



**Swansea Harriers Athletics Club  
Annual Report 2021**

# President's Foreword

2021 Probably ranks as the second most difficult year in the club's history due to the problems caused by the Covid virus. However, there were many positives to report in the club's effort to return to some sort of normality.

Joe Brier's selection for The Tokyo Olympics was an achievement of which any club can feel proud. Verity Ockenden obtained The Olympic standard, but sadly did not get selected, so tough on someone who tried so hard. There were 13 Club records broken during the year with Welsh records going to young Libby Hale and Lewie Jones. There were also good club team performances of 1 first and 2 second placings in revised Track and Field Leagues which limited travel. In the Welsh Road Relays we had a fantastic day with 8 x first, 4 x second and 1 x third team positions. In the early part of the 2021-2022 John H Collins Gwent Cross Country League seasons fixtures there have been some promising results in some of the age groups. It is hoped that more of our endurance runners will take part in this the largest Cross Country League in Britain and one that the club sees as a priority for participation.

Whilst these are all positive signs it would seem that some clubs have not adapted to the Covid problems as well as we have, so standards in some competitions might be lower. It is a tribute to the many excellent volunteers that we have in our club that we have adapted so well during such a difficult period. Our grateful thanks must go to our Coaches, Officials, Team Managers, Trustees, Covid Officers and Café Staff. Also, as always the work and co-operation of our University Staff is greatly appreciated. So few words of thanks does not do justice to the efforts and work done by all these people who the club rely on so much. A special thank you to Jeff Cooze who retired after being a Team Manager for 16 years and also to Caroline Hurley who has finished after 10 years in that role.

Our Membership has decreased as has our financial income due to the effects of the epidemic. We are grateful to the City Council for the allocation of Government Covid Grants to help cover some of our lost income. Our thanks also to Sport Wales Be Active Grant for coach education costs and Local Giving for funding of equipment applications which were both successful. Also aiding our club funds has been a generous donation from ex club, Welsh and G.B. International High Jumper Paul Evans and his wife. Part of the donation will go towards the staging of an Indoor Jumps competition in memory of Paul's late father Gwilym Evans who contributed so much to the club over many years. The money is greatly appreciated.

There are many things needed for the future. Photo Finish equipment and an Outside of the track Throws Circle and Cage if we are to stage Home National League matches in the future. We are in urgent need of more match officials. How can we attract them? There has not been the usual local school matches so we are missing out on identifying and recruiting talented local athletes.

2022 will see three of our sports most important meetings take place The World Championships, The European Championships and The Commonwealth Games, the latter which will be held in Birmingham. We have seven of our club athletes being funded by Welsh Athletics as prospects for The Commonwealth Games, we wish them well in their efforts. My

very best wishes to all our club members for 2022. Hopefully we will be able to progress from last year and return to our more normal competition structure in a safe and successful way.

**Barrie Owen**  
(Club President)

## Secretary's Report 2021

The COVID pandemic has again resulted in a very challenging year for athletes and club volunteers alike, though what is clearly apparent in the various Team Manager reports and the President's foreword is how well our athletes have performed this year despite these difficulties.

13 club records have been broken (by ten athletes), eight athletes represented Wales at the senior and U20 Manchester International, which was topped by 12 athletes representing Welsh Schools at the U17 British Schools International in Derby. We had four of our juniors - Libby Hale (1500m), Amy Beynon (Pole vault), Lewie Jones (discus), and William Trott (pole vault) ranked either one or two in the UK in their event. Libby Hale (1500m) and Lewie Jones (in the Javelin) broke their age group Welsh records. Joe Brier became an Olympian (4X400 relay) and Verity Ockenden just missed out on selection after an excellent season when she was ranked 3<sup>rd</sup> in 5000m, 4<sup>th</sup> in 10000m and 5<sup>th</sup> in the 3000m in the UK.

Track and field competition returned with our seniors finishing 11<sup>th</sup> in the overall National Athletics League Premiership table and the top Welsh club, with our juniors winning both their respective Midlands Divisions in the Upper and Lower Age Groups. Our teams dominated the Welsh Road Relay Championships in Pembrey in September and are doing well in the current John Collins Gwent Cross Country League. Well done to all involved.

As highlighted by our President, much thanks must go to our many volunteers you have sustained the club throughout what has been another very challenging year. Our coaches, Covid Officers and payment volunteers have enabled training to go ahead whenever possible and our officials have been vital in ensuring local competitions have taken place.

Away from the track there have been some important developments including the development of new Safeguarding policies and associated Codes of Conduct produced by UK Athletics with the support of Welsh Athletics. Our own safeguarding policies have been updated as a consequence and our Codes of Conduct are also being amended and will be introduced as part of the membership renewal process in March. We urge everyone to be familiar with the Codes that are relevant to their involvement with the club.

We have entered into two important partnerships this year – supporting the newly formed Swansea Sanctuary Runners and the Welsh Blood Service. We will continue to look at ways we can ensure that our charitable objectives are fully met.

Over the past two years the club has demonstrated the fundamental strength of its volunteer base and provided the foundations for our athletes to continue to flourish despite the

impacts of the pandemic. As membership numbers increase and hopefully more competitions and events return the club will continue to grow and provide such an important opportunity for Swansea residents to enjoy its sport.

