



**SWANSEA HARRIERS ATHLETICS CLUB**  
**ANNUAL REPORT 2020**

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## **INTRODUCTION**

There is little doubt that the last year has been the worst the club has experienced, and this can be said for most sporting organisations. The pandemic has led to the cancellation of so many fixtures and restricted training sessions. In spite of the constant changes to The Government Covid Rules the club has carried on as best as circumstances have allowed with many innovative events and ideas surfacing. Our grateful thanks are due to the many volunteers for their help. These include coaches, officials, newly recruited Covid officers and Training fee collectors and the club Trustees and Committee who have held their meetings by video link. We are also indebted to The University Staff for all the extra work they have had to do to make training possible. Lastly our thanks to our athletes for whom the club exists and who have had to put up with all the rules and regulations, the uncertainty of when and where they can train and the lack of competition.

There have been some pluses during the year. A new club website was launched and a new cashless system of collecting training fees came into being. We were grateful to Mrs. Christine Robbins for kindly donating an unpublished copy of the history of the club from 1962 to 1989 written by her late husband Dil. Copies of which are at the County archives and The Library in County Hall.

Sadly during 2020 one of our officials and former committee member Ken Bennett passed away after a long illness. He had been the instigator of The Junior Triangular League. Also, two of our former outstanding club athletes passed away Commonwealth Games Sprinter and Welsh and British Lions Rugby International J.J. Williams and Hayley Hartson who had won many Discus and Shot Welsh Championship medals at Under 17, and Under 20. Our thoughts and sympathy are with their families.

Let us hope and pray that 2021 will bring us back to a more normal way of life which we were so accustomed to living and enjoying.

**Barrie Owen**  
**President**

**Swansea Harriers Athletics Club Secretary's Report 2020**

## **SWANSEA HARRIERS ATHLETICS CLUB SECRETARY'S REPORT 2002**

The negative and serious impact of a Coronavirus epidemic and the subsequent lockdowns of athletics and other sports in Wales could never have been predicted going into 2020.

On reading each of the contributors to this Annual Report, however, it is also apparent that our athletes and volunteers have, whenever possible, taken full advantage of those limited opportunities to train and compete.

From a senior athlete perspective, despite the restrictions on training for many months of the year, there are numerous examples of personal bests being achieved and some outstanding results and performances. Joe Brier, Verity Ockendon, Josh Griffiths and Kristian Jones are mentioned on many occasions and together with these high performing athletes, there are many others you will hopefully produce big results in 2021, both at national championships and the National League when it becomes a reality.

Our juniors' participation in athletics has been particularly hit by the pandemic, with very limited track and field opportunities and no summer or cross-country championships to aim for. With two-year junior age bands, many will have missed the opportunity to compete at the top of the age group when personal bests, championship honours are more likely, as well as missing out on representative honors for their school district, region and for some Welsh Internationals. It has also been impossible, given the necessary restrictions on training facilities to accept many new junior members, as it has been really challenging to offer existing members the chance to train even when lockdown rules allow. Nevertheless, Jo Wood's report highlights those juniors who have been able to achieve club Gold Awards during the year, and we must now hope to have the opportunity to celebrate these achievements, as well as those made in 2019, at an awards evening, hopefully in late spring or the summer.

Another plus during this very difficult time has been the way new volunteers have stepped forward to enable the club to hold training sessions on as many evenings as possible. The creation of Covid Officers and the need to introduce cashless payments for training has required additional support four nights a week, and many parents of our juniors as well as officials have come forward to provide the necessary cover. Special thanks must go to our Treasurer Sue Griffiths, who not

only set up the cashless payment system, but was present on nearly all the training nights to oversee that this was successful.

Our President, Barrie Owen, in his introduction, has already thanked all our volunteers and highlighted the particular contribution of University facility staff in enabling training whenever possible to take place. Our coaches, led by the Co-Ordinator Andrew Jenkins, have made a huge contribution throughout these difficult times in supporting athletes either directly at sessions or virtually when direct contact was not allowed or possible.

Thanks must also go to Swansea City Council, Local Giving and Sports Wales in providing much needed financial support at a time when member numbers were inevitably significantly hit.

Most importantly, however, recognition must be given to all members and their families who have been personally affected by this awful virus, and the club will continue to reach out and look to support those most affected.

