. Much still needs to be finalized before the season but our Team managers are already preparing for this new challenge.

Brian Fox and George Edwards provide a run down of our off track performances this year. Some highlights for the year include Dewi Griffiths winning his seventh Welsh Cross Country Championships back in March, where Ashleigh Willis also had an excellent performance as an Under 17 by winning gold in the combined U20/17W race. Our women were also to the fore in both the Welsh Cross Country Championships and the Welsh Road Relay Championships. They are also currently in second place in the John Collins Gwent Cross Country League. A special thanks

should also go to Brian and Kay Fox for all their time and work in getting teams to these matches and ensuring they are all looked after on the day.

Special mention should also be made of our growing masters section. Club members Daphne Marler and Roderick Davies are playing a key role of raising the profile of the Welsh Athletics Masters, and it is good to see so many good performances at the British and European Masters Championships. Off track our master are always to the fore in road and coss country competitions.

As in previous years the need to maintain a strong volunteer officials base continues to be a priority, not just for Swansea but also for all clubs and the Governing body. We have had some notable successes this year with Emma Spacey proving an excellent Officials Secretary and in seeing both Rebecca Ward and Lynne Brier progressing with their photo finish technical qualifications- a real bonus for Swansea and the regions in developing our volunteer expertise in such a critical area. A big thanks you to all three and to all the many other volunteer officials who make themselves available for away as well as home fixtures.

Discussions are also ongoing with local clubs and the Regional Council to obtain photo finish equipment that is solely for the regions so that we can ensure this facility at all home matches.

Away from competitions and matches, the club continues to look to modernise and provide an infrastructure that enables its continued success. We are finalising with Welsh Athletics the appointment of a paid part time Fundraising and Volunteer Recruitment post to enhance our fundraising and sponsorship opportunities and sustain our volunteer support base. This will also build on local community relationships and look to build the profile of the club as somewhere aspiring athletes can come to enjoy their sport and reach their full potential - whatever their age or background.

We are also going to update the club website over the next few months so that it's fit for purpose as we look to extend technical opportunities in the day to day running of the club.

We have formulated our coach and athlete development pathway, which is wholly in line with the current Welsh Athletics approach and philosophy, building on a strong run, jumps, throws base prior to greater specialisation as athletes mature.

There is much to look forward to in 2020 in what is an Olympic and Paralympic year. As always the continued success of our athletes is reliant on the infrastructure we are able to provide. Our volunteer coaches, officials, team managers and other helpers are crucial to this as well as the excellent facilities available to us at Swansea University. A big thank you to all our athletes, volunteers and parents of our younger athletes for their ongoing support and here's to a successful new decade.

Tony Clements
Club Secretary

Senior Men's Track and Field 2019



Following relegation from the Premiership in the previous season, the target was to win promotion back up. In the event, this was overtaken as it was subsequently agreed to merge the BAL and UKWL to form the new joint scoring National Athletics League.

The first round of our BAL campaign kicked off at home in Swansea and unlike the previous season there was no clash with the BUCS Championships. The team made the most of home advantage to finish 2nd, just 7 points behind a very strong TVH team. There were some excellent individual performances. New recruit - Pat Swan - threw 16m23 for 2nd in the Shot competition with Dan Cork winning the "B" with 15m40. Pat's throw was well over the Club record of 15m45 but will only count as a Best Performance as he is a Higher Claim athlete. There was a fine double in the 3000m with Guy Smith winning the "A" in 8.27.39 and club captain, Marc Hobbs, the "B" in 8.41.06. The Javelin pairing of Aaron Morgan (60m60) and Nathan James (56m55) scored valuable points with 2nd in the "A" and 1st in the "B" respectively. Dan Rothwell ran a pb (9.21.88) for 2nd in the Steeplechase.

In contrast, the second match at Leigh was disappointing as we finished a poor 6th, basically because we had too many athletes missing or carrying injuries. Nevertheless, once again there were some excellent individual performances. Joe Brier ran an excellent 46.85 to win the 400m, ably supported by young Steffan Jones who won the "B" in 49.07. Pat Swan further improved in the Shot to win with a throw of 16m26 after finishing as runner-up in the Discus (46m21). Dan Cork again won the "B" Shot with an identical throw (15m40) to the previous round. Aaron Morgan threw 60m60 for 2nd in the Javelin. Dan Rothwell further improved on his pb (9.17.04) for 3rd in the Steeplechase.

And onto Eton, where there was a big improvement in the team performance despite having key men missing. The team finished 4th, just 7 points behind Liverpool. In the Pole Vault, Tom Walley leapt to a pb of 4m60 to win the event with Fynley Caudery winning the "B" with a jump of 4m20. Leon Greenwood confirmed his early season form to run 10.69 for 2nd in the 100m before going

one better to win the 200m in 21.40. Both Javelin throwers threw over 60m for 3rd (Nathan James) and 1st (Aaron Morgan) respectively. There was a close battle in the Shot with Dan Cork and Pat Swan both throwing 15m38 with Dan winning on countback. Pat Swan won the Discus with 45m82 whilst Dan Rothwell won the 'Chase in a slower time than in previous rounds.

The final match at Wigan was the first time in the National Leagues for both our Men and Women to compete at the same venue. This will be the norm in the new NAL. The Men finished 5th on the day close behind Liverpool and Windsor to finish in 4th position overall for the season. Once again, we were missing key athletes on the day. There were some fine individual performances in atrocious weather conditions. Tom Walley won the Pole Vault with a leap of 4m60 to equal his pb with veteran, Glyn Price, finishing 2nd in the "B". Kris Jones splashed his way to an easy victory in the 5000m in the excellent time (given the conditions) of 14.17. Other wins were achieved by Sam Ige (11.22) in the "B" 100m and Nathan James (52.35) in the "B" Javelin.