**Tony Clements**  
Club Secretary

## Senior Men's Track & Field 2021

In 2021, we saw the inaugural season of the new National Athletics League, albeit it was organised on a more "regional" basis due to the restrictions associated with covid. We were allocated to the Premiership West division which consisted of two other Premiership teams (i.e., Bristol & West and Cardiff) plus two teams from lower divisions (Yate & Yeovil). Scoring was done by using event scoring tables (courtesy of Prof. Bromilow). Whilst differing from the normal match scoring system, it at least allowed results to be scored against the other Premiership teams.

All four matches were in Yate which in my opinion was very unfair – not sure why there was not at least one match in Wales! Nevertheless, we had a return to some form of club competition which was welcomed.

In the first match, the overall standard was high, almost up to the standard of the old BAL/UKWL but lacking in depth. Dan Beadsley posted a fast 10.5 in the 100m behind Cardiff's Jeremiah Azu who recorded the same time. Tom Walley cleared 4m91 for a pb in the Pole Vault. One/two in Shot courtesy of our higher claim athletes – Dan Cork (17m06) and Pat Swan (16.57). Both these performances were further than the existing club record. Good early season performances by Steffan Jones in the 400 (48.19) and Jack Houghton in the 400mH (55.20). Osaze Aghedo made a welcome return to competition with a leap of 14m54 in the Triple Jump to go top of the Welsh rankings. The result was that Swansea finished a close 2<sup>nd</sup> just 4 points behind Bristol. Basically, this was down to not covering all the events in both the Men's and Women's competitions.

The overall quality in the 2<sup>nd</sup> match was slightly down but the net result was that we reversed the positions, pipping Bristol to win the match by 9 points. There were also some excellent individual performances. Pat Swan threw a massive 17m43 for a pb in the Shot - Pat threw 17m45 later in the season to top the Welsh rankings. Veteran Glyn Price jumped 3m81 to set a new M55 Welsh record for the Pole Vault. Dan Beadsley ran a new pb of 21.27 in the 200m. Other good performances included Aaron Morgan's 57m14 in the Javelin, Jack Houghton's double in the Hurdles (16.10/56.24), Steffan Jones' 400m (48.17) and Brychan Price-Davies (9.53.88 – 3k Steeplechase).

We faded quite badly in the final two matches basically because of clashes with other competitions and injuries. The disappointing feature was we failed to field athletes in a lot of events which got progressively worse as the season progressed. Nevertheless, we finished 11<sup>th</sup> (out of 16 teams) in the overall Premiership table – Cardiff were 14<sup>th</sup>. One interesting

feature was that the 6 top placed clubs were all London based and all their matches were in London. Demonstrating the benefits of local competition.

Away from the League, there were some excellent performances. Congratulations to Joe Brier on his selection for the Tokyo Olympic Games in the GB 4x400m relay. Joe had an excellent season despite the difficulties in access to training facilities. He ran faster than Peter Maitland's 200m 20.96 club record with 20.92 but unfortunately it was wind assisted and won't count. Also ran 45.84 for 400m just 2/100<sup>th</sup> slower than Dai Greene's record. One Senior club record that did fall was in the 100m – Dan Beadsley ran 10.36 to eclipse Maitland's 10.42 set way back in 1985. Will Trott set a new u17 record with 4.63 in the Pole Vault. Swansea or higher claim athletes finished top of the Welsh rankings in many other events: -

Joe Brier (200 & 400m)

Dai Greene (400mH – 51.18)

Jonny Hopkins (3k Steeplechase – 8.36.50)

Kristian Jones (10,000m – 28.23.50)

Tom Walley (5m10 – Pole Vault)

Osaze Aghedo (14m54 – Triple Jump)

Pat Swan (17m45 – Shot).

Hopefully in 2022 we can emerge from this dreadful pandemic and return to something like a normal athletics season. The plan is to go back to an eight-team format, consisting of 16 teams in the Premiership organised in a round-robin competition. For us, the first round is scheduled for Cardiff in early May..... let's hope.

**David Jones**

**NAL Men's Team Manager**

## Senior Women's Track and Field 2021

2021 saw the first National Athletics League (NAL) competition but with some changes due to Covid restrictions. All 4 fixtures were held at Yate and were set into divisions by location to reduce travelling and the need for overnight accommodation.

Swansea Harriers set out well with many athletes attending to compete in the first meeting. There was a clean sweep of the sprints with Risqat Fabunmi-Alade and Caitlyn Mapps victorious in both A & B string 100m and 200m. Olivia Caesar continued the trend with a win in the A string 400m as did Caryl Granville in the 400H on her return from injury. This was looking good for the relays and Swansea Harriers was victorious in both. The field events provided some solid performances with heptathletes Jodi Beynon and Lauryn Davey at the forefront. All in all a good day for Swansea athletes finishing in second position in the competition behind the local team, Bristol.

The second fixture continued in the same form as the first with Olivia Caesar asserting her dominance in both 200m and 400m A string races and a clean sweep of the Hurdles races

with a double win for Caryl Granville in the A string and wins in the B string for Emily Collins 400H and Lauryn Davey 100H. Lauryn continued her good form with wins in the B string shot putt and javelin and a second place finish in the long jump. Swansea Harriers ended the fixture in first place.

Fixture number 3 saw the team depleted by multiple injuries but many of the athletes stepped up to help fill in the gaps and maintain our good form with another second place finish behind Bristol.

