



SWANSEA HARRIERS ATHLETICS CLUB
ANNUAL REPORT 2023
WELSH ATHLETICS CLUB OF THE YEAR 2023
BRITISH ATHLETICS CLUB OF THE YEAR 2009&2014
Registered Charity Number 1177846

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THE PRESIDENT'S FOREWORD

2023 has been one of mixed fortunes for Swansea Harriers in many ways. Due to weather conditions there was a long delay in repair work to the track and this disrupted training and the staging of Home meetings.

There still remains some problems caused by covid. Many school athletics events and Welsh and local leagues have not returned to what they were pre the pandemic. This in turn has had an effect on the recruitment and retention of talented athletes.

The club however has had many successful individual athletes with Seniors Joe Brier and Verity Ockenden and Under 20 Dafydd Jones competing at the highest level for Great Britain teams. There are several promising young athletes who have performed well and look to have a bright future. Among these are Libby Hale, Lewie Jones and Matilda Quick who have been ranked No2 in Great Britain in some events. There have been some outstanding performances by our Cross Country and Road Runners with many individual and team medals gained at Welsh Championship events by Senior athletes Male and Female as well as several of the lower age group teams. There has also been some increased entries and good performances in many of the age groups of The Gwent Cross Country League which has been good to see. The club numbers have returned to over 600 once more and we are the largest Athletics Club in Wales. Whilst there is always room for improvement it was nice to receive from Welsh Athletics the Award for Welsh Athletics Club of The Year 2023.

We are indebted to many people for the unpaid work they do for our club; Team Managers, Coaches. Officials, café staff, Trustees and all our other volunteers. Without their continued support we would achieve much less. However along with most other clubs we are finding difficulty in recruiting officials.

We will be one much valued volunteer less in 2024 as George Edwards who has been the club's Road Running Team Manager and Secretary for the best part of forty years has decided to step down as he is now over eighty. During this time the clubs Senior Men's and Women's teams have been among the most successful in Great Britain in the National Road Relays.

It was with much pleasure we learnt of the award of the B.E.M. to John Griffiths who was one of the founder members of the club in 1962 and has served the club and other organisations in a voluntary capacity as a Coach, Track Judge, Field Judge, Treasurer, Committee Member, Announcer, Team Manager, and Meeting Organiser as well as being an active athlete. Many of these duties he started doing all those years ago.

We are most grateful again to Mr and Mrs Paul Evans for their continued sponsorship with monies going towards the cost of providing buses to League events and staging The Gwilym Evans Open Meeting in memory of Paul's father who was such a tireless volunteer for the club and Welsh Athletics. Hopefully we can gain more sponsors of events.

It is with much sadness that we learnt during the year of the death of the popular ex sprinter and rugby player Andy Hill at the age of 78. Andy competed for the club when they first gained admission to The British League. Also Robin Ganz who was a club committee member in the late 1960's along with his wife Judith who was Treasurer. He was for many years the organiser of Bishop Gore School Distance Runners, many who reached a very high standard. He was honoured with the Welsh Athletics Meritorious Award in 1986 for all his efforts.

Many thanks to all those who have contributed to this report who will have given detailed accounts of teams and individuals.

Our thanks to Swansea University, Swansea City Council and Welsh Athletics for their help and support in our efforts to provide the best possible organisation for sport and in particular Athletics. Very best wishes to everyone for both a successful and enjoyable 2024.

J. Barrie Owen

Club President

THE SECRETARY'S REPORT 2023

As always it is with much pride to read some of the key successes of the club contained in this year's annual report.

Despite the challenges of the track being out of use for matches for much of the summer and the continued impact of covid on the re-establishment of some competitions, in many ways normal service has resumed.

Important occasions that have now fully returned after covid are our awards nights. Following the overall awards night returning in November 2022, we followed this up with our junior awards night (under 11-15) in November 2023. This provides the opportunity to celebrate and recognise all those juniors who have regularly competed for the club in 2023 and those who have made a particularly outstanding contribution to their age group team. These events provide an opportunity to strengthen identity with the club and to get together in a more relaxed atmosphere.



Thanks goes in particular to Dawn Holley for making the evening such a success and she is already planning our next major awards night in April 2024.

A positive addition to the competition calendar has been the endurance summer and winter grand prix administered by Owen Davies. An internal competition with awards to those endurance athletes who score the most points over designated events over the summer and winter. The system devised by Owen not only encourages athletes to compete for the club in the key league matches (our current position in the West Glamorgan Cross Country league shows the benefits!) but is also age sensitive.

As a Trustees group we are continually looking at how best to balance the various needs of the club including those of our elite senior athletes, social runners and our school year 5 starters. One particular important issue is ensuring we are able to get our teams and athletes to the best league competitions throughout the UK but also ensuring that the associated costs are manageable. As a consequence, there is a proposal to increase membership fees to maintain a significant subsidy to our athletes in covering accommodation and travel expenses which in 2023 ran at a considerable loss.

We are mindful, however, that whilst athletics continues to be a relatively inexpensive sport, for some athletes and families these costs can still be a deterrent to training and competing. We have this year waived the training costs of a small number of athletes where financial hardship is apparent, and this is something we will be wanting to explore even more from 2024 onwards.