Overall, a reasonably successful season. Looking forward to the new National League we are going to need a greater commitment from all sectors of the club if we are to continue to be successful. If we combine the Men and Women, we are currently ranked 12th overall and as a result we are promoted to the NAL Premiership. This will consist of 16 teams in a "round robin" competition with 4 up/4down. Should be an interesting challenge.

David Jones

Team manager

Senior Women's Team 2019

We started the UKWL with a match at Allianz on 9th June finishing in 6th place with lots to do to ensure we stayed in division 1 at the end of the season. It was great to have Caryl Granville back fit from injury returning in her role as captain, with a win in the 400m hurdles B race, 2nd place finish in the 400m B race and 2nd place in the 100m hurdles A race. Bethany Kennedy's return to hurdling was a successful one with a pb earlier in the season and finishing 2nd in the 400m hurdles A race. The 2000m steeplechase provided a 2nd place A string and a 1st place B string for Swansea through the efforts of Ffion Higginson and Bronwen Stratton-Thomas, unfortunately only the A string scores in this event, but it promises a bright future in the event for the club. In the field events there was success for Gwennan Lewis in her first year competing at the UKWL with two new pbs in

the shot and discuss, her efforts were recognised by being awarded athlete of the match.



The second fixture took us to Stevenage on the 6th July where we fared a little better than the previous match finishing in 4th place. Unfortunately we had no 400m hurdlers available for this match due to injuries, but our 100m hurdlers had a good match with Mollie Courtney and Jodi Beynon finishing in 3rd and 2nd place in their races. It was great to have Elinor Kirk back racing in the Swansea vest alongside her sister Sian in the 1500m, Eli finishing first in the A string and Sian 3rd in the B. Eli went on to complete a double by finishing 1st in the 3000m A string followed by Kate Roberts finishing in 1st place in the B string, on her return to fitness after illness. The 4x400m relay was an event that showed the true team spirit of the athletes when the event was filled by 'willing' volunteers Carys Jones (PV), Katie-Jane Priest (100m), Macey Jones (TJ) & Gabrielle Fekande (the only 400m athlete) who pulled together in desperate times. I have nothing but praise for these athletes and the way they pulled together for the team.

The 3rd and final meeting took us to Wigan on the 4th August where the athletes performed fantastically and placed Swansea Harriers in 3rd place at the end of the match. Unfortunately due to the weather conditions the decision was made to abandon the last couple of events for the safety of the athletes as a thunderstorm flooded the track, but the team had secured enough points to stay in the 3rd position at the end of the match. 1st place finishes for Caryl Granville (400mH & 100mH) and Olivia Caesar (400m) and 2nd place finishes for Hannah Brier (100m), Sian Kirk (800m), Ffion Higginson (3000m) and Abigail Buxton (HJ) all aided in finishing the last match in a strong position. This left us with a final standing of 5th place in the league.

This season proved a tough one with injuries and illnesses hitting the squad however the athletes performed at their best each match. I have to mention the solid performances from athletes such as Abigayle Goodrick-Latham, Caryl Granville, Sian Kirk, Carys Jones, Macey Jones, Katie-Jane Priest and Emily Thomas who made themselves available for each match despite other commitments, being under the weather or carrying a slight injury. Thank you all, and here's to a successful 2020 season.

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, trustee 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 nearly 420 entries, it was a good indication that athletes had trained hard during the winter season and I congratulate them wholeheartedly for their efforts.

Inter-Regional Triangular Match (U11/U13)

Athletes from Llanelli, Neath and Swansea take part in 3 matches throughout the season. As a selective timetable is used to cover at least one jump, run and throw for each age group, athletes can choose up to 3 events and a relay. Once again, Swansea Harriers were triumphant in all fixtures and overall winner successfully since this league began 7 years ago. Final Scores – Swansea Harriers 658/9 Neath AC 318/5 Llanelli AC 265/4.

WJL West Louise Arthur League (U11/13/15)

This popular competition gives the junior athletes a fun day of athletics. As agreed last year this league is 4 athletes per age group per event. This was to assist with the reduction in the overall length of competition day. IN 2019 WA amended the timetable for 6 lane and 8 lane tracks. Matches this year took place in Haverfordwest, Carmarthen, Swansea and Neath. The match at Haverfordwest incorporated the Gerald Codd Trophy Match which was moved from the school summer holidays so that more athletes had the chance to compete. WA brought in the 600m and 1200m for the U11s. This went down well in the first two matches, but in matches 3 & 4 these were both removed and the 800m was reinstated. Officials/helpers are still somewhat lacking from clubs and the Po10 has clamped down again this year and will not add the final results if there are not suitably qualified officials covering the events. This has understandably annoyed some parents however the league relies on volunteers giving up their time and without thanks they so deservedly should receive. Photo finish was not available at Haverfordwest and Carmarthen. The results programme was a major issue at Swansea and Neath. Hopefully for next season this will be rectified. The overall final scores were: Swansea Harriers (5358/36) Carmarthen Harriers (4495/31) Pembrokeshire Harriers (3874/29) Brecon AC (2647/20) Pontyclun AC (2307/18) Llanelli AC (2321/16) Neath Harriers (2165/13) Bridgend AC (2004/13) Barry & Vale (1274/4).

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

Cup Final – The top 4 teams from the West – Swansea, Carmarthen, Pembrokeshire and Brecon together with the top 4 teams from the East – Cardiff, Cardiff Archers, Newport and Rhymney Valley took part in this final league match of the season in Swansea. Final scores – Swansea Harriers 1087 Cardiff AAC 1012 Cardiff Archers 989 Newport Harriers 931 Carmarthen Harriers 840 Rhymney Valley AC 579 Pembrokeshire Harriers 573 Brecon AC 464.