It was good to see Hannah Brier back on form winning her 100m A race in a time of 11.34 sec, just outside the Commonwealth qualifying time and unfortunately wind assisted but a fantastic start to her season. There were wins in the B races for Bronwen Stratton-Thomas 1500m and Megan Carter-Davies 3000m. Lauryn Davey showed consistency in the field events with a win in the long jump and shot putt B string, with Jamie Holland victorious in the A string shot putt. Jamie Holland was second in the discus A string with Lara Spacey in second in the B string with the event being neither athlete's main throwing event. There was also a win for Millie Carter in the pole vault, in her first appearance at the NAL as an u17 athlete.

The fourth fixture proved a struggle for all the clubs with many empty events and very few events with a full complement of athletes. However, there were victories for Caryl Granville in the 400H and a second place in the 100H, Megan Carter-Davies took the win in the 3000m and Lili Church won in the high jump in her first appearance at the NAL with a height of 1.75m.

As a whole the season was a success and provided the athletes with much needed competition. Hopefully next year the structure of the league can return to its original design.

I am incredibly proud of how the athletes stepped up and filled in events to gain points for the team. Emily Collins deserves a special mention here. Her main event is the hammer and she volunteered to participate in the 100m and the 400H both events she does little to no training for and in her first year as a senior competing at the NAL. I feel it is also worth mentioning Lauryn Davey and Jodi Beynon for their parts in the team, as heptathletes they were both eager to compete and fill as many gaps in the team as they could. All three of these athletes showed a fantastic team spirit that was recognised by myself and their team mates.

I have since resigned my post as team manager for the NAL due to personal commitments, but have truly enjoyed my time working with the athletes and Swansea Harriers. I wish the club all the best for the coming season and all future competitions.

**Caroline Hurley**  
Team Manager

## Cross-Country Report 2021

This year's cross-country season started with the combined John H Collins Gwent League and UKA Cross-challenge in Cardiff on the 16<sup>th</sup> of October. There have been two more Gwent

League fixtures this year, namely Brecon on the 14<sup>th</sup> of November and Pembrey on the 4<sup>th</sup> December. The Pembrey fixture was a combined West Wales Championship event. Considering all the interruptions during 2021 the turn-out in most age categories has been very encouraging.

The following club members have run in every Gwent League fixture to date:-

U11B Isaac McAdie, Oliver Hale

U11G Hannah-Grace Sullivan, Hannah Hartley-Green, Mia Rabaiotti, Luisa Rabaiotti

U13B Osian Morgan

U13G Libby Hale, Millie Pierce, Chloe Hartley-Green, Imogen McAdie

U15B Gavin Alexander

U15G Ava Davies, Sophie Hartley-Green, Natalie Coughlan

U17M Ben Sullivan

U17W Mai Davies, Ella Davies

SM Daniel Morgan, Alex John, Steve Smith (VM55), Owen Davies (VM45),  
Gair McAdie (VM45), Simon Merrick (VM50), Tony Clements (VM70)

SW Julie Hartley-Green (VF45), Isobel Dawson (VF40), Jenny McAdie (VF45),  
Tina Gabb (VF45)

Our current team positions in the Gwent League after three fixtures are: -

U11B 4<sup>th</sup> U11G 1<sup>st</sup> U13B 20<sup>th</sup> U13 1<sup>st</sup> U15B 15<sup>th</sup> U15G 5<sup>th</sup> U17M 4<sup>th</sup> U17W 4<sup>th</sup> SM 7<sup>th</sup>  
SW 9<sup>th</sup>

The Welsh Inter-Regions Championships were held in Brecon on the 20<sup>th</sup> November. Again, there was a very good turn-out of Swansea athletes competing for West Wales, who finally won the Inter-Region Championship. Notable performances were Primary Girls 1<sup>st</sup>. Georgie-Bo Davies, U13G Libby Hale, 3<sup>rd</sup>. Millie Pierce, U17W 3<sup>rd</sup>. Sophia Harrison, SW 2<sup>nd</sup> Megan Carter-Davies, 3<sup>rd</sup>. Katrina Reischmann, SM 3<sup>rd</sup>. Dewi Griffiths.

There have been some noteworthy individual performances during the first half of the cross-country season, notably, Libby Hale in the U13G category who has won every Gwent League race this year as well as leading the UKA Cross-country Challenge series. Libby won the Milton Keynes round of the Cross Challenge race and then dominated the Brecon Gwent League race the following day. In Pembrey the club had a very successful day with three individual winners: - SM -Josh Griffiths U13G Libby Hale U11G Ella Drew

Only one West Glamorgan League race has taken place this winter. Tri Hard Harriers promoted an event in Singleton Park on the 28<sup>th</sup> November. Daniel Otteson was our best male finisher in 8<sup>th</sup> place with Helen-Marie Davies best placed female finisher in 4<sup>th</sup> place. In total we had 14 male competitors and 5 women. Future West Glam events for 2022 are, at this moment, uncertain.

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. Many of our team managers look after several teams and, also compete themselves. The club has several families of runners competing, and helping, which leads to great team spirit, long may it continue.

2021/22 Team Managers

Jenny McAdie, Julie Hartley-Green, Kay Fox, Tony Clements, Gareth Davies, Brian Fox



Brian Fox,  
Cross Country Secretary



## Road-running report 2021

In a predictably bleak year in competitive terms, the most significant road running event in 2021 took place in a committee room, when the English Road Running Association banned Welsh and Scottish clubs competing in the six-stage and four-stage road relays held each October, plus the Young Athletes races. The writing had been on the wall for some time with ERRA having previously insisted medals would only go to English clubs with clubs from other home countries running as guests.