It will be crucial in 2021, once we are able to get up to capacity, to deliver on our key charitable objective in helping local people improve their general health and well-being through participating in athletics. Young people will need to get back to regular physical activity and the benefits of exercise and sport has been clearly recognised this year in contributing to good physical and mental health.

I am sure the club will again flourish during 2021 as we continue to have such a strong foundation of athletes and volunteers. A big thank you to everyone who has played a part in getting Swansea Harriers through 2020.

**Tony Clements**  
**Secretary**

## SENIOR MEN'S Track & Field 2020

The inaugural season of the new National Athletics League was cancelled early on, which in my opinion was the only sensible and safe thing to do. Therefore, there are no League competitions to report on. It was disappointing, as many of our athletes posted exceptional early and mid-year performances despite the restrictions on training and the limited high-level competition between lockdowns.

One of the highlights was the **NEW** Club Record by Adam King in the Hammer. Adam threw 63m98 in a competition in Dublin in August to improve on his own record by over 2 metres. In the Shot, both Pat Swan (16m49) and Dan Cork (16m38) threw over 16m indoor which is further than the existing club record of 15m45. Unfortunately, neither throw qualifies as a new record as they are both higher claim athletes. Nathan James (60m37) once again threw in excess of 60m in the Javelin in between lockdowns. Other results of note - Connor Swan's 53.31 in the Javelin and brother Pat's 42m96 in the Discus.

It was the Sprints that potentially would have been our biggest scorers in the NAL. Recruit Owain Lloyd-Hughes posted an excellent 10.38 in the 100m (plus 10.32 wind assisted) combined with 21.64i for the 200m. Owain's time in the 100m would have been a new club record had he been first claim. Dan Beadsley recorded a 10.58 100m pb following a 10.52 wind assisted. Three other athletes registered sub 22 in the 200m – Ben Paris (21.59i), Aiden Leeson (21.72w) and Steffan Jones (21.80w). In the 400m, we were even stronger – Joe Brier (46.38 **pb**), Aidan Leeson (47.93i), Steffan Jones (47.97i **pb**) and Lemarl Freckleton (50.20i). With this squad, club records in both relays would surely have fallen.

The middle-distance guys were limited by the lack of competition on the track but there were still some good performances:

800	1.53.61	Guy Smith
1500	3.52.17i	Jonny Hopkins
3000	8.05.22i	Jac Hopkins (in Boston, USA)
3000S/c	8.42.28	Jonny Hopkins

There were, however, some outstanding performances on the road. Kristian Jones was 3<sup>rd</sup> Brit home in the World half-marathon Championships in Gdynia, Poland with a 63.05 **pb**. Josh Griffiths also ran a very fast half earlier in the year (63.08). Josh went on to win

bronze in the UK Championships in the Elite London Marathon with a **pb** of 2.13.11.

Outdoor competitions for the Jumps were virtually non-existent, but we did have four athletes over 4m in Indoor Pole Vault events. Tom Walley (4.72), Fynley Caudery (also 4.72), Ieuan Hosgood (4.50) and young William Trott (4.20).

One other result which bodes well for 2021 was Dai Greene's 51.06 in the 400mH in August in Hungary.

2020 has been a terrible year in many respects but hopefully we can get back to some form of Athletics competition in 2021. I personally cannot see us having a full NAL round-robin programme but maybe a more regionalised League later in the summer?

**David Jones**  
**NAL Men's Team Manager**

## **SENIOR WOMEN'S Track and Field Team**

2020 was a year full of promises, an amalgamation of the BAL and UKWL to form a new National Athletics League (NAL), unfortunately due to an unexpected COVID pandemic we spent the majority of the summer either shielding, in lockdown or facing huge changes to what we thought was a new 'normal'.

Despite all the turmoil and a cancelled NAL some of the senior female athletes did manage to get some form of competition in over the very short summer. One athlete in particular who didn't let the lockdown slow her down was Verity Ockendon who not only achieved a new PB in 3000m but also won a silver medal at the Muller British Championship. Three other athletes also attended these championships they were, Caitlyn Maps 100m, Risquat Fabunmi-Alade who finished 6th in the 100m final and Hannah Brier who qualified for the 200m final but unfortunately had to withdraw after her heat. An amazing feat considering the lack of facilities time available.