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

This year saw the same format used as 2018 with 3 matches against Bristol & West AC with Mendip AC (Composite), Cardiff AAC, Cardiff Archers, Cheltenham & County Harriers and Yate AC held in Swansea, Cheltenham and Yate. Swansea Harriers comfortably won all matches. Final Scores – Swansea Harriers AC 1671.4/18 Cardiff Archers 1369.5/12 Cheltenham & County Harriers AC 1386.9/11 Cardiff AAC 1362.9/10 Bristol & West AC with Mendip AC 1327.7/9 Yate & District AC 1204.4 /3

The fourth and final match held in Yate saw the top 3 teams from each Midlands Premier Divisions fight it out for placing in the top 2 positions which would see them go through to the National Finals. Throughout the day the scores and placings changed continuously. Unfortunately, Swansea Harriers could only finish in third overall. Congratulations to all athletes that took part. Final Scores – Marshall Milton Keynes 532.5/6 Birchfield Harriers 509/5 Swansea Harriers 494/4 Cheltenham & County Harriers 459/3 Rugby & Northants AC 451/2 Cardiff Archers 423.5/1.

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

After retaining promotion last season the team more than held their position in the Midland Premier South Division. This year again saw the same format as for the Lower Age Group with 3 league matches held in Swansea, Exeter and Cardiff against Team Avon 2318/18 Cardiff AAC 1599/12 Team DC 1654/11 Cardiff Archers 1201.5/6 and West Wales 810/3. Coming in second overall was Swansea Harriers 1702.5/13. For the first time our UAG team competed in the Regional Final for a place in the national final. Although we did not

The UAG YDL team for the Regional Final



progress to the final this was still an excellent outcome and improvement from previous years and a big well done to athletes and team managers alike.

Inter-Regional Championships (U13/15/17)

This year saw the fixture moved to the beginning of August instead of the Bank Holiday. There was also a change made to the age groups with the U20s and seniors being removed and U13s added. Club athletes taking part Thomas Payne, Sam Petherbridge, Miles Hill, Owain Clarke, Evan Willis, Addam Bowling, Carwyn Harry, Oliver Trubey, Ryan Price, Fiachra Tobin, Joshua Wilton, Dylan Morgan, Joshua Aka, Harrison Garcia, Dafydd King, Aled Tumelty, William Trott, Joseff Lewis, Maccsen Holland, Thomas Gorvett, Evan Morris, Oliver Patterson, Joseff Walters, Reuben De Vall,

Thomas Whitehouse, Connor Moriarty, Lewie Jones, Theo Oshisanya, Morgan Hapgood, Gabrielle Garcia, Carys Dickinson, Darcie Bass, Jamie Holland, Evie Lawrence, Phoebe Davies, Cassey Grimwade, Tiana Evans, Megan Gwyther, Chloe Simmonite, Freya Morgan, Holly Guite, Sarah Lyons, Chloe Jones, Lucy Harris, Katie Lake, Ffion Clarke, Zoe Strevens, Bethan Holley, Ruby Jones, Matilda Quick, Amy Beynon, Lily Ford, Carys Morgan and Georgie Ryder-Rees. Final Scores – West Wales 977 East Wales 706 North Wales 693 South Wales 673.

Welsh League (U17/U20/Seniors)

This year saw four timetabled matches. With the exception of the hurdles all events were held in 3 of the 4 fixtures. Matches were held in Neath and Aberdare but due to adverse weather conditions, the first (Newport) and last (Swansea) matches were cancelled. Unfortunately there are no overall final scores available.



U15 Pole vault club record holders William Trott and Millie Carter

West Wales Regional Athletics Championships

The annual event held this year in Swansea saw athletes from all over West Wales competing for the chance to be crowned champions of the region. **GOLD** Nathan Phillips (400mH) Owain Clarke (400mH) Bethan Holley (70mH/Long Jump) Oscar Dun (Hammer) David Jones (Hammer) Robin Wood (Long Jump) Chloe Jones (Hammer) Renate Prells (Hammer/Discus) William Trott (Pole Vault) Millie Carter (Pole Vault) Marney Allen (Pole Vault) Sarah Lyons (Long Jump) Ffion Clarke (100m/200m) David Migliorati N'Doua (400m) Harrison Garcia (300m) Abigayle Goodrick Latham (1500m/3000m) Freya Morgan (75mH) Evans Morris (200m) Danai Mugabe (100m/200m) Thomas Payne (100m/200m) Elinor Jones (200m) Chai Chai (100m/200m) Gabrielius Stuokus (1500m) Lucy Harris (Discus) Lily Ford (Discus/Shot Putt) Jamie Holland (Shot Putt/Javelin) Rhian Evans (Shot Putt/Discus) Dylan Morgan (Triple Jump/Long Jump) Charlotte Champion (Triple Jump) Shanaya Bray Davies (Triple Jump) Mai Davies (1500m) Chloe Jones (Shot Putt) Reuben De Vall (75mH) Maccsen Holland (Javelin) Lewie Jones (Javelin) Holly Cooper (Discus) Tomos Slade (110mH) Emily Collins (80mH) Christian Stones (80mH) Nia Palla (100m/100mH) Oliver Patterson (Shot Putt) Iwan White (3000m) Ieuan Hosgood (Pole Vault) Noah Osborne (Pole Vault) Jessica Dundrod (Pole Vault) Nathan James (Javelin) Joshua Wilton (Javelin) Ethan Rigby (Javelin) Iwan Beggs (High Jump) Addam Bowling (High Jump) Theo Oshisanya (Discus) George Dun (Shot Putt) Thomas Whitehouse