The reason given for this decision was that Welsh clubs had dominated these events and, in their words “hogged the headlines” in press reports to the detriment of English clubs. Their rationale was that since these were ERRA championships they should be restricted to English clubs, something never thought necessary when the AAA of England were the organisers. The argument put forward very strongly by Swansea, Cardiff and Welsh Athletics, was that the ERRA was asked to organise the championships, not take ownership of them, but our best efforts got us nowhere. There was a strong suggestion, also, that the same would apply to the April 12-stage and six-stage relays, but thankfully UK Athletics became involved and these have now been designated UK championships.

In competitive terms only one club event took place in 2021 – the Welsh road relays at Pembrey, which Swansea totally dominated, comfortably winning the senior men’s and women’s races, the women triumphing despite Caryl Edwards pulling a hamstring and having to jog/limp the last mile-and-a-half of her leg. The age groups also did exceptionally well, from the under-11s through to the over-55s. Medal winners were as follows:

Senior men 1st (Jon Butler, Morgan Davies, Matt Rees, Dewi Griffiths)

Senior women 1st (Megan Carter-Davies, Kate Roberts, Caryl Edwards, Olivia Gwynn)

Under-11 boys 1st (Thomas Maclean, Jack Martin, Isaac McAdie)

Under 11 girls 1st (Taylor Shelmerdine, Hannah Sullivan, Mia Rabaiotti)

Under-13 girls 2nd (Millie Pierce, Chloe Hartley-Green, Imogen McAdie, Tabitha Ventress-Brett)



Under-15 girls 2nd (Ava Davies, Sophie Hartley-Green, Matilda Topliss)  
Under-17 women 1st (Mai Davies, Ella Davies, Tiffany Rees)  
Under-17 men 1st (Tom Attwood, Charlie Harris, Aled Tumelty)  
Masters 35 men 2nd (Danny Ottesen, Steve Taylor, Dan Newton)  
Masters 35 women 1st (Helen Marshall, Helen-Marie Davies, Llinos Jones)  
Masters 55 men 1st (Ifan Lloyd, Tom Guest, Steve Smith.

Dewi Griffiths, Helen-Marie Davies, Ifan Lloyd and Taylor Shelmerdine were fastest in their respective races.

**George Edwards**  
**Road Running Secretary**



## Coaching 2021

Without doubt our second most testing year ever due to Covid 19. Having lost the support of 17 of our coaches directly or indirectly related to coronavirus during 2020, around half of these have now returned, despite the continuing challenges of C19. Many of our remaining coaches availability continues to be impacted regularly too, due to changing work commitments and isolation of themselves or immediate family members. How we have managed to keep the club coaching going with so few volunteers has been an amazing effort all round.

Thanks, and gratitude must be given to the entire coaching team for keeping the club going under the many challenges we continue to face and looks like we will be facing for some time to come. With the continued and ever-changing numerous rules and regulations to follow and try to keep on top of, from Welsh Government, Welsh Athletics and Swansea University, including registers for track and trace, risk assessments, Covid 19 specific risk assessments and the usual session planning, the coaches have yet again spent more time doing paperwork rather than coaching this year! However again not one of the coaches complained (well not too much!) and just knuckled down to deal with all the issues and limitations imposed upon us that crossed our path. Those coaches delivering sessions indoors have had the additional challenge of having to always wear face masks to adapt to. Masks not only hinder the visual communication tools the coaches use, particularly so with the younger athletes, but can also muffle their speech and create some discomfort. These coaches have lost the use of most of their facial expressions, something simple like a reassuring smile to communicate with the athletes. As a result coaches wearing masks, for the athletes might feel like when interacting

with someone with a blank facial expression that they appear emotionless, which our coaches most definitely are not!

Each year I would usually reel off a load of statistics on coaching and compliment the team on how talented they are at coaching all the running, jumping and throwing disciplines. However, once again this year the coaching team have risen to a very different challenge not only showing what capable technical coaches they are, but also how dedicated they have been towards supporting and keeping their athletes motivated to keep training through these extremely challenging times, which has been just as important for the coaches as it has been for the athletes too. 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. 2022 can only get better? I am very proud of what the volunteer coaching team have achieved this year.

The number and capacity of coaching opportunities at Swansea Harriers during 2020 & 2021 have diminished compared to the last ten years, this is all due to lack of coaches and their availability directly or indirectly related to Covid 19. I estimate it will take 2 to 3 years to return to where we were prior to Covid 19 as we try to recruit, retain and train new volunteer coaches. The club are very, very lucky to still have appropriately UKA qualified, experienced and dedicated volunteer coaches across all event disciplines. As well as the club being one of the largest in Wales, it also quite unique in 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. For 2022 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 rebuilds for the future. A silver lining of C19 is that there is now a plethora of CPD (continuing personal development) opportunities online via workshops, webinars and more for coaches of all qualifications and levels of experience.

It is a major undertaking to be able to offer coaching to excess of 500 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 at around 500 affiliated athletes this year, more than 200 down on pre covid 19 membership levels. 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 in relation to Covid 19. Additionally, restrictions are continually placed on our throwers due to soccer on the infield. An external throws cage would resolve this situation instantly and would make the venue more attractive to meeting organisers with two competition cages.