Another area that we as Trustees want to see change is the make up of the Trustee group. We will in 2024 be actively seeking to attract a young athlete (16-24) onto the Trustee group though recognise this has to be meaningful and relevant experience for the athlete involved. We will look at how best to achieve this and any thoughts or suggestions would be very welcome. We also need to ensure the growing diversity of our athlete group is replicated within our Trustee group.

I also want to give special thanks to Sue Griffiths who after twelve years in the post is stepping down as club Treasurer at the AGM. Sue has brought considerable expertise and professionalism to the role and although she will continue to support our training nights, she will be greatly missed as both a Treasurer and Trustee.

Finally, as always a big thank you to all our athletes and volunteers. A special mention to our officials who have been vital again this year in ensuring that we maximise our league points in having full complements of officials at all the away matches we had to compete in this year.

Swansea Harriers continues to be the premier athletic club in the area as confirmed by Welsh Athletics' Welsh Club of 2023 award - Well Done to everyone!

Tony Clements
Club Secretary

SENIOR WOMENS TRACK & FIELD 2023

Once again, the senior women's team pulled together and made a tremendous effort to produce some great results in 2023, with the team consisting of a good mix of very experienced athletes and younger developing athletes from the Under 20 age group. We competed as part of the premiership, which consisted of sixteen clubs organised on a round robin basis for three matches. These matches took us to Manchester, Woodford Green and finally, the 2022 Commonwealth Games stadium in Birmingham. They were all overnight matches, which proved very challenging for us, as the only team who were required to do this. Each match was a battle against teams with either a home advantage or matches close to home. I was very proud of the way that the athletes pulled together to cover as many events as they could between them to fill the gaps.

Manchester

The first match in Manchester was very difficult, with many athletes unable to attend and the match being cut short due to extremely poor weather conditions. We had far too many gaps in the team and

this left us in a dangerous sixth place, just outside the relegation zone. However, the athletes who were in attendance all pulled together to cover as much as they could. The team consisted of “home-grown” athletes who have come through the age groups with us, newer members from Swansea University and higher claim athletes. Some of our Under 20 athletes were also introduced to the senior women’s team and National Athletics League for the first time. The sprints events were covered by Hannah Brier, Millie Fakande, Sian Vico, Cerys Vico, Sophie Lisk and Lauryn Davy. The hurdles were unfortunately poorly represented with Lauryn Davy being the only representative on the day. The middle distances and longer events were covered by Kate Roberts, Mai Davies and Jemima Antoniazzi. Our jumpers were Lauryn Davy, Luisa Von Schnitzier, Charlotte Champion and Megan Morris and our throwers were Lauryn Davy, Zoe Dakin, Lucy Harris and Gwennan Lewis. Athlete of the match went to Zoe Dakin for her tremendous efforts across the throwing events.

Woodford

Woodford was a much more successful match for us as some of our key athletes were in attendance. Once again, we saw a truly committed group of female athletes pulling together to improve on the performances of the previous match. Every gap was filled for this match and the women’s team finished in a respectable fifth position, with the combined team finishing in sixth position. The Southern clubs were very strong as expected and took full advantage of the match being held on their doorstep. However, we managed to beat some strong women’s teams from Shaftesbury Barnett, Newham and Essex Beagles and Birchfield. For this match we were pleased to add the following athletes to the team, and they made an excellent contribution – Hannah Kinane, Ella Davies, Stefanie Karekla, Caryl Moore (captain), Donna Willock, Bronwen Stratton Thomas, Megan Stratton Thomas, Bekka Pratt, Emily Collins and Cerys Thomas. Athlete of the match was awarded to Megan Stratton-Thomas for covering so many events and being such a fantastic club athlete on the day.

Birmingham

We went into the final match at the Alexander Stadium, Birmingham with our strongest team to date. However, the danger of relegation still loomed over us. Additions to the team for this match included Megan Carter Davies, Darcie Bass, Chloe Jones, Lili Church, Beca Roberts, Sophia Harrison and Hannah Williams. Athlete of the match went to Bekka Pratt who put herself forward for quite a lot of last minute volunteering throughout the match. Bekka also came away with a new personal best in the pole vault, despite atrocious weather conditions once again.

In total, 31 individual female athletes competed for the club in the National Athletes League in 2023, in comparison to 35 athletes in 2022. Whether these athletes managed one match or all three matches, every point counted, and the club are extremely grateful to each and every one of them. Just imagine what we would be capable of achieving if we got them all out together throughout the whole season.

Special thanks go to the coaches who supported us and the officials who travelled with us. Best wishes to all athletes as we look forward to 2024 and a restructured league, with less distances to travel.

Lynne Brier

NAL Senior Women’s Team Manager

SENIOR MENS TRACK & FIELD 2023



In 2023 we saw the second season of the new National Athletics League organised on a “National” basis, albeit once again the fixtures involved us in a disproportionate amount of travelling. The Premiership consisted of sixteen clubs, and we were allocated to a tough sub-group of four which included Blackheath & Bromley, Birchfield, and Sale. This season there were only three fixtures, due to Charles’ Coronation, and these were organised on a round-robin basis with each of the other three groups.