Many other athletes managed to achieve PBs over the summer which gives us a very positive looking team ready for 2021 season. Hopefully, we will be able to be back to a full competition season by then. I feel that these ladies should be mentioned for their achievement in a very difficult year for so many.

Jodi Beynon a heptathlete who achieved new PBs in the 800m, shot putt and javelin. Darci Bass achieved a new PB in the 1500m and Abigayle Goodrick-Latham in the 5000m.

The future is also looking really bright for our field events with Lauren Davey achieving a PB in the javelin, Charlotte Champion had a new PB in the long jump four of our senior athletes achieved new PBs in the shot putt, Gwennan Lewis, Jamie Holland, Rhian Evans and Catherine Collins.

I'd like to congratulate all the athletes who managed to compete over the summer after such difficulty keeping motivated with training let alone , finding appropriate facilities or, in some cases, a field or stretch of quiet road to train on. I look forward to seeing what they can achieve in 2021 once everything settles back to normality (hopefully).

**Caroline Hurley**  
**NAL Ladies Team Manager**



## CROSS COUNTRY 2020

I suppose the 2019/20 cross-country events were fortunate not to be affected by the Covid-19 lockdown which commenced at the end of March 2020, the end of our xc season. Nevertheless, the final Gwent League fixture, which the club was due to host in Singleton Park in early March, had to be cancelled due to a waterlogged course.

As mentioned in last year's cross-country report the stand-out performance of the season was Kristian Jones's run in the European cross-country championships held on the 8<sup>th</sup> December in Lisbon. Running in the Stirling international cross-country challenge in January Kristian beat a talented field to win the senior men's race beating the in-form Andrew Butchart. Kristian finished the xc season in 7<sup>th</sup> place in the UK merit rankings.

Also, competing in Stirling was Verity Ockenden who ran a perfectly judged race gaining 5 places in the last 500m to finish in 5<sup>th</sup>. place overall in the senior women's race.

### **Welsh cross-country championships**

In February the championships were once again held Pembrey Country Park. This year was not as successful for the club as in previous years, but nevertheless, there were some solid performances.

*Senior Men (Teams SM 2<sup>nd</sup> MM45 3rd. MM55 1<sup>st</sup>.)*

Dewi Griffiths, who had been injured all winter, finished a close 4<sup>th</sup> place with Marc Hobbs finishing strongly in 6<sup>th</sup>. Other senior men's positions were: - 10. Dan Rothwell 11. Paul Tobin 12. Angus Maclean 18. Morgan Davies 49. Daniel Morgan 53. Sam Joseph 63 Ed Cullen 64. Ifan Lloyd 65. Gab Stoukus 68. Thomas Guest 76. Steve Smith 84. Mike Gleeson 108. Gair McAdie 113. Owen Davies 121. Simon Brewer 130. Rob Falconer 133. Heath Brett 157. Paul Flynn.

*Senior Women (Teams SW 2<sup>nd</sup> W35 2<sup>nd</sup> W40 3rd. W45 3<sup>rd</sup>.)*

7. Llinos Jones 11. Abigayle Goodrick-Latham 17. Helen-Marie Davies 28. Diane Brownhill 44. Jenny McAdie 45. Chris Webb 46. Julie Hartley-Green 59. Nina Brocklebank 71. Victoria Williams 76. Kelly Gipson 100. Angela Delaney 103. Tina Gabb

*U20 Men (Team 1<sup>st</sup>.)* 1. Dominic Smith 12 Dafyd Jay 13. Nathan Jones 14. Will Arnold

*U17/20 Women (Team 2<sup>nd</sup>)* 2. Ashleigh Willis 15. Darcie Bass 23. Bronwen Stratton-Thomas 24. Georgina Arnett



*U15 Boys (Team 2<sup>nd</sup>)* 5.Aled Tumelty 13.Charlie Harris 19.Tom Attwood 26.Dafydd King 39.Josh Pritchard

*U15 Girls* 17. Mai Davies 20.Ella Davies 24.Tiffany Rees 26.Bethan Adams

*U13 Boys* 13.Oliver Patterson 28.Steffan Higgins 37.Saul Otteson 38.Ethan Jones 41.Callum Johns

*U13 Girls* 19. Sophie Hartley-Green 33.Kaitlyn Jones. Chloe Lewis 48.Natalie Coughlan 54.Lilli Wade 60.Matilda Topliss

*Primary Races Girls:-* 1.Libby Hale 4.Chloe Harley-Green 9.Millie Pierce 23 Imogen McAdie 26Eden Williams 35. Cali Davies 50.Ellie Brewer

*Primary Races Boys:-* 17.Kellan Heuberger 34.Arwel Richards 45.Finley Williams

### **Welsh Schools Cross-country Championships (Brecon)**

This was the last xc race of the winter and marked the start of the nationwide lock-down.