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 each year this has results in around 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 51 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.

Another continuing challenge 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 5 coaches pass the UKA Coaching Assistant qualification in, however none of the coaches who are undertaking the Athletics Coach course are yet to complete their training, which is a concern that there are the appropriate support mechanisms internally and externally to get them through this process. 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

## Track and Field Junior Report 2021

Unfortunately, due to the restrictions only the YDL League matches took place for juniors this year, however there were numerous open meetings, internationals and championships that athletes participated in:

### Youth Development League (Upper Age Group)

Athletes in the U17/U20 age group took part in 4 fixtures held in Aberdare, Swansea, Aberdare and Newport against teams from West Wales, Cardiff, Cardiff Archers and South Wales. Due to restrictive numbers at events a shorter timetable was followed. Athletes taking part – Joseph Beresford, Owain Clarke, Charlie Harris, Morgan Willis, Ryan Price, Joshua Wilton, Oscar Dun, Joshua Kenny, Jacob Dowling, Tom Attwood, Joshua Pritchard, Evan Cole, Macsen Holland, Miles Hill, Addam Bowling, Noah Osborne, Dylan Morgan, Benjamin Sullivan, Aled Tumelty, Samuel Davies, William Trott, Harry Newton, Joseff Lewis, Oscar Goodwin-Thomas, Dafydd King, Charlie Holland, Evan Willis, Matthew Lewis, Tesfaye Shugi, Nathan Jones, Thomas Payne, George Snaith, Ashleigh Willis, Tiffany Rees, Phoebe Davies, Jamie

Holland, Chloe Simmonite, Ella Davies, Mai Davies, Emilia Evans, Chloe Jones, Lucy Harris, Emily Collins, Gabriella Garcia, Casey Grimwade, Katelyn Thomas, Megan Gwyther, Freya Morgan, Jessica Wilcock, Sarah Lyons, Millie Carter, Katie Lake, Ruby Jones, Rebekah Pratt, Stefani Karekla, Lara Spacey, Bethan Adams, Daisy Anderson and Carys Poole. Final positions: Swansea Harriers 17/1036 West Wales 14/980 Cardiff 11/947 Cardiff Archers 10/734 South Wales 8/736

### **Youth Development League (Lower Age Group)**

Athletes in the U13/U15 age group took part in 3 fixtures held against Neath Harriers, South Wales and Cardiff in Swansea, Aberdare and Newport. Athletes taking part – Evan Morris, Jenson Morris, Steffan Higgins, Harry Collins, Fletcher Davies, Dylan Lewis, Oliver Philpott, Lewie Jones, Nathaniel Osborne, Nevin Balog, Ruari Harris, Henry Payne, Arwel Richards, Jack Sullivan, Jack Edwards, Finley Williams, Sean Strevens, Theo Santimano, Tyler Davies, Dylan Curr, Gavin Alexander, Charlie Shuall, Ben Fenwick, Carwyn Tumelty, Patriakakos Panagiotis, Declan De-Vulgt, Kellan Hueberger, Drew Dodd, Connor Moriarty, Louis Shuall, Theo Oshisanya, Seth Amanoritsewor, Osian Morgan, Woody Jelf, Ffion Clarke, Olivia Mackey, Ava Davies, Sophie Hartley-Green, Matilda Quick, Bethan Holley, Ella Thomas, Sophie Taylor, Liane Du Rouys, Ruby Jones, Lily Ford, Zoe Strevens, Carys Morgan, Efa Williams, Ava Jones, Jessica Arnold, Millie Pearce, Chloe Hartley-Green, Mandy Rushesha, Ophelia Williams, Eve Evans, Eden Williams, Martha Caldwell, Nia Purcell, Imogen Mcadie, Lauren Oshisanya, Dylan Palmer-Sweeney, Adaeze Emenogu, Miriam Brown, Cari Adams, Ella-May Thomas, Chloe Lewis, Natalie Coughlan, Amy Beynon, Seren Anderson-James, Nele Owen, Anna Patrikakou, Libby Hale, Esme Brownhill, Caitlin Morris, Alexandra Legowska, Lili Wade, Levinia Sexton, Alice Prosser and Ruby Champion. Final positions: Swansea Harriers 11/884 Cardiff 10 /799 South Wales 5/725 Neath Harriers 4/440.

### **Open Meetings**

Throughout the season a number of open meetings took place around the UK with our athletes taking part:

#### **Competitions held in Yeovil**

Lewie Jones (Shot/Discus) Katie Lake (Discus) Lucy Harris (Discus/Javelin) Bethany Kennedy (40m) Jack Houghton (110mH/400mH) Millie Pearce (1500m) Carys Jones (Pole Vault) Ella Davies (1500m).