The first match was in Sportcity, Manchester where we finished sixth overall after the match was abandoned. This was due to the atrocious weather conditions. The Men’s team was lying fourth at this stage, but with some of our stronger events still to come, we would certainly have finished higher. Despite the heavy rain, there were some excellent performances. In the Pole Vault, Tom Walley cleared 5m11 to win, ably supported by Iwan Slade who finished second in the B in his first ever NAL. Australian, Oli Callahan finished second in Long Jump with 6m76 closely followed by Mitchell Lawrence who jumped 6m66. Jonny Hopkins was a runaway winner of the 3000m Steeplechase in 9.00.53 with Dan Rothwell finishing second in the B. Pat Swan was a clear leader in the Shot with a 17m plus throw when it was cancelled for safety reasons, and as a result we lost valuable points.

The second match should have been a home match but due to a clash with a hockey tournament in Swansea, it was switched to Woodford in East London – once again involving us in excessive travelling. In contrast, it was effectively a “home” match for the four London teams involved. Once again there were poor weather conditions including high winds. Tom Walley vaulted 5m01 to win the Pole Vault in poor conditions which resulted in the Women’s Pole Vault being cancelled for safety reasons later in the day. Ukrainian, Nikita Rodchenkov, made his debut to finish second in the 400m in a time of 48.31 – a good performance considering the 30mph headwinds. Pat Swan threw 17m26 to win the Shot. The combined result was disappointing, where we could only finish seventh.

So, onto the final match at Birmingham..... Tom Walley once again won the Pole Vault to complete a hat-trick of wins all over 5m. Veteran, Glyn Price, won the B event despite poor weather conditions. Pat Swan was a clear winner of the Shot competition with a throw of 17m18 with Dan Cork finishing second in the B. Lewie Jones finished third in the Javelin with a throw of 53.18, which was his first

competition with the senior implement. Danylo Danylenko made his debut for the club running 48.12 to finish fourth in the 400m. This was, perhaps, the highest quality race of the season with three current GB internationals.

Special thanks to Tom Walley, Pat Swan, Jack Houghton, and Mitchell Lawrence who competed in all 3 League matches. One of the disappointing features is that some of our top athletes were not “available”, even for one match.

In the Final League positions, we finished 13th out of the 16th teams. Significantly all twelve teams that finished above us either had a home or a “local” match and in some cases more than one. Clearly that gave them a major advantage over us.

It is not clear yet what the structure and fixtures will be for the coming season. It has been proposed that the Premier Division is reduced to eight teams and the rest of the teams will be organised on a regional basis. Hopefully then we will get awarded a home match???

David Jones
NAL Men’s Team Manager

JUNIOR TRACK & FIELD REPORT

The junior athletes have had another successful year both individually and as a team. The club has been involved in the Upper and Lower Age Group Youth Development Leagues and has been successful in retaining their Premier Division status in both age groups. This year the U11, U13 and U15 age groups have also been involved in a West Wales Development League which has provided competition for the younger athletes but without awarding match points.

Upper Age Group Youth Development League



The first match was held at Yate and the team ended the match in 4th position having scored a total of 343.5 points. There were 'A' string wins for the Marek Warzocha (U20 200m), Emily Collins (U20 100mH), Lucy Harris (U20 Discus), Chloe Jones (U20 Javelin), Charlie Shuall (U17 Pole Vault), Lewie Jones (U17 Shot), Lili Wade (U17 300mH), Bethan Holley (U17 Triple Jump) and Amy Beynon (U17 PV).

The second match was meant to be a home match but unfortunately the track repairs had not been completed in time. Luckily the track at Carmarthen was available and we were able to host there. The relative 'home' location improved the overall position to 3rd on the day and 3rd in the league. There were 'A' string wins for Joseph Beresford (U20 400m and 400mH), Sam Davies (U20 High Jump), Mai Davies (U20 3000m), Lucy Harris (U20 Discus), Reuben De Vall (U17 100mH) and Amy Beynon (U17 PV)

The third match was a crucial match to qualify for the regional final and retain Premier Division status for the 2024 season. The match was held in Aberdare and the team improved their position yet again finishing 2nd on the day and consolidating the 3rd position in the league. There were 'A' string wins for Joseph Beresford (U20 400mH), Macsen Holland (U20 Shot), Daisy Anderson (U20 3000m), Emily Collins (U20 100mH), Matilda Quick* (U20 High Jump, U17 80mH), Catrin Squire* (U20 Triple Jump), Rebekah Pratt (U20 Pole Vault), Lucy Harris (U20 Discus), Chloe Jones (U20 Javelin), U20 Women's 4x100, Oliver Patterson (U17 800m), Natalie Coughlin (U17 300mH, 1500mS/C), Efa Williams (U17 Triple Jump, Discus, Javelin) and Seren Anderson-James (U17 Pole Vault).

The results of the three prior matches meant that the team had qualified for the regional final which was held in Rugby on 30th July 2023. The team's position moved during the day but in the end they finished in 5th place – a creditable performance given the number of athletes available for selection. 'A' string wins were achieved by Oscar Dun (U20 Shot), Chloe Jones (U20 Javelin), Charlie Shuall (U17 Pole Vault), Lewie Jones (U17 Javelin) and Matilda Quick (U17 Shot).