*U20 Women.* Excellent win for Ashleigh Willis followed by an improving Darcie Bass in 4<sup>th</sup>. with Catrin Morgan finishin13<sup>th</sup>.

*U17 Women.* 12.Ella Davies

*U15 Men* Charlie Harris had a good run finishing in 2<sup>nd</sup> place backed up by 12.Tesfaye Shugi 33.Morgan Willis 41 Dafydd King 47.Matthew Lewis 56.Steffan Higgins 59.Evan Morris

### **John H Collins Gwent League**

After being relegated last season the senior men were immediately promoted back to division one, and hopefully remain there. Our senior women finished second overall in division one.

Alaw Beynon-Thomas won the overall women's title and also winning the last fixture of the season in Chepstow. Darcie Bass had her best race in Chepstow finishing 4<sup>th</sup>. in the U17 women's race. In the under 15 boys Aled Tumelty finished third overall. Nathan Jones won the under 20 title. Abigayle Goodrick-Latham was rewarded for consistent xc racing throughout the winter by winning the universities title.

Hopefully, by the start of the next xc season in October, the Coronavirus pandemic will be over, and we can once again start running on the country.

Thanks as always go to our team managers and helpers without whom we would not be able to field teams in all the age groups.

Team Managers

Julie Hartley-Green, Tina Gabb, Rachel Jones, Kay Fox, Tony Clements, Gareth Davies

**Brian Fox**  
**Cross-country Secretary**

## **ROAD RUNNING 2020**

Inevitably there are no road relays to report on since the last agm because of the coronavirus pandemic. Indeed, road races in general have been very few and far between and those that have taken place since March have almost entirely been confined to elite athletes. Nonetheless there have been a handful of outstanding performances.

Josh Griffiths has managed four races in the last 12 months, two of which took place before the first lockdown. On February 16 Josh finished 29<sup>th</sup> in the very high-quality Barcelona half-marathon in the excellent time of 63-34 and two weeks later back in the UK he clocked 63-57 to finish eighth in the Vitality half-marathon. With races then off the agenda Josh used the time to train hard, which enabled him to run a superb 63-08 when finishing sixth in the Antrim half-marathon. This in turn set him up perfectly for the London Marathon, restricted to elite athletes this year and as always dominated by Africans. Josh produced his best performance of the year to finish 18<sup>th</sup> in a personal best of two hours 13 minutes 11 seconds, which moved him to sixth on the Wales all-time list.

Kris Jones accompanied Josh to Barcelona, where he ran a personal best of 63-09 to finish in 22<sup>nd</sup> place. That ensured his selection by Great Britain for the world championships in Poland, held in October, when he improved that time by four seconds to finish 60<sup>th</sup>.

Dewi Griffiths was unfortunate enough to sustain a bad injury last year so raced only once on the road post-pandemic. It was a very useful outing, however, as he recorded a personal best of 13-43 in finishing sixth in the Podium 5k at Barrowford on August 8. Similarly, Jon Hopkins raced only once on the road, but he also recorded a personal best, being timed at 13-54 in the Armagh international for 11<sup>th</sup> place.

Of our elite women only Verity Ockenden raced on the road, but she does do so with distinction. Verity was an easy winner on the Speedway 10k in 33-04 then ran a brilliant personal best of 15-37 to finish third in the Podium 5k.

So, a quiet year, the like of which none of us have ever experienced, but a successful one for a handful of outstanding runners, the five in this report all setting personal bests.

## **GEORGE EDWARDS**

## ROAD RUNNING TEAM MANAGER

### TRACK AND FIELD 2020

Well done everyone! I hope 2020 will be just as positive....  
Never in a million years did I think the final word of my 2019 report would be used so frequently in 2020 and sadly not in a good way.