#### **Competitions held in Nuneaton**

Carys Poole (200m/High Jump) Steffan Jones (400m) Rhys Granville (400m) Caryl Granville (100mH/400mH) Lemarl Freckleton (100m) Hannah Brier (100m/200m) Joseph Brier (400m) Daniel Beadsley (100m)

#### **Competitions held in Swindon**

Carys Poole (300mH/Shot/Javelin) Alice Prosser (70mH/Long Jump/Javelin) Matilda Quick (75mH/Shot) Harry Collins (80mH/Long Jump) Jack Houghton (110mH) Mai Davies (3000m)

#### **Competitions held in Loughborough**

Jack Houghton (200m/400mH) Carys Poole (200m/100mH/Javelin/Long Jump/60mH/Shot/Heptathlon) Caryl Granville (400mH) Dominic Smith (3000m) Carys Jones (Pole Vault) Lauryn Davey (Heptathlon)

### **Competitions held in Exeter**

Daniel Beadsley (100m/200m) Tiffany Rees (800m) Bronwen Stratton-Thomas (1500m) Charlotte Champion (Long Jump/Triple Jump) Libby Hale (1500m) Niamh Jones (400m) Bronwen Stratton-Thomas (1500m)

### **Competitions held in Cheltenham**

Caryl Granville (400mH/100mH) Ava Davies (1500m) Ruby Jones (High Jump/100m) Matilda Quick (75mH/High Jump) Efa Williams (75H/Discus/Shot) Harry Collins (80mH/Long Jump) Millie Fakande (200m) Catherine Collins (Shot) Lucy Harris (Discus/Javelin) Carys Jones (100m) Lewie Jones (Javelin) Casey Grimwade (Hammer)

### **Walk Meetings**

Shannon Thomas (3000m) Megan Stratton-Thomas (10000m)

### **Swansea Harriers Jumps Meetings:**

Just for our club members, a couple of jumps competitions were arranged. Those that took part in the Pole Vault were William Trott, Glyn Price, Noah Osborne, Harry Newton, Dafydd King, Joseff Lewis, Jeremy Andrews, Theo Oshisanya, Charlie Shuall, Tyler Davies, Louis Shuall, Oliver Philpott, Millie Carter, Amy Beynon, Seren Anderson-James and Ruby Champion. In the Long Jump competition the following athletes took part – Dylan Morgan, Roderick Davies, Henry Payne, Theo Santimano, Drew Dodd, Sarah Lyons, Bethan Holley, Charlotte Champion, Liane Do Rouys, Sophie Taylor, Efa Williams, Caitlin Morris, Ophelia Williams, Chloe Lewis, Alice Caldwell and Daphne Marler. Athletes participating in the High Jump competition was Addam Bowling, Joseph Beresford, Samuel Davies, Connor Moriarity, Oliver Philpott, Alfie Philpott, Matilda Quick, Emily Collins, Martha Caldwell, Seren Anderson-James, Jasmin Hillman, Alice Prosser and Hannah Hartley-Green

### **Carmarthen Throws Meetings**

Shot athletes - Oscar Dun, Nathaniel Osborne, Matilda Quick, Katie Lake and Jemimah Brown  
Javelin athletes - Nathan James, Lewie Jones, Carwyn Tumelty, Chloe Jones, Lucy Harris and Carys Morgan.

### **Throws Competition**

Lewie Jones (Discus/Shot/Javelin) Ruby Jones (Hammer) Oscar Dun (Shot) Lara Spacey (Hammer) Matilda Quick (Shot) Cassey Grimwade (Hammer/Shot) George Snaith (Javelin) and Chloe Jones (Javelin) Lucy Harris (Discus) Lauryn Davey (Shot/Javelin) Katie Lake (Discus) Rebekah Pratt (Hammer) Maccsen Holland (Javelin) Rachel Jones (Javelin)

### **Welsh Athletics – Open Meeting, Endurance, Jumps, Sprints, Throws**

Welsh Athletics put on a number of competitions throughout the season, with the following athletes taking part – Addam Bowling (High Jump) Ben Fenwick (Hammer) Benjamin Sullivan (800m) Charlie Harris (1500m) Charlie Holland (100m/200m) Charlie Shuall (Pole Vault) Chris Pruski (100m) Christian Garcia (200m) Dafydd King (800m/Pole Vault) Daniel Beadsley (200m)