Lower Age Group Youth Development League



The first match was meant to be a home match but sadly the track repairs had not been completed so we headed west to Carmarthen instead. The club started well making good use of 'home' advantage and finished 2nd on the day. There were 'A' string wins for Ruari Harris (U15 100m), Tyler Davies (U15 Pole Vault), Libby Hale (U15 300m), Trinease Braithwaite (U15 Long Jump), Ruby Champion (U15 Pole

Vault), Taylor Shelmerdine (U13 150m), Rutendo Chasweka (U13 70mH, Long Jump) and Millie Jayham (U13 High Jump).

The second match was in Swindon and the boys team managers had significant difficulties in finding available athletes. That had an impact on the team's overall position where they achieved 5th place on the day and dropped to 4th in the league. 'A' string wins were achieved by Eva Carver (U15 High Jump), Ruby Champion (U15 Pole Vault) and Somiochi Emenogu (U13 Shot).

The third match was in Cardiff and it was hoped that the relatively close distance would assist with availability and bring the club back into the top three in the league so that we could reach the regional final. Unfortunately, however, there were still significant gaps in the U15 boys team and Cardiff made good their home advantage. The team finished 4th on the day and 4th in the league which meant that they faced a promotion/ relegation battle to retain their status as a Premier Division team. 'A' string wins on the day were achieved by Alfie Philpott (U15 Pole Vault), Alice Prosser (U15 Pole Vault), Ioan Jones (U13 Shot), Taylor Shelmerdine (U13 150m, Long Jump) and Millie Jayham (U13 70mH, Shot).

The relegation/ promotion match was held in Yate on 22nd July. Again, the club were hampered by the availability of the U15 boys team but still managed to finish 2nd on the day securing Premier Division status for 2024. There were 'A' string wins for Mandida Rushesha (U15 High Jump), Alice Prosser (U15 Pole Vault), Ioan Jones (U13 Shot), Taylor Shelmerdine (U13 1200), Rutendo Chasweka (U13 70mH) and the U13G 4 x 100 relay.

West Wales Development League

From the team manager's perspective the meetings were a success and gave all athletes the opportunity to enter up to three events of their choosing. Matches were held in Neath, Carmarthen and Swansea and a full event programme was offered culminating on each day with a relay. The events introduced the U11 age category and those new to athletics to outdoor competition in a friendly environment where they were well supported by the officials and club mates. It is hoped that they will continue to enjoy competing for the club in years to come and, possibly, be available for selection to the YDL in years to come.

Individual success was also achieved in the Welsh Indoor/ Welsh Outdoor/ Welsh/ Welsh Schools Indoor Combined Events and Welsh Schools Finals. The following athletes medalled at these events:

Welsh/ Welsh Schools Indoor Combined Events Championships

Gold: Matilda Quick (U16)

Silver: Taylor Shelmerdine (U14)

Bronze: Bethan Holley (U18)

Welsh Indoor Age Group Championships

Gold: Olivia Kenna (U13 High Jump), Rutendo Chasweka (U13 Long Jump), Tyler Davies (U15 Pole Vault), Libby Hale (U15 1500m), Charlie Shuall (U17 Pole Vault), Amy Beynon (U17 Pole Vault), Bethan Holley (U17 Triple Jump), Matilda Quick (U17 Shot), Sam Davies (U20 High Jump).

Silver: Rutendo Chasweka (U13 60mH), Luisa Rabiaotti (U13 High Jump), Kellan Heuberger (U15 Pole Vault), Ruby Champion (U15 Pole Vault), Libby Hale (U15 800m), Sean Strevens (U15 Triple Jump), Oliver Philpott (U17 Pole Vault), Seren Anderson-James (U17 Pole Vault), Bethan Holley (U17 Long Jump), Nathaniel Osborne (U17 Shot), Marek Warzocha (U20 200m), Ella Davies (U20 800m), Evan Cole (U20 Long Jump), Rebekah Pratt (U20 Pole Vault).

Bronze: Alice Prosser (U15 Pole Vault), Millie Pierce (U15 1500m), Chloe Hartley-Green (U15 3000m), Ava Davies (U17 1500m), Matilda Quick (U17 High Jump), Louis Shuall (U17 Pole Vault), Megan Gwyther (U20 60mH).

Welsh Outdoor Age Group Championships

Gold: Taylor Shelmerdine (U13 Long Jump), Tyler Davies (U15 Pole Vault), Libby Hale (U15 800m and 1500m), Matilda Quick (U17 Shot), Louis Shuall (U17 Pole Vault), Reuben De Vall (U17 400mH), Joseph Beresford (U20 400mH), Lucy Harris (U20 Discus), Harry Newton (U20 Pole Vault), Sam Davies (U20 High Jump)

Silver: Dylan Wakely (U13 1000m Walk), Thomas Davies (U13 75mH), Alfie Philpott (U15 Pole Vault), Ruby Champion (U15 Pole Vault), Ben Fenwick (U17 Hammer), Oliver Philpott (U17 Pole Vault), Matilda Quick (U17 High Jump), Marek Warzocha (U20 200m), Oscar Dun (U20 Discus), Lucy Harris (U20 Shot), Evan Cole (U20 Long Jump), Rebekah Pratt (U20 Pole Vault), Joseff Lewis (U20 Pole Vault).

