

Afan Nedd Tawe Schools Athletics Association

Cross Country County Trial

Wednesday 26th January 2022

First race at 12:30pm. Margam Park



WELSH ATHLETICS
ATHLETAU CYMRU

Supported by Welsh Athletics (in partnership with WSAA)



APOLLO
TEACHING SERVICES

With additional support from Apollo Teaching Services

Schools are strongly advised to arrive at least 1 hour BEFORE the first race starts to allow athletes to walk the course.



CHAIRMAN

STEVE JONES

TREASURER

ANDREW JENKINS

VICE CHAIRMAN

ZANE MAYNARD

HON SECRETARY

NICOLE EVANS

The Afan Nedd Tawe Schools Athletics Association has invited all secondary schools and colleges to compete and officiate at the cross country county championships. We thank Margam Park and Neath Port Talbot Council for the use of the facilities, the Association would also like to thank officials from Neath Harriers, Swansea Harriers and Welsh Athletics for their support. Following these championships the Afan Nedd Tawe team will be selected to compete at the Welsh National Cross Country Championships in February at Brecon. Finally, my personal thanks to all teachers, coaches and parents for preparing the competitors we shall see today striving to gain honours, not only for themselves but for their school and county. Thank you and best wishes to all those who compete.

Mr Steve Jones

Chairman

TIMETABLE

12:30pm Year 7 Girls	1 small then 1 large lap	2150m
12.45pm Year 7 Boys	1 small then 1 large lap	2150m
1.00pm Year 8 & 9 Girls	2 large laps	2800m
1.15pm Year 8 & 9 Boys	1 small then 2 large laps	3550m
1.35pm Year 10, 11, 12, 13 & 14 Girls	1 small then 2 large laps	3550m
1.55pm Year 10, 11, 12, 13 & 14 Boys	3 large laps	4200m

Invited Schools

St JOSEPH'S	GLAN AFAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
Y G BRO DUR	BISHOP GORE	OLCHFA	CEFN SAESON	LLANGATWG
PENYRHEOL	YG GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS	FFYNONE
CWMTAWE	BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YG YSTALYFERA
CWM BROMBIL	GOWER COLLEGE	CYMER AFAN	YG BRYN TAWE	BAE BAGLAN

RULES & INFORMATION

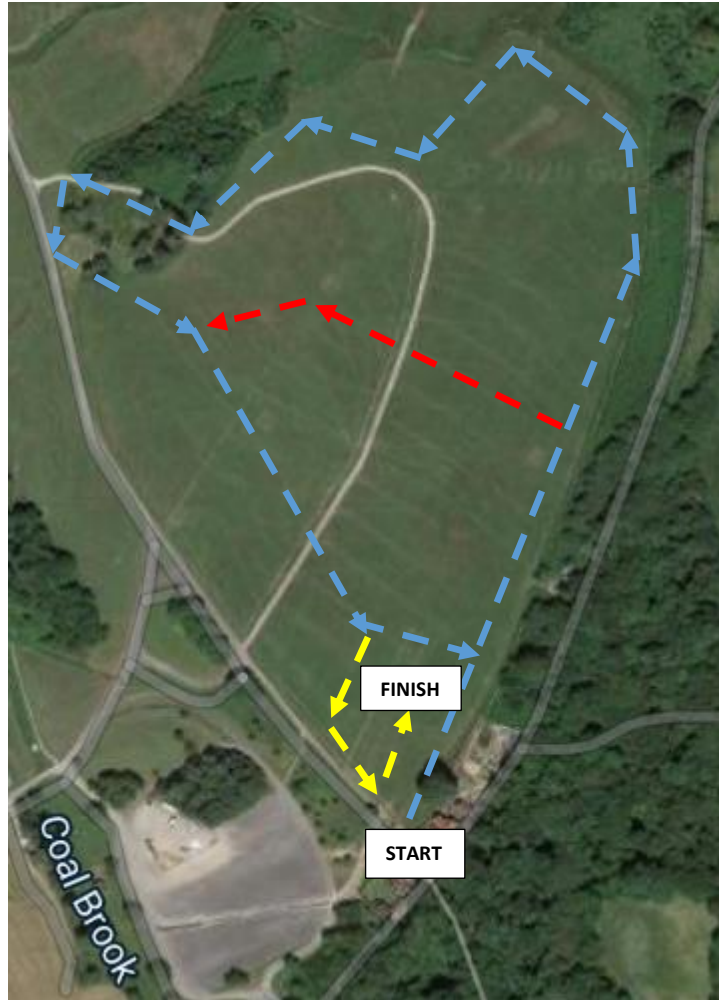
1. Schools and colleges taking part must be affiliated to the County Association.
2. **No athlete is allowed to compete unless accompanied by a member of staff.**
3. Only athletes from affiliated schools will be selected for county teams.
4. The assistance of staff in officiating at the fixtures would be welcomed.
5. The 2022 County Trial is an open event therefore it is not necessary for individuals and school teams to have competed in any of the development fixtures to be eligible to compete on 26th January.
6. Results of the county trial form the basis for selection of the Afan Nedd Tawe team for the Welsh Schools Cross Country Championships.
7. Medals will be presented to the top 3 individuals in each race and to the winning teams only.
8. Team medals – 6 athletes to score in the year 7 to 9 races and 4 athletes to score in the year 10 to 14 combined race.
9. Toilets are available, but there are no on-site changing facilities.