Daniel Erdei (100m) Daniel Knuckle (200m) Daniel Morgan (3000m/3000m s/c) Drew Dodd (Long Jump) Dylan Morgan (100m/Long Jump) Evan Cole (200m/100m) Evan Morris (100m) George Snaith (Javelin) Glyn Price (Pole Vault) Harley Thomas (Shot) Harrison Garcia (200m) Harry Collins (80mH) Harry Morris (100m) Harry Newton (Pole Vault) Henry Payne (100m) Ifan Lloyd (3000m) Jack Edwards (100m) Jack Houghton (400m/100m/110mH) Jacob Dowling (100m) Jeremy Andrews (100m) Joseph Beresford (High Jump) Joseph Jones (100m) Joshua Kenny (100m/200m) Joshua Pritchard (800m) Joshua Wilton (Javelin) Kelvin Tannor (100m) Lemarl Freckleton (100m) Lewie Jones (Javelin) Louis Shuall (Pole Vault) Macsen Holland (Shot/Javelin) Matthew Lewis (800m/1500m) Nathan James (Javelin) Nathan Phillips (800m) Noah Mason (100m) Noah Osborne (Pole Vault) Oliver Philpott (High Jump) Oscar Dun (Shot) Oscar Goodwin-Thomas (100m) Osian Davies (100m) Owain Clarke (200m) Promise Bonibo (100m) Ruairi Harris (100m/200m) Reuben De Vall (80mH) Rhys Granville (200m) Robin Wood (100m) Roderick Davies (100m/200m) Ryan Price (Long Jump/Triple Jump) Samuel Davies (High Jump) Steffan Higgins (800m) Steffan Jones (100m/200m) Theo Oshisanya (Pole Vault) Theo Santimano (100m/200m) Tom Attwood (1500m) William Trott (Pole Vault) Alice Prosser (Javelin) Amy Beynon (Pole Vault) Ashleigh Williams (3000m) Ava Davies (1500m) Bethan Holley (75mH/Long Jump) Caitlin Morris (100m) Cari Adams (200m) Caryl Granville (200m) Carys Dickinson (200m) Carys Jones (1500m) Carys Jones (Pole Vault) Carys Morgan (Javelin) Catherine Collins (Shot) Charlotte Champion (Long Jump) Chloe Hartley-Green (1500m) Chloe Jones (Javelin) Chloe Lewis (300m/200m) Donna Jones (200m) Ella Davies (1500m/800m) Ella-May Thomas (Long Jump) Emilia Evans (Hammer) Emily Collins (Hammer/High Jump) Emily Jones (200m) Ffion Clarke (100m/200m) Gabrielle Fakande (200m) Hannah Brier (100m) Imogen Mcadie (200m) Jamie Holland (Shot) Jessica Arnold (Javelin) Jessica Wilcock (Long Jump) Jodi Beynon (Shot/100mH/200m) Katie Lake (Discus) Lauryn Davey (Javelin/Long Jump/200m/High Jump/Shot/100mH) Liane Do Rouys (100m/High Jump) Libby Hale (800m) Lucy Harris (Discus) Macey Morris (200m) Mai Davies (800m/1500m) Martha Caldwell (100m/High Jump) Matilda Quick (High Jump) Megan Carter-Davies (3000m) Millie Bennett (100m) Millie Carter (Pole Vault) Millie Fakande (200m/100m) Millie Pierce (800m) Nele Owen (Discus) Olivia Gwynn (1500m) Olivia Mackey (High Jump/100m) Ophelia Williams (70mH) Rebekah Pratt (Hammer) Ruby Jones (Hammer) Sarah Lyons (Long Jump) Shannon Thomas (3000m Walk) Seren Anderson-James (Pole Vault) Sophia Haden (High Jump) Sophie Hartley-Green (3000m/1500m) Sophie Taylor (100m/Long Jump) Stefani Karekla (200m) Tiana Evans (Long Jump)

### Welsh Schools

Millie Carter (Pole Vault) Ruby Jones (Hammer) Lucy Harris (Discus) Ella Davies (1500m) Chloe Jones (Javelin) Megan Gwyther (75mH) Emilia Evans (Hammer) Tiffany Rees (800m) Sarah Lyons (Long Jump) Mai Davies (1500m) Samuel Davies (High Jump) William Trott (Pole Vault) Tom Attwood (800m) Dafydd King (Pole Vault) Dylan Morgan (Triple Jump/200m) Joseff Lewis (Pole Vault) Joshua Kenny (200m) Aled Tumelty (1500m s/c) Joseph Beresford (High Jump) Harry Newton (Pole Vault) Macsen Holland (Javelin)

### U17 UK School Games

Aled Tumelty (1500m s/c) Chloe Jones (Javelin)

### U17 British Schools International

Joseph Beresford (400mH) Dylan Morgan (Triple Jump/100m/4x100m Relay) Aled Tumelty (1500m s/c) William Trott (Pole Vault) Harry Newton (Pole Vault) George Snaith (Javelin) Tiffany Rees (800m) Megan Gwyther (75mH) Millie Carter (Pole Vault) Matilda Quick (Shot/High Jump) Lucy Harrier (Discus) Chloe Jones (Javelin)

### **Welsh Athletics U11 Run Jump Throw**

Those taken part were Aimee Besley, Jack Martin, Roux Kennedy, Millie Jayham, Tiaan Rees, Hannah Sullivan, Megan Pyke, Mia Rabaiotti, Michael Powell, Dylan Giles, Rutendo Chasweka, Ben Martin, Luisa Rabaiotti, Jack Martin, Alice Caldwell, Hannah Hartley-Green, Ellis Bennett, Georgie-Bo Davies,

### **Welsh Athletics U11, U13 & U15 Run Jump Throw Triathlon**

Alice Caldwell, Harry Morris, Bethan Holley, Dylan Curr, Jemima Brown, Efa Williams, Dylan Giles, Ella Drew, Seth Amas, Eva Carver, Reuben De Vall, Eve Evans, Freya Birt, Harry Collins, Rutendo Chasweka, Henry Payne, Martha Caldwell, Imogen Mcadie, Jack Edwards, Roman Jackson, Thomas Davies, Matilda Quick, Natalie Coughlan, Millie Pierce, Rocco Serpa, Taylor Shelmerdine, Sean Strevens,

### **Loughborough International**

Congratulations to the following athletes gaining Senior Welsh Vests: Carys Jones (Pole Vault) Hannah Brier (100m & 4x100m Relay) Daniel Beadsley (100m & 4x100m Relay) Joseph Brier (400m) Steffan Jones (400m) Caryl Granville (400mH).

### **Manchester International**

Congratulations to Hannah Brier (200m) Caryl Granville (400m & 4x400m Relay) William Trott (Pole Vault) Carys Jones (Pole Vault) Oscar Dun (Shot) Jamie Holland (Shot) Thomas Payne (4x100m Relay) and Charlie Holland (4x400m Relay) who gained Welsh Vests.