Bronze: Roman Jackson (U13 Discus), Ioan Jones (U13 Shot), Elizabeth Nsozzi (U13 High Jump), Taylor Shelmerdine (U13 200m), Rutendo Chasweka (U13 70mH), Tabitha Ventriss-Brett (U15 Triple Jump), Jeston Allan (U15 Pole Vault), Alice Prosser (U15 Pole Vault), Millie Pierce (U15 1500m), Oscar Dun (U20 shot)

Welsh Schools Finals

Gold: Tyler Davies (U15 Pole Vault), Ruby Champion (U15 Pole Vault), Libby Hale (U15 1500), Amy Beynon (U17 Pole Vault), Matilda Quick (U17 High Jump/ Shot), Charlie Shuall (U17 Pole Vault), Ben Fenwick (U17 Hammer), Efa Williams (U17 Hammer), Bethan Holley (U17 Triple Jump), Lewie Jones (U17 Javelin), Harry Newton (U20 Pole Vault), Rebekah Pratt (U20 Pole Vault), Joseph Beresford (U20 400mH), Marek Warzocha (U20 200), Lucy Harris (U20 Shot, Discus), Sam Davies (U20 High Jump), Evan Cole (U20 110mH)

Silver: Libby Hale (U15 300m), Millie Pierce (U15 800m), Louis Shuall (U17 Pole Vault), Ava Davies (U17 1500m), Nathaniel Osborne (U17 Shot), Lucy Harris (U20 Javelin), Harrison Garcia (U20 400m), Evan Cole (U20 High Jump), Marek Warzocha (U20 100m).

Bronze: Jeremy Young (U15 Long Jump), Nia Wakely (U15 1000m Walk), Alice Prosser (U15 Pole Vault), Evan Godwin (U17 100m), Seren Anderson-James (U17 Pole Vault), Evan Cole (U20 Long Jump).

The following athletes have also been given Welsh / Welsh School vests this season:

Scottish Schools Combined Events International December 2022

Matilda Quick and Bethan Holley



SIAB (Welsh Schools) July 2023

Matilda Quick, Libby Hale, Efa Williams. Ben Fenwick, Charlie Shuall, Louis Shuall, Amy Beynon, Lewie Jones, Nathaniel Osbourne and Bethan Holley.

Welsh U20 International

Harrison Garcia, Lucy Harris, Sam Davies, Evan Cole (Welsh Schools), Marek Warzocha and Chloe Jones

Catherine Collins
Team Manager

Swansea Harriers Club Records 2023

- **Senior Men** 400m Joseph Brier 45.54secs
- **Under 20 Men** 3000m Dafydd Jones 8mins 12.90
- **Under 17 Men** Javelin Lewie Jones 700g 65.23m
- **Under 15 Girls** 800m Libby Hale 2mins 10.80
- **Under 15 Girls** 1500m Libby Hale 4mins 26.75
- **Under 15 Girls** 3000m Libby Hale 10mins 01.58



ROAD RUNNING REPORT 2023

For the most part 2023 was a successful year for the Harriers road-running section though we are not quite back to our pre-pandemic levels.



As ever the primary targets were the UK relay championships at Sutton Coldfield, where the standard in the men's 12-stage race was far higher than ever before. Thus though we recorded a time substantially faster than when we won in 2017, this was

good enough only for fourth place in a field of 62 clubs, well adrift of the third-placed team. This was despite the availability of Kristian Jones, who was able to travel from his home in Scotland, and Dewi Griffiths, albeit Dewi was still recovering from illness.

Kris had a superb run, moving the team from tenth to second on the fifth stage and recording the third fastest long leg of the day with a time beaten only by Andy Butchart and Alex Yee. Despite being short of full fitness, Dewi also ran extremely well to achieve the ninth fast time. There were also notable performances by newcomer Dafydd Jones and Jac Hopkins.

The women's team ran well for seventh place, Caryl Edwards making a welcome reappearance and Megan Carter-Davies running a very good long stage, while Kate Roberts and Olivia Gwynn distinguished themselves by running the ninth and tenth fast short stages of the day.

Unsurprisingly the competition was far less challenging in the Welsh road relay championships, with the senior women winning the title by four-and-a-half minutes from Les Croupiers and the men

coming home two-and-a-half minutes ahead of Cardiff. The women's team comprised Caryl Edwards, who ran the fastest time of the day, Hannah Williams, Kate Roberts and Sioned Howells. Given that the men's team featured Dewi Griffiths, Jon Hopkins, Jon Butler and Dafydd Jones the result was never really in doubt, with Dewi running fastest time of the



day, the two Jons second and third fastest and Dafydd fifth fastest. Behind them, the B team finished fourth, the C team sixth and the D team seventh.

There was success also for the men's over-55 team who won thanks to Alan Davies, Martin Hughes-Dowdle and Paul Flynn. Silver medals went to the men's over-35s (Geraint Williams, Andrew Cleverley and Marc Hobbs) and over-35 women, thanks to Llinos Jones, Joanne Callan and Louis Woodward. Jo Callan had a memorable debut for the club by running fastest leg in this category. Bronze medals went to our over-45 women (Diane Brownhill, Helen-Marie Davies and Julie Hartley-Green) and over-55 women (Angela Delaney, Kelly Gipson and Caroline Morgan).

In the younger age groups we won silver medals in the under-15 girls race (Chloe Hartley-Green, Millie Pierce and Holly Humphreys) and under-17 women thanks to Sophie Hartley-Green, Ava Davies and Lottie Robinson. There was a fine run also by Taylor Shelmerdine, who ran second fastest time for the under-13 girls, who finished fifth.