Unfortunately, due to the circumstances no league matches have taken place this year so my normal 100-page report will not be needed 😊

For the first six weeks of the indoor season, athletics went ahead and as you can see below, lots of athletes took part with plenty of medal winners.

#### **Welsh Athletics Indoor Junior Open (inc. South Wales, East Wales, West Wales & South West England Regional Championships)**

Athletes taking part in the Regional Championships were Aled Tumelty (800m Gold) Chloe Lewis (800m Silver) Elin Edwards (800m) Ella Davies (1500m Gold) Ella Thomas (800m Bronze) Elliot Pressdee (1500m) Flynn Ferguson (800m Silver) Henry Clarke (1500m) Holly Humphreys (800m) Kaitlyn Thomas (800m Silver) Mai Davies (1500m Gold) Martha Caldwell (800m) Matthew Lewis (1500m Gold) Millie Pierce (800m) Osian Davies (800m) Sophie Hartley-Green (1500m) Tesfaye Shugi (800m Gold) Tom Attwood (1500m Silver) and Zoe Strevens (800m)

#### **West Wales Indoor Regional Athletics Championships**

The annual event held at the indoor track saw athletes from all over West Wales competing for the chance to be crowned champions of the region. Medal winners were Adaeze

Emenogu (Pole Vault Bronze) Addam Bowling (High Jump Gold) Amy Beynon (Pole Vault Gold) Arwel Richards (60m Gold) Ava Grace Jones (60m Gold / Long Jump Bronze) Bethan Holley (High Jump Bronze) Cameron Ciaburri (60m Silver) Carys Morgan (Shot Putt Gold) Carys Poole (60mH Silver / Triple Jump Gold / High Jump Gold / Shot Putt Gold) Catherine Collins (Shot Putt Silver) Charlie Shuall (Pole Vault Bronze) Charlotte Champion (Triple Jump Gold / Long Jump Silver) Chloe Simmonite (60m Silver) Dafydd King (Pole Vault Silver) David Ejimofor (60m Silver / Shot Putt Silver) Drew Dodd (Long Jump Gold) Dylan Morgan (60m Gold / Triple Jump Gold / Long Jump Silver) Eden Williams (Long Jump Silver) Efa Williams (60mH Bronze) Ellie Howells (Pole Vault Silver) Emily Collins (60mH Bronze / Triple Jump Bronze / High Jump Silver / Shot Putt Silver) Emily Morris (High Jump Gold) Evan Cole (60m Gold / 60mH Silver / Long Jump Silver / High Jump Silver) Evie Lawrence (Pole Vault Gold) Finn McIntyre (60mH Silver) Freya Morgan (60mH Gold) Georgia Milza (Triple Jump Bronze) Harry Collins (60mH Bronze) Harry Newton (Pole Vault Gold) Holly Guite (Pole Vault Silver) Ieuan Hosgood (60m Bronze / Pole Vault Gold) Ioan Jenkins (High Jump Gold) Jack Edwards (60mH Bronze) James Llewellyn (High Jump Bronze) Jamie Holland (Shot Putt Silver) Jenson Morris (Long Jump Bronze) Jessica Wilcock (Long Jump Bronze) Joseff Lewis (Triple Jump Bronze / Pole Vault Bronze) Joseph Beresford (High Jump Silver) Joshua Aka (60mH Silver / 60m Bronze) Joshua Wilton (Shot Putt Gold) Katie Lake (Pole Vault Bronze) Lauren Oshisanya (60m Bronze) Lewie Jones (Shot Putt Bronze) Lily Ford (Shot Putt Bronze) Macsen Holland (Shot Putt Gold) Macsen Holland (Shot Putt Silver) Malachi Williams (High Jump Silver) Millie Carter (Pole Vault Gold) Nia Palla (60mH Gold / 60m Gold) Niamh Jones (60m Bronze) Noah Osborne (Pole Vault Silver) Oliver Clarkson (60m Bronze) Oliver Patterson (Shot Putt Gold) Phoebe Davies (Triple Jump Silver) Rhian Evans (Shot Putt Gold) Rhiannon Maine (Pole Vault Gold) Robin Wood (Triple Jump Gold / High Jump Bronze / Long Jump Silver / Shot Putt Silver) Roderick Davies (Long