### **Championships**

Jack Houghton (400mH) Steffan Jones (400m) Lemarl Freckleton (200m) Hannah Brier (200m/100m) Caryl Granville (400mH/100mH) Thomas Payne (100m) Ruairi Harris (200m/100m) Libby Hale (800m/1500m/200m) Finley Williams (100m/200m/Long Jump) Hannah Jones (70mH/800m) Henry Payne (100m/200m/Long Jump) Adaeze Emenogu (Pole Vault/Javelin/200m) Addam Bowling (High Jump) Jodi Beynon (High Jump) Aimee Besley (75m/Long Jump) Jack Edwards (100m/Long Jump/75mH) George Snaith (Javelin) Alice Caldwell (75m/150m/Long Jump) Lauren Oshisanya (100m/Shot) Joshua Kenny (100m) Aled Price (110mH/Javelin/Long Jump) Harry Newton (Pole Vault) Carys Jones (Pole Vault) Amy Beynon (Pole Vault) Luisa Rabaiotti (150m/High Jump/Javelin) Carys Morgan (Shot) Martha Caldwell (High Jump/100m/200m) Aled Tumelty (1500m s/c) Lauryn Davey (Javelin/Long Jump) Megan Gwyther (80mH) Connor Moriarty (High Jump) Millie Carter (Pole Vault) Chloe Hartley-Green (1500m) Theo Santimano (Javelin) Ben Martin (High Jump) Rutendo Chasweka (75m/150m/800m) Lewie Jones (Shot/Javelin/Discus) Jess Arnold (100m) Lucy Harris (Discus) Ava Jones (100m/Long Jump) Millie Pierce (800m/Long Jump/200m/1500m) Jessica Wilcock (Long Jump) Ophelia Williams (High Jump/Long Jump/70mH) Kellan Heuberger (Shot/Pole Vault) Chloe Jones (Javelin) Dylan Morgan (100m/200m/Triple Jump) Rebekah Pratt (Hammer) Ellis Bennett (75m/150m/Shot) Taylor Shelmerdine (75m/150m/800m) Arwel Richards (Pole Vault/100m) Ruby Champion (Pole Vault) Stefani Karekla (200m/400mH)



Woody Jelf (75mH/High Jump/Javelin) Dylan Palmer-Sweeney (Javelin/Discus) Sarah Lyons (Long Jump) Oscar Dun (Discus/Shot) Ella Drew (150m/800m/Long Jump) Seren Jones (800m) Bethan Holley (Long Jump) Owain Clarke (400mH) Alexandra Legowska (Long Jump/Shot) Tyler Davies (Pole Vault/Long Jump) Samuel Davies (High Jump) Alfie Philpott (Long Jump) Sean Strevens (100m/Javelin/Shot) Cassey Grimwade (Hammer) Tiffany Rees (800m) William Trott (Pole Vault) Declan De-Vulgt (200m/1500m) Tom Attwood (800m) Charlie Holland (400m) Gabrielle Garcia (400mH) Thomas Davies (75m/Long Jump) Alice Nichols (200m) Ella Davies (3000m) Gwennan Lewis (Shot) Osian Davies (1500m) Theo Oshisanya (Pole Vault) Evan Cole (High Jump/100mH/100m/200m) Sophia Rees (100m) Anwen Wills-Jones (100m) Dafydd King (Pole Vault) Seren Anderson-James (Pole Vault) Jamie Holland (Shot) Ryan Price (Triple Jump) Osian Morgan (800m) Jacob Dowling (100m) Noah Osborne (Pole Vault) Joseph Beresford (400mH) Macsen Holland (Javelin) Charlie Harris (1500m) Matilda Quick (High Jump/Shot/75mH) Esme Brownhill (70mH/Javelin) Mia Rabaiotti (800m/75m) Joshua Pritchard (800m) Millie Bennett (100m/Long Jump/Javelin) Joseph Brier (200m) Michael Powell (800m/High Jump/Long Jump) Georgie-Bo Davies (800m) Matthew Lewis (1500m) Nele Owen (Hammer) Harry Morris (100m) Mandida Rushesba (70mH) Jack Martin (75m/Long Jump) Nathaniel Osborne (Shot) Benjamin Sullivan (1500m)

### **England Athletics U15 & U17 combined events championships incorporating the European Combined Events Heptathlon Challenge**

Lauryn Davey (Heptathlon) Jodi Beynon (Heptathlon) Matilda Quick (Pentathlon)

### **English Schools Combined Events Championships**

Carys Poole (Heptathlon)

### **U16 & U18 British Schools Combined Events – Welsh Schools V England V Ireland V Scotland**

Matilda Quick Bethan Holley, Evan Cole and Dylan Morgan all gained Welsh Vests - congratulations

### **Club Records**

Huge congratulations to Daniel Beadsley (100m) Dylan Morgan (200m) Libby Hale (800m/1500m) Verity Ockenden (5000m/10000m) Caryl Granville (10mH) William Trott (Pole Vault) Lewie Jones (Javelin/Discus) Chloe Jones (Javelin) Oscar Dun (Shot) and Lauryn Davey (Heptathlon) who broke the club records in 2021. Well Done!

I just wanted to thank our athletes, parents, volunteers, coaches and trustee members and track staff for their continued support. Hopefully in 2022 we will be back on the track!

**Jo Wood**

**Track & Field Secretary**