This being my final road-running report, having decided to call it a day after nearly 40 years (with one short gap) during which we have managed to win seven UK titles and many other medals, I must offer very best wishes to who ever takes over.

George Edwards

Road Running Secretary and Team Manager

2022-23 CROSS COUNTRY REPORT



2023 Welsh cross-country championships

Last March's Welsh cross-country championships held in Brecon saw Swansea Harriers triumph once again in the **Senior men's** race with Dewi Griffiths winning his 8th individual Welsh title and our team winning the gold medals (Dewi Griffiths, Daniel Rothwell, Matt Rees, Morgan James, Ben Mitchell, Jack Turner). Other gold medals winners were Alan Davies **VM70** (beating all VM65 runners), Sian Phillips **VW60** and our **VM55** team (Paul Flynn, Paul Llewelyn, Martyn Hughes-Dowdle) **VM35** Dan Rothwell

We had a good haul of silver medals with our **Senior Women** (Gemma Tutton, Emma Baxter, Llinos Jones, Greciela Diaz de la Fuentes). **U15 Girls** (Holly Humphreys, Ava Davies, Chloe Hartley-Green, Millie Pierce) **VW35** (Llinos Jones, Lois Woodward, Jennifer Roberts) **VW40** (Llinos Jones, Lois Woodward, Julie Hartley-Green) **VM45** (Charles Walsh, Owen Davies, Simon Brewer)

Bronze medals went to **U15Girls** Holly Humphreys, **VM50** (Simon Brewer, Paul Flynn, Martyn Hughes-Dowdle) **U13Boys** (Osian Morgan, Sam Rees, Deri Jones, Joshua Newton)

In total we had 38 finishers and won 5 x gold medals, 5 x silver medals, 3 x bronze medals. The best turnout and result for a Welsh club

Welsh Schools / Inter-regions cross-country champs

U15G 4.Holly Humphreys, 6.Ava Davies, 7.Chloe Hartley Green, 8.Milly Pierce. In the senior women's inter-regions race the ever-improving Sioned Howells came third

SIAB International Cross-country Championships – Sefton Park

The following Swansea athletes represented Wales in the SIAB Cross country championships 7.Holly Humphreys, 23.Libby Hale, 31.Chloe Hartley-Green, Ava Davies secured the team bronze medal in the mixed relays

John H Collins Gwent Cross-country League

Overall, most of our teams finished mid-table with the exception of the U15W who won the division. Individual winners were Libby Hale, Holly Humphreys, Dewi Griffiths and Alan Davies (2 wins). In total we had 239 finishers over all age groups and fixtures averaging just under 50 finishers/fixture, a really good club turnout. Highest number of finishers was in the Cardiff Cross Challenge with 63.

Club members completing all Gwent League fixture:- Simon Merrick (VM50), Owen Davies (VM45), Sophia Harrison (U23W), Gwenann Gruffydd (U11G), Isaac Mc Adie (U11B)

As ever, many thanks to our dedicated team managers who supported our teams over the cross-country season

U11Girls Penny Gruffydd U11Boys Jenny Mc Adie U13/15Girls Julie Hartley-Green U13/15Boys Tony Clements Senior/Masters Men/Women Brian & Kay Fox

Brian Fox Cross Country Secretary

COACHING 2023

My sincere thanks and gratitude to all the active volunteer coaches in Swansea Harriers for all their efforts during 2023. I am very proud of what the volunteer coaching team have achieved again this year. 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.

After losing the help of a significant number of qualified volunteer coaches over 2020 & 2021, we are still in the process of trying to rebuild the number of active volunteer coaches in the club. We currently have over 60 UK Athletics qualified coaches that are volunteering each week, some once a week and some as many as four times a week as much as their own personal circumstances allow. At time of writing, we have over 600 registered athletes and this is likely to gradually keep increasing during 2024, therefore we will need to try to continue to recruit more volunteers to become qualified coaches and cater for this vast array of athletes.

It is a major undertaking to be able to offer coaching to excess of 600 athletes of all abilities and ages in every athletics discipline, with sessions being delivered 7 days a week not just on the main club nights. 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 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. As mentioned above, our main challenge and objective during 2024 is not only to retain, but to support, develop and upskill our volunteer coaching team 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.

It has been pleasing to have 2 coaches pass the UKA Coaching Assistant qualification, and one currently undertaking the Athletics Coach qualification. Moving forward ideally we require an additional 5 or 6 UKA qualified coaches who are confident enough to lead sessions, and from an event specific aspect, a

sprints coach who has capacity to coach year 7 = 2nd year U13 competing athletes, where there is currently no exit routes from the introductory groups for our 100m & 200m sprinters.

Although the juniors waiting list is no longer required for the time being, 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.

The club now has two 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 well over 100 primary aged children wanting to start with the club each October is what are already oversubscribed sessions.

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.

Andrew Jenkins Coaching Coordinator

MASTERS ON AND OFF TRACK

We seem to have had a rather quieter year.

Simon Brewer didn't, though. In February, he finished sixth M50 at the Welsh Cross Country Championships. Not content with that, he went on to finish fifth M50 in the Welsh 10k Championships in May, not to mention age group podium finishes at the Swansea Bay 10k and the Newport Half Marathon.