(High Jump) **SILVER** Gabrielle Garcia (300mH) Olivia Stewart (Long Jump) Ella Thomas (800m) Steffan Higgins (800m) Ella Davies (800m) Oliver Trubey (Long Jump) Roderick Davies (Long Jump) Lara Spacey (Hammer) Emily Collins (Hammer) Catherine Collins (Hammer) Miles Hill (800m) Joseff Lewis (Pole Vault/Triple Jump) Holly Guite (Pole Vault) Theo Oshisanya (Pole Vault) Drew Dodd (100m/Long Jump) Dewi Williams (400m) Niamh Jones (300m) Jenson Morris (200m) Jack Houghton (200m) Daniel Morgan (1500m S/C) Katie Lake (Discus) Madeline Abraham (Discus) Sally Hopkins (Shot Putt) Phoebe Davies (Triple Jump) Olivia Key (Triple Jump) Morgan Hapgood (Triple Jump) Zoe Strevens (70mH) Matilda Quick (Shot Putt/High Jump) Thomas Gorvett (Javelin) Tilo Dietzig (Javelin) Joshua Wilton (Discus) Peter Roberts (Discus/Shot Putt) Charlie Brown (100mH) Nathaniel Osborne (Shot Putt/Discus) Ben Ludbrook (Long Jump) Gabrieliu Stukus (3000m) Sam Fenwick (Pole Vault) Chris Pruski (Javelin) Rhian Evans (Javelin) Ioan Jenkins (High Jump) Carwyn Harry (High Jump) Tiana Evans (Javelin/Long Jump) Oscar Dun (Shot Putt) Daphne Marler (Long Jump) Samuel Davies (High Jump) Chloe Jones (Javelin) Carys Morgan (Javelin) **BRONZE** Zoe Strevens (Long Jump) Tiffany Rees (800m) Bethany Morgan (High Jump) Jack Webster (Long Jump/200m) Emilia Evans (Hammer) Matt Gudgeon (800m) Dafydd King (Pole Vault) Finn McIntyre (Pole Vault) Jenson Morris (100m) Joshua Kenny (100m) Iona Melrose (300m) Chloe Simmonite (300m) Gemma Seaman (1500m) Katelyn Thomas (75mH) Rhys Samuel (200m) Freddie Webber (200m/Long Jump) Chloe Jones (Discus) Catherine Collins (Shot Putt) Robin Wood (Triple Jump) Aled Tumelty (1500m) Sophie Hartley Green (1500m) Carys Morgan (Shot Putt) Harry Collins (75mH) Oscar Dun (Discus) Owain Clarke (100mH) Macsen Holland (Shot Putt) Oliver Trubey (Javelin) Steve Ingram (High Jump) Evan Willis (100m) Molly Abraham (100m) Thomas Gorvett (Discus) Joseph Pyke (Discus) Evan Morris (Long Jump) Morgan Hapgood (Long Jump) Joseph Beresford (High Jump) James Gudgeon (High Jump) Lili Wade (Javelin). Also taking part was Ruby Jones (Long Jump/200m/High Jump) Ben Sullivan (1500m) Evan Morris (1500m) Theo Oshisanya (75mH) Cai Lloyd Hole (Shot Putt/Long Jump) Joshua Mugford (Shot Putt/100m/Discus) Ben Fenwick (Shot Putt)

Marney Allen (100m/Long Jump) Renate Prells (Shot) Tilo Dietzig (1500m) Holly Guite (High Jump) Efa Williams (Long Jump/Shot Putt/Javelin) Lily Ford (Javelin) Cameron Ciaburri (100m) Joe Jones (100m) Ella Thomas (100m) Leona Bray Davies (Javelin) Neve Dodd (Long Jump) Madeline Abraham (Shot Putt) Emily Collins (100m) Liane Du Rouys (70mH/Long Jump/High Jump) Morgan Hill (Long Jump) Tayla Bengerfield (Long Jump) Carys Hennessey (Long Jump) Emilia Evans (Discus/Shot Putt) Caitlin Jenkins (Long Jump) Sophia Doxsey (Long Jump/100m) Jacob Evans (100m) Poppy Bunting (100m/Long Jump) Lily Maloney (800m/100m/70mH) Matilda Topliss (100m/800m) Zoe Strevens (100m) Olivia Stewart (100m/High Jump) Sophie Taylor (100m) Naim Awal (100m/200m) Robin Wood (100m/200m/Shot Putt) John Hayes (100m/200m) Ffion Hennessey (200m/Discus) Lili Wade (100m/Shot Putt) Anna Davies (100m) Carys Morgan (100m) Bethan Holley (100m) Sam Morgans (800m) Christian Garcia (100m) James Gudgeon (800m/Long Jump) Saul Otteson (800m) Ethan Jones (800m) Steffan Higgins (100m/200m) Harry Collins (Javelin/Long Jump) Joseph Pyke (Javelin/100m) Roderick Davies (100m) Leona Bray Davies (High Jump) Harry Brannigan (100m/Long Jump) Harrison Garcia (100m) Lucy Harris (Hammer/Javelin) Morgan Hapgood (200m) Will Horrell (200m) Sara Davies (200m) Jed Howard Jones (800m/Long Jump/High Jump) Elliot Pressdee (800m/Long Jump) Reuben De Vall (100m/Long Jump) Fletcher Davies (High Jump) Lewis Evans (100m) David Ejimofor (100m) Thomas Whitehouse (100m/Long Jump) Evan Willis (100mH) Harry Newton (Pole Vault) Max Thomas (Pole Vault) Joseph Beresford (100m) Evan Cole (100m) Marek Warzocha (100m/200m) Oliver Clarkson (100m/Long Jump) Cameron Matwychuk (100m) Jacob Dowling (100m/200m) Katie Lake (75mH) Matt Gudgeon (Long Jump) Melissa Davies (Long Jump/75mH) Olivia Key (Long Jump) Shanaya Bray Davies (100m/75mH) Sophie Haden (100m) Steve Ingram (Shot Putt) Jessica Wilcock (100m/Long Jump)

Chloe Simmonite (100m) Megan Gwyther (100m/75mH) Katelyn Thomas (100m/200m) Ella Davies (300m) Jia Xin Chen (200m/300m) Sarah Lyons (200m) Jack Webster (100m).