Jump Bronze) Rosa Jannetta (60m Silver) Ruairi Harris (60m Gold) Ruby Jones (High Jump Gold) Sam Petherbridge (60m Silver) Samuel Davies (High Jump Silver) Sara Davies (60m Bronze) Sarah Lyons (Long Jump Silver) Sean Strevens (Long Jump Gold / 60m Silver / Shot Putt Gold) Seren Anderson-James (High Jump Bronze) Shanaya Bray-Davies (60mH Bronze) Solomon Baker (Long Jump Silver / Shot Putt Bronze) Sophie Taylor (Long Jump Bronze) Steven Ingram (High Jump Silver / Shot Putt Gold) Tabitha Ventress-Brett (Long Jump Gold) Tamarebi Aganaba (60m Bronze) Theo Oshisanya (Pole Vault Silver / Long Jump Silver) Tiana Evans (Long Jump Bronze) Tyler Davies (Pole Vault Bronze) William Trott (60mH Bronze / Pole Vault Gold) Woody Jelf (Long Jump Bronze) Zac Davies (60mH Gold / Long Jump Gold) and Zoe Strevens (60mH Gold / 60m Bronze / High Jump Silver / Long Jump Silver / Shot Putt Bronze).

### **Welsh Athletics Senior Indoor Championships (inc. selected Junior Age Group Events)**

Athletes taking part were Abigayle Goodwick-Latham (1500m) Adrian Sum (Triple Jump Gold) Armani Williams (200m Bronze) Caryl Granville (60mH Gold) Carys Jones (Pole Vault Gold) Charlie Holland (400m Gold) Charlotte Champion (Triple Jump Gold) Chloe Lewis (1500m) Chloe Simmonite (300m Bronze) Evan Cole (300m Silver) Fynley Caudery (Pole Vault Bronze) Gabrielle Fakande (60m / 200m) Glyn Price (Pole Vault) Gwennan Lewis (Shot Putt) Isabel Davies (200m) Iwan Beggs (High Jump) Jonathan Hopkins (1500m Gold) Karl Williams (60m) Katie-Jayne Priest (60m / 200m) Lauryn Davey (Long Jump / Shot Putt / High Jump) Libby Hale (1500m Bronze) Macey Morris (400m) Max Heavens (60m) Nathan Phillips (800m) Niam Awal (60m) Niamh Jones (400m / 200m) Noah Osborne (Pole Vault) Rhian Evans (Shot Putt) Rhys Adams (60m) Sam Fenwick (Pole Vault) Thomas Payne (60m) and William Trott (Pole Vault)

### **Welsh Athletics Junior Indoor Championships**

Athletes taking part were Addam Bowling (High Jump Gold) Aled Tumelty (3000m Bronze) Alice Prosser (Shot Putt) Amelia Hill (200m / 400m) Amy Beynon (Pole Vault Gold / Long Jump) Ashleigh Willis (3000m Gold) Ava Davies (800m) Bethan Adams (800m) Cari Adams (200m) Carys Poole (High Jump Silver / Long Jump / Shot Putt Silver) Charlie Holland (800m Silver) Charlie Shuall (Pole Vault) Charlotte Champion (Triple Jump Gold) Chloe Lewis (800m) Chloe Simmonite (200m / 60m) Ella Davies (3000m Silver) Emily Collins (Shot Putt / 60mH) Evan Cole (Long Jump Bronze / 200m Bronze / High Jump Bronze / 60m / 60mH Silver) Evie Lawrence (Pole Vault Silver) Finn McIntyre (60m / 60mH) Hannah Kinane (800m Silver) Harley Thomas (Shot Putt) Harry Collins (200m / 60m / 60mH) Harry Newton (Pole Vault Bronze) Henry Payne (Long Jump / 60m) Holly Guite (Pole Vault Silver) Ieuan Hosgood (Pole Vault Silver) Jamie Holland (Shot Putt Silver) Jenson Morris (60m) Jeremy Andrews (Pole Vault Bronze / 60m) Jessica Wilcock (Long Jump) Joseph Beresford (High Jump Bronze) Joshua Kenny (60m) Joshua Wilton (Shot Putt Bronze) Lewie Jones (Shot Putt Bronze) Lily Ford (Shot Putt Silver) Louis Shuall (Pole Vault) Macey Morris (400m Gold) Macsen Holland (Shot Putt Silver) Mai Davies (3000m) Matilda Quick (High Jump Gold / Long Jump Bronze / Shot Putt Gold / 60mH Silver) Matthew Lewis (1500m) Millie Bennett (200m / Long Jump / Shot Putt / 60m) Millie Carter (Pole Vault Silver) Millie Pierce (Long Jump / 800m / 60m) Nathan Bunting (High Jump Silver / 60m) Noah Osborne (Pole Vault Silver) Oliver Clarkson (60m) Rebekah Pratt (Pole Vault Bronze) Ruairi Harris (200m / 60m Silver) Ruby Jones (High Jump Bronze) Ryan Price (Triple Jump Silver) Sam Fenwick (Pole Vault) Sam Petherbridge (200m Silver / 60m Bronze) Sarah Lyons (Long Jump Silver) Theo Oshisanya (Long Jump / 60m) Thomas Payne (60m Silver) William Trott (Pole Vault Gold) Zac Davies (Long Jump / 200m / 60mH Gold) Zoe Strevens (200m / High Jump / Long Jump / 60m / Shot Putt / 60mH)