Diane Brownhill won the bronze medal for the W50 Welsh Masters indoor 3000, held at the Cardiff Christmas Classic meeting in December, having run the 800 and 1500 for Welsh Masters at the Inter Area Challenge in Nuneaton in August.

Andrew Cleverly represented Wales in the Home Countries 5k in Cardiff in August.

Helen Marie Davies was second W45 in the Swansea Bay 10k.

Owen Davies won the M45 3000 at the Welsh Masters Championships in Yate in August, and collected the 1500 silver.

Rod Davies, whoever he is, began the year with the bronze medal for the M65 long jump at the British Masters Indoor Championships at Sheffield in February. The colour obviously appealed, at two more

were collected for the long jump and 100 at the Midland Masters Championships in Nuneaton in June, together with a silver for the 200. Also at Nuneaton, this time in August, Welsh Masters were represented in long jump and 4x100 relay. Later in August, at Yate, a gold finally arrived in the Welsh Masters Championships long jump, together with silvers in both sprints.

Caryl Edwards was first W35 at the Richard Burton 19k, the Swansea Bay 10k and the Llanelli Half Marathon,

Paul Flynn ran the 800 and 1500 at the European Masters Championships in Pescara, Italy in September, having finished eighth M55 at the Welsh Cross Country Championships.

Matthew Harvey represented Wales in the Home Countries 5k, and finished second M40 in the Swansea Bay 10k, and first M40 in the Richard Burton 10k.

David Jones won the M70 hammer at the Welsh Masters Championships in Yate.

Llinos Jones was first W40 at the Newport Marathon, together with age group podium finished at the Swansea Bay Half Marathon and the Snowdonia Marathon.

Simon Lewis was first M45 (and third overall) at the Merthyr Half Marathon, and had top ten age group placings in the Tokyo, New York, and Great Welsh Marathons.

Ifan Lloyd book-ended the year by being the first M60 in the Old Father Time 5 miles on both 1 January and 31 December! In between, he won the indoor 3000 Welsh Masters title, and was second M60 at the Masters Cross Country International.

Daphne Marler collected a bag of W75 medals: she insists this is because there are so few in her age group. The British Masters Indoors in Sheffield brought golds in long and triple jump, and silver in the 60. At the outdoor equivalent in Derby there were golds again in the jumps, and a bronze in the hammer. The Midland Masters and Welsh Masters Championships each brought two golds in the jumps, plus one in the 100 at the Midlands. Also at Nuneaton, she represented Welsh Masters at the Inter Area in the 100, long jump and relay.

Helen Marshall was first W35 at the Welsh Cross Country Championships, and second W35 at the Dundonald Cross Country International.

Sian Phillips was first W60 at the Welsh Cross Country Championships, and represented Welsh Masters in the Cross Country International.

Glyn Price was busy in the M55 pole vault. He won bronze at the World Masters Indoor Championships in Torun, Poland, and silver at the European Masters Championships in Pescara. He also represented Welsh Masters in both indoor and outdoor Inter Area Challenges, adding hurdles and javelin to his season.

Chris Pruski threw M65 javelin to win silver at the British Masters Winter Throws, and bronze at the main championships at Derby. He also won gold at the Midland Masters, together with a silver in the shot.

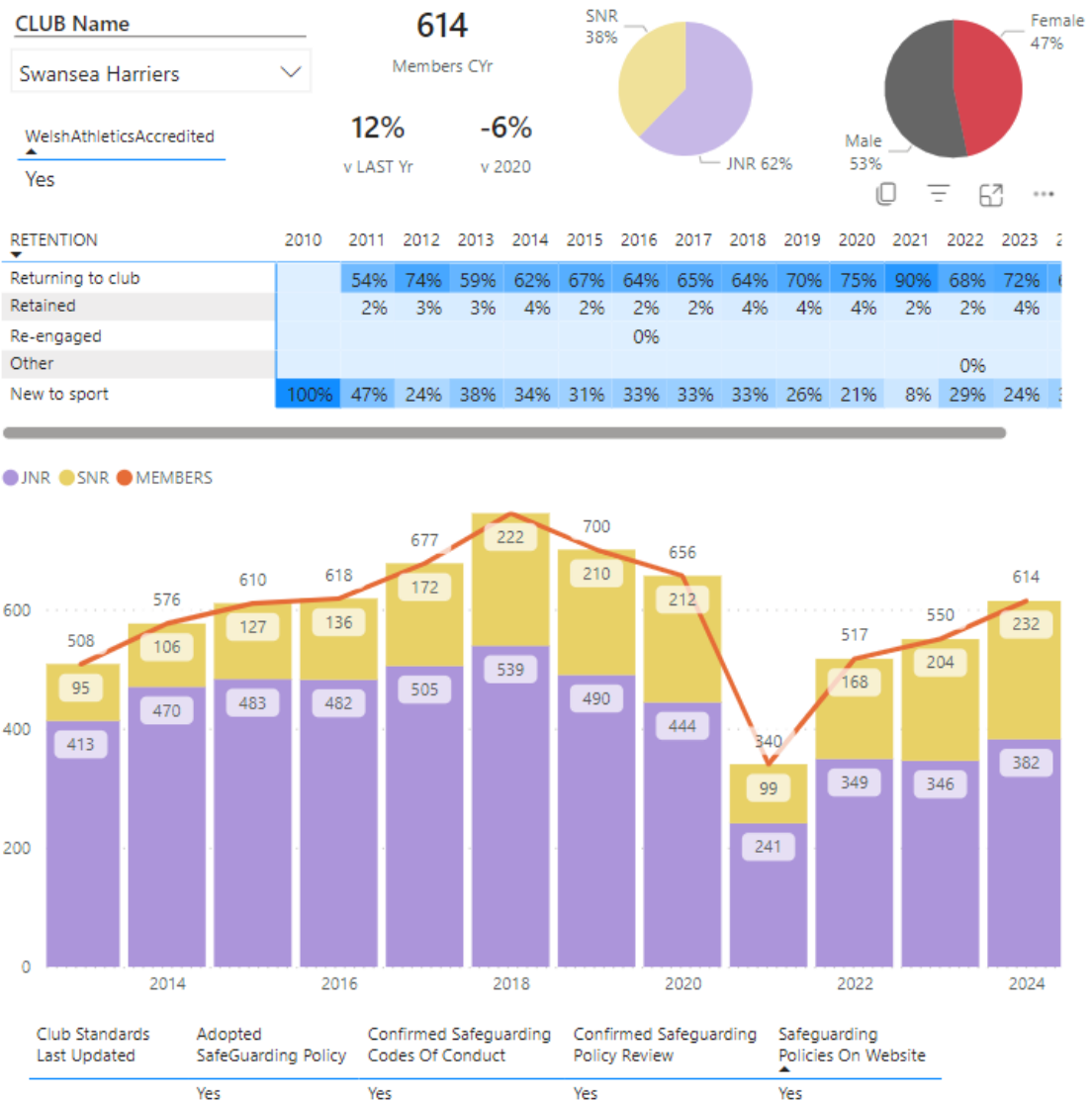
Gareth Robbins won the silvers for the M40 1500 and 3000 at Welsh Masters Championships.