At the South and East Wales Championships, both athletes took home a medal. Tom Attwood (800m **SILVER**) Ryan Price (Triple Jump **GOLD**)

Welsh Athletics (U13/15/17/U20/Senior) Outdoor Championships

A weekend of athletics saw the north host the Junior Championships in Wrexham followed a few weeks later by the Senior Championships being held in Cardiff. Medal winners were **GOLD** Lauren Williams (400m/400mH) Kristian Jones (5000m) Daniel Rothwell (3000mS/C) Macey Jones (200m/Triple Jump/300mH) George Snaith (Javelin) Thomas Payne (100m/200m) Steffan Dylan Jones (400m) Zac Davies (80mH) Owain Clarke (400mH) Megan Stratton Thomas (3000m Walk) Ruby Jones (High Jump) Noah Osborne (Pole Vault) William Trott (Pole Vault) Dylan Morgan (Long Jump/Triple Jump) Sarah Lyons (Long Jump) Ryan Price (Triple Jump) Gwennan Lewis (Shot Putt/Discus) Matilda Quick (Shot Putt) Lewie Jones (Discus) Cassey Grimwade (Hammer) **SILVER** Leon Greenwood (200m) Steffan Dylan Jones (200m/400m) Chloe Jones (Hammer) Nathan James (Javelin) Armani Williams (400m) Harry Collins (75mH) Shannon Thomas (3000m Walk) Iwan Beggs (High Jump) Joseph Beresford (High Jump) Ieuan Hosgood (Pole Vault) Joseff Lewis (Pole Vault) Zac Davies (Long Jump) Charlotte Champion (Triple Jump) George Dun (Shot Putt) Lewie Jones (Shot Putt) Jamie Holland (Shot Putt/Javelin) Joshua Wilton (Discus) Holly Cooper (Discus) **BRONZE** Gabrielle Fakande (200m) Olivia Caesar (400m) Charlotte Champion (Triple Jump) Thomas Gorvett (Javelin) Chloe Jones (Javelin) Ffion Clarke (100m) Freddie Webber (80mH/Long Jump) Samuel Davies (High Jump) Phoebe Davies (Triple Jump) Oscar Dun (Shot Putt) Nathaniel Osborne (Shot Putt) Joshua Wilton (Javelin). Other club athletes taking part were Leon Greenwood (100m) Callum Davies (100m) Gabrielle Fakande (100m) Isabel Davies (100m) Nia Palla (100m/100mH) Steffan Dylan Jones (200m) Paul Tobin (1500m) Abigayle Goodwick Latham (1500m) Jodi Beynon (100mH) Megan Stratton Thomas (5000m Walk) Iwan Beggs (High Jump) Keiran Ingram (High Jump) Steve Ingram (High Jump/Long Jump) William Trott (Pole Vault) Carys Jones (Pole Vault) Lauryn Davey (Long Jump) Gwennan Lewis (Shot Putt) Cassey Grimwade (Hammer) Josh Kenny (100m) Marek Warzocha (100m/300m) Christian Stone (100m) Freddie Webber (100m) Owen Walters (100m) Oscar Goodwin Thomas (100m) Jia Xin Chen (200m/300m) Dylan Morgan (300m) Jacob Evans (300m) Ffion Hennessey (300m/Shot Putt) Charlie Harris (1500m) Aled Tumelty (1500m) Tom Attwood (1500m) Matthew Lewis (1500m) Nathan Jones (Shot Putt/Javelin) Chloe Jones (Shot Putt) Emilia Evans (Hammer) Lucy Harris (Javelin) Sam Petherbridge (100m/200m) Danai Mugabe (100m) Chloe Simmonite (100m) Zac Davies (200m) Niamh Jones (300m) Iona Melrose (300m) Ameila Hill (400m) Bronwen Stratton Thomas (1500m) Matilda Quick (70mH/High Jump) Emily Collins (80mH/Shot Putt) Gabrielle Garcia (300mH) Dafydd King (Pole Vault) Harley Thomas (Shot Putt) Nathaniel Osborne (Discus) Lewie Jones (Javelin).

Welsh Athletics U20 Outdoor International

The Welsh Athletics Outdoor International featured an U20 International Match between Wales, Welsh Schools, England South, England Midlands, Scotland, Guernsey AC, England North and Northern Ireland plus guest athletes held in Cardiff. Swansea athletes taking part were – Thomas Payne (100m) Karl Williams (100m) Gabrielle Fakande (200m) Steffan Dylan Jones (400m) Ameila Hill (400m) Paul Tobin (800m) Bronwen Stratton Thomas (800m) Nathan Jones (1500m) Ashleigh Willis (1500m) Dominic Smith (3000m) Tomos Slade (110mH) Iwan Beggs (High Jump) Ieuan Hosgood (Pole Vault) Carys Jones (Pole Vault) Jodi Beynon (Long Jump) Charlotte Champion (Triple Jump) Macey Jones (Triple Jump) Gwennan Lewis (Shot Putt).

England Athletics U15 / U17 Indoor Combined Events Championships

Held in Sheffield, Swansea Harriers was represented by Emily Collins (U17W) and Zac Davies (U15B) who finished 44th 2256 points and 6th with 2412 points respectively.

SIAB U17 International

The U17 British Schools International was this year held in Swansea for teams from Wales V Scotland V Ireland V England. It was fantastic to see these Swansea Harriers athletes selected for the Welsh team. Athletes selected were Thomas Payne (100m/200m) Macey Morris (200m/300mH) Ashleigh Willis (3000m) Charlie Brown (100mH) Owain Clarke (400mH) Addam Bowling (High Jump) William Trott (Pole Vault) Ryan Price (Triple Jump) George Dun (Shot Putt) Cassey Grimwade (Hammer) Joshua Wilton (Javelin) Chloe Jones (Javelin) , Charlie Holland (4x400) Well Done!