HEALTH & SAFETY

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

FIRST AID

First Aid cover is available on site. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.



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PAST CHAMPIONS

Individuals	Year 7 Girls	Year 7 Boys	Year 8 & 9 Girls	Year 8 & 9 Boys	Year 10 to 14 Girls	Year 10 to 14 Boys
2020	Mari Stephens (Bro Dur)	Oliver Patterson (Olchfa)	Mai Davies (Gwyr)	Cameron Llewellyn (Bishop Vaughan)	Ashleigh Willis (Olchfa)	Finley Hines (NPTC)
2019	Kaitlyn Jones (Bryntawe)	Steffan Higgins (Bryntawe)	Ella Davies (Gwyr)	Aled Tumelty (Gwyr)	Darcie Bass (Penyrheol)	Rhys James (Dwr-Y-Felin)
2018	Mai Davies (Gwyr)	Cameron Llewellyn (Bishop Vaughan)	Tiffany Rees (Olchfa)	Charlie Holland (Bishopston)	Ashleigh Willis (Olchfa)	Dominic Smith (Olchfa)
2017	Ella Davies (Gwyr)	Finlay Catling (Ystalyfera)	Ashleigh Willis (Olchfa)	Rhys James (Dwr Y Felin)	Eluned King (Gwyr)	Elliot Lawrence (St. Joseph's)
2016	Elin Murphy (Bishopston)	Kian Evans (Bishopston)	Eluned King (Gwyr)	Nathan Jones (Bishopston)	Bethan Harris (Gower Coll)	Dominic Smith (Olchfa)
2015	Caitlin Gwyther (Gwyr)	Ethan Lee (Gowerton)	Eluned King (Gwyr)	Joseph Lloyd (Gwyr)	Awen Lewis (Ystalyfera)	Dominic Smith (Olchfa)
2014	Eluned King (Gwyr)	Ben Petherbridge (Gowerton)	Ellie McCormick (Cwmtawe)	Elliot Lawrence (St Josephs)	Lara Philippart (Olchfa)	Jonathan Tobin (Olchfa)
2013	Chloe Hopkins (Gwyr)	Jacob Young (Cwmtawe)	Bethan Harris (Bishopston)	Oliver Jones (Bishopston)	Olivia Gwynn (Bishopston)	Jac Hopkins (Bishopston)

*Event not held in 2021 due to COVID restrictions.

TEAM SCORING AND MEDALS:

Individuals:

The top 3 individuals in each race will receive a medal including the year 10, 11, 12, 13 & 14 age groups which is a combined race.

Teams:

1. There are only team medals for the winning teams i.e. no medals for 2nd and 3rd places teams.
2. You must have a full team to score i.e Year 7 and Year 8/9 races must have 6 finishers and the Year 10, 11, 12, 13 & 14 combined races must have 4 finishers.
3. The team with lowest combined score will win i.e. 1st place is awarded 1 point, 2nd place = 2 points, 3rd place = 3 points and so on, as mentioned in point 2 incomplete teams will not count towards team totals.
4. Presentations of individual medals will be done immediately at the finish. NO TEAM MEDALS (1st TEAMS ONLY) WILL BE PRESENTED ON THE DAY. Staff are asked to hand in results sheets and envelopes that you will receive on the day ASAP after every race to Steve Jones, who will be based close to the finish area.

OFFICIALS

The school district is indebted to the kind support of all our volunteer officials today who have given up their free time to make the event possible.

1	Referee	Andrew Jenkins
2	Timekeeper 1	
3	Timekeeper 2	
4	Timekeeper's recorder 1	
5	Timekeeper's recorder 2	
6	Position Judge 1	
7	Position Judge 2	
8	Disc Steward 1	
9	Disc Steward 2	
10	Starter	
11	Clerk of Course	
12	Course Marshall 1	
13	Course Marshall 2	
14	Course Marshall 3	
15	Course Marshall 4	
16	Course Marshall 5	
17	Safety steward in the funnel	
18	Safety steward in the funnel	
19	Scoring, Results & Awards	Steve Jones
20	Scoring, Results & Awards	
21	Awards Presentations	
22	First Aid 1	St John Ambulance
23	First Aid 2	St John Ambulance
24	Car Park Marshall	
25	Car Park Marshall	