### **British Championships**

A few of our senior athletes took part in the British Championships held in Glasgow

Ben Paris (200m) Caryl Granville (60mH) Carys Jones (Pole Vault) Joe Brier (400m Silver) Jonathan Hopkins (3000m) Max Heavens (60m) Verity Ockenden (3000m Silver)

### **England Athletics U15, U17 & U20 Championships**

Held in Sheffield the following athletes took part Dafydd King (Pole Vault) Harry Newton (Pole Vault)

Noah Osborne (Pole Vault) Sam Petherbridge (60m / 200m) Sarah Lyons (Long Jump) William Trott (Pole Vault Silver)

### **Vault Cardiff**

Glyn Price, Noah Osborne, Dafydd King, Harry Newton, Amy Beynon, Holly Guite, Fynley Caudrey, Carys Jones, Millie Carter, Evie Lawrence, Theo Oshisanya, Oliver Philpott, Louis Shuall, Ieuan Hosgood, Sam Fenwick, Rebekah Pratt and William Trott all took part.

### **England Athletics U15 / U17 Combined Events Championships**

Evan Cole was our only competitor in this competition and finished in eighth place.

Outdoor events were permitted for a few weeks towards the end of the season and the following competitions took place.

### **Welsh Athletics Throws Pilot Competition**

Lauryn Davey (Shot Putt) Jamie Holland (Shot Putt) and Nathan James (Javelin) Harrison Walsh (Discus)

### **Welsh Athletics Track Pilot Competition**

Roderick Davies (100m) Lemarl Freckleton (100m) Jack Houghton (400m) Steffan Dylan Jones (400m) Guy Smith (800m)



### **Welsh Athletics U15 / U17 Throws Competition**

Macsen Holland (Shot Putt) Lucy Harris (Discus) Katie Lake (Discus) Emily Collins (Hammer) George Snaith (Javelin) Chloe Jones (Javelin) and Rebekah Pratt (Javelin)

### **Welsh Athletics Junior Track Competition**

Dylan Morgan (100m) Josh Kenny (100m) Aled Tumelty (800m) Mai Davies (800m) Bethan Adams (800m)

### **South of England Covid Games**

Risqat Fabunmi-Alade (100m)

### **Welsh Athletics Endurance Open Meeting**

Nathan Phillips (800m) Jodi Beynon (800m) Charlie Harris (1500m) Matthew Lewis (1500m) Carys Jones (1500m) Mai Davies (1500m) Guy Smith (3000m) Nathan Jones (3000m) Aled Tumelty (3000m) Paul Flynn (3000m) Ifan Lloyd (3000m) Ashleigh Willis (3000m) Ella Davies (3000m) Shannon Thomas (3000m)

### **Muller British Championships**

Daniel Beadsley (100m) Risqat Fabunmi-Alade (100m) Hannah Brier (200m) Joe Brier (400m) Verity Ockenden (5000m)