CAU Inter-Championships (Including England Athletics Senior Championships)

Held at Sportscity in Manchester, the following athletes took part Hannah Brier (100m **SILVER**) Joseph Brier (200m) Risquat Fabumnmi-Alade (200m **BRONZE**) Lauren Williams (400mH).

Welsh Masters Championships

The Welsh Masters Championships was held in Brecon. The following club athletes took part – Roderick Davies (100m/200m/Long Jump) Daphne Marler (100m/Long Jump/Triple Jump) Llinos Jones (5000m) Chris Berry (High Jump/Shot Putt/Weight/Discus/Hammer) Ian Bowles (Shot Putt/Weight/Discus/Hammer/Javelin) David Jones (Shot Putt/Discus/Hammer) Renate Prells (Shot Putt/Weight/Discus/Hammer) Steve Ingram (Discus)

European Masters Stadia Championships

Some of our senior athletes took part in the European Masters Championships which were held in Italy. Steve Ingram (High Jump) Ian Bowles (Shot Putt/Weight/Discus/Hammer/Javelin) Chris Pruski (Javelin) and Renate Prells (Weight/Discus/Hammer).

England Athletics Senior Home Counties International & U15 / U17 Combined Events Championships

Held in Sportscity, Manchester the following athlete took part in the Heptathlon, Jodi Beynon was 13th with 4301 points.

England Athletics U17 / U15 Championships

With high standards set, the top athletes from across the UK take part in these championships, held in Bedford. Athletes taking part were Joshua Aka (100m) Thomas Payne (200m) William Trott (Pole Vault **GOLD**) Jamie Holland (Shot Putt) and Owain Clarke (400mH).

British Athletics Championships (Outdoor)

This high class field of the top athletes around the UK took part in this weekend meeting held in Birmingham. The following Swansea Harriers athletes participated – Risquat Fabumnmi-Alade (100m) Joseph Brier (400m) Verity Ockenden (5000m) Dai Greene (400mH **SILVER**) Lauren Williams (400mH) Caryl Granville (400mH) Jonathan Hopkins (3000m s/c) and Megan Stratton Thomas (5000m Walk)

British Athletics Championships (Indoor)

A weekend of athletics from the top UK athletes held in Birmingham. Hannah Brier (60m) Leon Greenwood (200m) Ben Paris (200m) Joseph Brier (400m) and Laura Maddox (800m)

Welsh Athletics International (Indoor)

The event was held at NIAC in Cardiff and the following athletes represented the club Thomas Payne (60m) Macey Morris (60m) Gabrielle Fakande (200m) Isabel Davies (200m) Steffan Dylan Jones (400m) Tomos Slade (60mH) Ieuan Hosgood (Pole Vault) Carys Jones (Pole Vault) and Gwennan Lewis (Shot Putt)

England Athletics U15/U17/U20 Indoor Championships

This event was held over a weekend in February in Sheffield and athletes who take part have to reach a certain standard before they can enter. Athletes taking part were Thomas Payne (60m) Steffan Dylan Jones (200m/400m) Macey Morris (200m) Tomos Slade (60mH) Katelyn Thomas (60mH) and William Trott (Pole Vault **GOLD**)

Manchester International Match (Inc Home Countries International)

Held midweek saw the Manchester International match in Sportscity. Manchester with competing teams from England, Wales, Scotland, Northern Ireland & Ulster, GB Juniors, BAL/UKWL, Allstars and Guest Selection.

Taking part were Elinor Kirk (3000m **GOLD**) Lauren Williams (400mH) and Steffan Dylan Jones (400m)

England Athletics U23 / U20 Champs

Held in Bedford the following athletes took part Leon Greenwood (100m/200m) Callum Davies (100m) Hannah Brier (100m) Joseph Brier (400m) Steffan Dylan Jones (400m) Conor Smith (5000m) Rhodri Williams (400mH) Lauren Williams (400mH **SILVER**) Carys Jones (Pole Vault) Charlotte Campion (Triple Jump)

Loughborough International

The following athletes took part Daniel Beadsley (100m) Hannah Brier (100m) Leon Greenwood (200m) Lemarl Freckleton (200m/400m) Ben Paris (200m) Steffan Dylan Jones (400m) Olivia Caesar (400m) Laura Maddox (800m) Guy Smith (1500m) Cari Hughes (1500m) Jonathan Tobin (3000m) Dominic Smith (3000m) Tomos Slade (110mH) Lauren Williams (400mH) Bethany Kennedy (400mH) Daniel Rothwell (3000m S/C) Aled Price (Long Jump) and Osaze Aghedo (Triple Jump)

Welsh Athletics Indoor Championships

Held in Cardiff over different weekends to cover all age groups, the following athletes competed Eli Onyewu (60m) Joe Jones (60m) Thomas Payne (60m **GOLD**) Dylan Morgan (60m/200m **BRONZE**/ Long Jump **SILVER**/Triple Jump **GOLD**) Jacob Dowling (60m) Oliver Clarkson (60m) Matt Gudgeon (60m/200m/Long Jump) Jenson Morris (60m) Oliver Philpott (60m/60mH) David Ejimofor (60m) Harry Collins (60m/60mH) Steffan Dylan Jones (200m **SILVER**/400m **GOLD**/200m **BRONZE**/400m **GOLD**) Dewi Williams (200m) Ryan Price (200m/400m/Long Jump/Triple Jump **BRONZE**/Shot Putt) Zac Davies (200m/60mH **GOLD**/Long Jump **GOLD**) Evan Morris (200m **BRONZE**) Joseph Pyke (200m/800m) Oliver Patterson (800m/Shot Putt **GOLD**) Evan Lewis (800m) Matthew Lewis (1500m) Tomos Slade (60mH **GOLD**) Charlie Brown (60mH **BRONZE**) Owain Clarke (60mH) Addam Bowling (High Jump) Samuel Davies (High Jump **BRONZE**) Ieuan Hosgood (Pole Vault **SILVER**) Sam Fenwick (Pole Vault **BRONZE**) Noah Osborne (Pole Vault **BRONZE**) William Trott