### **Welsh Athletics Throws Open Meeting**

Oscar Dun (Shot Putt) Jamie Holland (Shot Putt) Lauryn Davey (Shot Putt / Javelin) Jodi Beynon (Shot Putt) Joshua Wilton (Discus) Harrison Walsh (Discus) George Snaith (Javelin) Chloe Jones (Javelin)

### **Welsh Athletics Sprints Open Meeting**

Evan Cole (100m) Megan Gwyther (100m) Ruairi Harris (100m) Matilda Quick (100m) Seth Amas (100m) Reuben Williams (100m) Sophie Taylor (100m) Martha Caldwell (100m) Millie Bennett (100m) Henry Payne (100m) Jack Edwards (100m) Evan Morris (200m) Zoe Strevens (200m) Chloe Lewis (200m)

Cari Adams (200m) Imogen McAdie (200m) Millie Pierce (200m)

### **Yate Sprints & Hurdles Meeting**

Megan Gwyther (75mH)

### **Welsh Athletics Senior Sprints Meeting**

Jacob Dowling (100m) Josh Kenny (100m) Jack Houghton (100m) Wyn Roberts (100m) Roderick Davies (200m) Joe Brier (200m) Daniel Beadsley (200m) Steffan Dylan Jones (200m)

### **Welsh Athletics Endurance Open Meeting**

Nathan Phillips (800m) Dafydd King (800m) Miles Hill (800m) Bethan Adams (800m) Aled Tumelty (1500m) Darcie Bass (1500m) Carys Jones (1500m) Mai Davies (1500m) Kaitlyn Jones (1500m) Ifan Lloyd (3000m) Abigayle Goodrick-Latham (3000m) Megan Stratton Thomas (3000m Walk) Jemima Osborn (3000m Walk)

### **Gold Awards**

These are awarded to first claim club members in the U13-U20 age group who achieve performances mid-way between grade 1 and 2 AAA standard which equates to being ranked in the top 10% in the UK

Congratulations to Matilda Quick (Shot Putt & High Jump) Macsen Holland (Shot Putt) Lewie Jones (Shot Putt, Discus & Javelin) Lily Ford (Shot Putt) Hannah Kinane (800m) Lucy Harris (Discus & Javelin) Megan Gwyther (75mH) William Trott (Pole Vault) Kaya Cairney (100m & 200m) Steffan Dylan Jones (200m & 400m) Tom Slade (110mH)

Congratulations and well done to all athletes 😊

I just wanted to thank our athletes, parents, volunteers, coaches and trustee members and track staff for their continued support. Hopefully in 2021 we will be back on the track!

**JO WOOD**  
**TRACK AND FIELD SECRETARY**

## **COACHING 2020**

Without doubt our most testing year ever due to Covid 19. We lost the support of 17 of our coaches directly or indirectly related to the coronavirus outbreak. For the vast majority this is just temporary, until their circumstances change and it is safe for them to return. In addition, many of our remaining coaches' availability was impacted regularly too, due to changing work commitments and isolation of immediate family members.

How we managed to keep the club coaching going, until the latest lockdown was enforced, was a Christmas miracle in itself! My thanks and gratitude must go to the entire coaching team for keeping the club going under the many challenges we faced, and will face again, at least for the next few months. With the numerous rules and regulations to follow from Welsh Government, Welsh Athletics and Swansea University, including the registers for track and trace, risk assessments, Covid 19 specific risk assessments and the usual session planning, the coaches have spent more time doing paperwork rather than coaching this year! However not one of the coaches complained (well almost none!), and just knuckled down to deal with all the issues and limitations imposed upon us.

Each year I would usually reel off a load of statistics on coaching and compliment the team on how capable they are at coaching all the running, jumping and throwing disciplines. However, this year the coaching team has risen to a very different challenge. Not only showing what capable technical coaches they are, but also how caring and dedicated they have been towards supporting and keeping their athletes motivated to train through these extremely challenging times. This has been just as important for the coaches as it has been for the athletes and I am sure all the athletes are grateful for their coaches' commitment. We are also acutely aware of how important a role coaching plays for many of our team in their day to day lives, particularly for some of those that are unable to attend coaching currently. 2021 can only get better.

I am very proud of what the team have achieved this year, and very much look forward to getting the whole coaching team back on/off track soon.

**Andrew Jenkins**  
**Coach Co-Ordinator**