(Pole Vault **GOLD**) Harry Newton (Pole Vault **SILVER**) Joseff Lewis (Triple Jump **SILVER**/Pole Vault **BRONZE**) Dafydd King (Pole Vault) George Dun (Shot Putt **GOLD**) Oscar Dun (Shot Putt **SILVER**) Harley Thomas (Shot Putt **BRONZE**) Nathaniel Osborne (Shot Putt **BRONZE**) Emily Collins (60m/60mH/Long Jump/Shot Putt) Chloe Simmonite (60m/800m/Long Jump/300m **SILVER**) Melissa Davies (Triple Jump **BRONZE**) Megan Gwyther (60m/60mH) Sarah Lyons (60m/200m/Long Jump) Zoe Strevens (60m/60mH/High Jump/Long Jump/Shot Putt) Efa Williams (60m/Long Jump/Shot Putt) Gabrielle Fakande (60m/200m **SILVER**) Armani Williams (200m) Isabel Davies (200m) Katelyn Thomas (200m/60mH **GOLD**/High Jump) Ruby Jones (200m/High Jump **GOLD**/Long Jump) Sophie Taylor (200m/60mH/Long Jump/Shot Putt) Liane De Rouys (200m/High Jump/Long Jump) Sophie Hartley Green (800m) Josie Sivak (60mH) Katie Lake (60mH) Matilda Quick (Shot Putt/60mH/High Jump **BRONZE**) Ella-May Thomas (60mH) Evie Lawrence (Pole Vault **BRONZE**) Millie Carter (Pole Vault **GOLD**) Holly Guite (Pole Vault **BRONZE**) Rebekah Pratt (Pole Vault) Jessica Wilcock (Long Jump) Seren Wyatt (Long Jump) Saadia Abubaker (Long Jump) Jamie Holland (Long Jump/Shot Putt **SILVER**) Charlotte Champion (Triple Jump **SILVER**) Phoebe Davies (Triple Jump) Gwennan Lewis (Shot Putt **BRONZE**) Sally Hopkins (Shot Putt **BRONZE**) Lily Ford (Shot Putt **GOLD**) Ben Paris (200m **GOLD**) Macey Morris (300m **GOLD**) Rhodri Williams (400m) Alex Price (800m) Lauren Williams (60mH) Daniel Williams (High Jump **BRONZE**) Glyn Price (Pole Vault) Michael Thompson (Long Jump) Leon Greenwood (60m) Wyn Roberts (60m) Tyler Williams (60m) Callum Davies (60m) Hannah Brier (60m **SILVER**) Katie Jane Priest (200m) Carys Jones (Pole Vault **SILVER**) Macey Jones (Triple Jump **SILVER**) Katie Phillips (Triple Jump) and Chloe Jones (Shot Putt **BRONZE**)

Well done everyone! I hope 2020 will be just as positive.

JO WOOD

TRACK & FIELD SECRETARY

Road Running Report 2018-19

By our normal high standards 2019 was far from a vintage year for the Harriers' road running section, largely as a result of the non-availability of several of our leading athletes, who were either ill, injured or training abroad at key times.

Our senior men finished seventh in the ERRA 12-stage relay in a field of 68, which was no more than respectable given that we won the race very comfortably two years earlier and were third in 2018. Dewi Griffiths, whose support for the teams has been exceptional over many years, ran the second fastest long stage of the day, just six seconds adrift of Alex Yee. Our senior women finished sixth out of the 56 competing teams with Verity Ockenden and Caryl Jones running especially well.

The races were for us somewhat overshadowed by the ongoing debate/blazing row at Sutton Park on the day between ERRA officials and myself over the future of the event in terms of participation of non-English clubs. The ERRA had proposed making the events closed English championships, something which was resisted strongly. A subsequent flurry of emails between myself, the ERRA, UKA and (eventually) Welsh Athletics had the ideal outcome when the decision was taken to formally make the races UK championships for the first time. While this was a good outcome, the

ERRA insisted that the autumn six-stage and four-stage relays should be restricted to English clubs with the Welsh and Scots running as invited guests. This is still being challenged and hopefully will change in 2020.

For Swansea this was largely academic last October. Because of a lamentable turn-out our senior men could finish only fourth in the Welsh road relays behind Cardiff, Pontypridd and Aberdare. With only the first three being invited to Sutton Park, there was no place for us in an event we won easily in 2017. Our senior women finished second in the Welsh relay (Abigayle Goodrick-Latham, Alaw Beynon-Thomas, Olivia Gwynn and Rachel Davies), but we were then unable to raise four runners for the ERRA event, in part because of the very unfortunate clash with the Cardiff half-marathon.

There were a handful of respectable performances in the Welsh relays, not least the senior women's B team (Gemma Seaman, Ashleigh Willis, Bronwen Stratton-Thomas and Sian Kirk) finishing third. Our under-15 boys (Tom Attwood, Aled Tumelty and Charlie Harris) also finished third with Charlie running the second fastest time of the day. In the older age-groups, the outstanding over-35 women's team of Andrea Whitcombe, Helen-Marie Davies and Llinos Jones, who ran the three fastest individual times of the day, were winners by the remarkable margin of 12 minutes 42 seconds with Andrea beaten on time by only four in the senior race. There was a win for the over-55 men (Kneath Philippart, Tom Guest and Steve Smith) and silver medals for the over-45 woman (Diane Brownhill, Angela Delaney and Julie Hartley-Green).

George Edwards Team Manager

2019 Cross-Country Report



We had an unprecedented four club athletes representing Great Britain in last year's European Cross-country championships in Holland. Dewi Griffiths and Christian Jones, who was a replacement for the injured Andy Vernon, ran in the senior men's race. Verity Ockenden had a very good run in the senior women's race with Cari Hughes running in the junior women's event.

In the British Athletics Cross Challenge our highest positions were:- (U20W) 3. Cari Hughes, (SW) 6. Verity Ockenden, 25. Helen Marshall, 28. Abigayle Goodrick-Latham, (U17W) 17. Ashleigh Willis, (U20M) 16. Elliott Lawrence, 33. Dom Smith, (U17M) 31 Nathan Jones, 62. Dafyd Jay.

In the Welsh Cross-country championships, held in Pembrey, Dewi Griffiths easily won his seventh Welsh title, just two days after flying in from Boulder, Colorado. Swansea were well beaten in the team race finishing with bronze medals (Dewi Griffiths, Guy Smith, Will Munday, Ifan Lloyd, Dan Morgan, Wayne Bowen).

In the senior women's race our teams won gold (5. Alaw Beynon-Thomas, 6. Sian Edwards, 10. Helen Marshall, 13. Rachel Davies) and bronze medals (17. Abigayle Goodrick-Latham, 21. Hannah Munday, 22. Sian Kirk, 24. Jemima Osborne).

In the master's categories we picked up a host of medals with Helen Marshall easily winning the MW35 title. Other individual winners were Ifan Lloyd (MM55) and Kneath Philippart (MM60) Team medals were won by:- MM40 Gold (Charles Walsh, Owen Davies, Martin Slucutt) MM55 Gold (Ifan Lloyd, Steve Smith, Thomas Guest) MM60 Gold (Kneath Philippart, Rob Falconer, Brian Fox) MM45 Silver (Wayne Bowen, Raul Reismann, Mike Gleeson MW45 Bronze (Sian Phillips, Kelly Gipson, Angela Delaney).

In the junior categories there were wins for our primary girls team (2. Libby Hale, 7. Chloe Hartley-Green, 13. Chloe Lewis). In the U17W race we had individual and team gold medals (1. Ashleigh Willis, 8. Beth Thomas, 10. Bronwen Stratton Thomas, 15. Darcie Bass). The U17M won team silver (4. Nathan Jones, 5 Dafyd Jay, 18. Will Arnold, 26. Rhys Nichols). The U20M race was won by Conor Smith.

The final John H Collins Gwent League results were successful for our U11 Girls winning their age group with Libby Hale getting overall second place. In the U23W competition Abigayle Goodrick-Latham was the overall winner and Helen Marshall won the MW35 category. After finishing third in the 2017/18 season our senior men's team were relegated from division one. All other teams finished mid-table.

The new 2019 cross-country season has begun, once again, with two Swansea Harriers representing Team GB in the European Cross-country championships in Lisbon, Portugal. Kristian Jones was selected, as of right, this season and was the third Team GB scorer to ensure team gold medals. Cari Hughes, after a summer of injuries, also got selected for the women's U23 squad winning a team bronze medal.

In this year's Welsh Inter Regional Championships, held in Brecon, Alaw Beynon-Thomas won her third consecutive title with Chloe Hartley-Green winning the Primary challenge and Nathan Jones winning the U20 men's race – good to see Nathan back to winning ways following injuries. After three rounds of the 2019/20 John Collins Gwent League many of our teams are near the top of the league tables. This season has seen a big increase in participation numbers in U11 Girls,

U13 Girls/Boys, U15 Boys and Senior Women/Men. This is in no small part due to the enthusiasm and dedication of our team managers and coaches.

After many years of acting as team managers Jacki King, Leanne Gwyther, Gareth Davies and Rick Stratton-Thomas have stood down. The club is indebted to them for their support

Many thanks, as always, goes to our cross-country team managers

2018/19 Team Managers

Rachel Jones – Under11 Boys

Rick Stratton-Thomas – Under11 Girls – U20 Men/Women

Gareth and Claire Davies – Under 13/15 Girls

Jacki King – Under 13 Boys

Tony Clements – Under 15/17

Leanne Gwyther – Under 17 Women

Brian and Kay Fox – Senior Men/Women/Masters

2019/20 Team managers

Brian & Kay Fox – U11 Boys

Julie Hartley-Green – U11 Girls & U13 Girls

Rachel Jones – U13 Boys

Tony Clements – U15 Boys and U17 men

Brian Fox – Cross-country Secretary / Senior Men's/Women's team manager

COACHING 2018/19

Swansea Harriers Athlete Development Pathway. Developing the long term potential of ALL our athletes



The coaching opportunities at Swansea Harriers during 2019 have remained constant compared to the last nine years. The club are very, very lucky to have appropriately UKA qualified, experienced and dedicated volunteer coaches across all event disciplines. As well as the club being the largest in Wales, it also quite unique that, the club has athletes across all age groups from U11 to Masters, competing in all running, jumping and throwing disciplines, on and off track, with athletes of all abilities participating.

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 has plateaued this year. This creates further challenges to be overcome by the club, with not only the number of regular 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. An 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 if 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 clubs and Swansea University, as well as internally with a small percentage of non competing club members, the club needs to decide what is practical, sustainable and effective for it to deliver.

The club now has four long established satellite clubs for children in school year 4 and below that are too young to join the club which provide fantastic opportunities and grounding in the fundamentals of running, jumping and throwing aiding a smoother transition into the club. However for the last 3 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 66 UKA qualified coaches. 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, regular and qualified coaches to try and maintain effective coaching and ratios.

For 2020 our main challenge and objective is not only to retain, but to support, develop 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 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.

It has been pleasing to have 4 coaches pass the UKA Coaching Assistant qualification in 2019 and 3 the UKA Athletics Coach qualification and a further 2 have indicated they wish to progress onto UKA Athletics Coach, where we had zero for the preceding 3 years. 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