Peter Roberts won the M50 discus for Welsh Masters at the Inter Area Challenge at Nuneaton. He was also West Wales Champion for both the Senior shot and discus.

Actually, having written this, perhaps it wasn't so quiet after all!

ROD DAVIES

MEMBERSHIP



FINANCE

See pages 19-22

SWANSEA HARRIERS

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30th SEPTEMBER 2022

	SEPTEMBER 2022	SEPTEMBER 2021	EXPENDITURE	SEPTEMBER 2022	SEPTEMBER 2021
INCOME					
Membership Donations	12,913.33	12,896.18	Management & Committee Expenses	1,596.11	1,582.68
	2,550.00	1,058.92	AAV Registration	1,512.50	52.00
			Insurance	0.00	
Competitions (Note 1)	15,483.33	15,445.10	Competitions (Note 1)	3,208.65	1,634.68
Business & Merch	1,013.64	2,320.89	Team Entry Fees	1,383.00	1,505.00
March Receipts, Refunds & Grants	5,736.16	7,207.34	Buson & Merch	6,252.98	15,385.76
	792.00	900.00	Attelver's Expenses	6,453.44	2,883.65
			Hire of Track Facilities	1,940.00	4,175.00
			March Refreshments	0.00	0.00
			March Expenses	2,152.51	2,481.42
Promotions Sponsorship	7,499.80	10,528.33		20,061.93	28,581.08
	0.00	0.00			
Coaching Grants	1,030.00	900.00	Coaching (Note 2)	3,438.00	1,230.00
Training Fees	29,853.82	31,298.55	Hire of Track & Indoor	27,094.10	28,277.20
	82,923.42	81,898.33		80,532.10	31,307.20
Miscellaneous			Miscellaneous		
Employment	108.58	0.00	Purchase of Kit	0.00	549.54
Sale of Kit	0.00	289.06	Social	100.00	468.75
Social	0.00	658.39	Miscellaneous Equipment	754.22	1,122.81
EDM Hire	0.00	0.00		3,498.00	529.53
Miscellaneous	0.00	0.00			
Amazon Smile	18.54	34.34			
Transfer from Club & CR account	0.00	0.00			
Interest Received - Savings Account	187.86	608.37			
	315.38	1,574.54		4,352.22	2,670.63
	56,207.13	59,446.10		58,154.86	64,983.54
				-1,952.53	-4,987.44
Excess of Expenditure over Income	£ 56,207.13	£ 59,446.10		£ 56,202.33	£ 59,446.10

SWANSEA HARRIERS

SUMMARY OF RECEIPTS AND PAYMENTS FOR CAFE & KIT ACCOUNT FOR THE YEAR ENDED 30th SEPTEMBER 2023

	SEPTEMBER 2022	SEPTEMBER 2023	SEPTEMBER 2022	SEPTEMBER 2023
INCOME				
Cafe	2,649.93	4,222.88	CAFE	
KIT	4,119.25	3,984.97	KIT	
			Opening Stock	4,148.32
			Purchases	4,187.80
			Less: Closing Stock	8,336.12
				5,399.60
Rent Rebate	0.00	0.00	Rent	2,896.52
Electricity (Heckey)	0.00	0.00	Electricity	875.04
Donations	17.00	17.95	Donations-University Stadium Staff	1,767.30
Miscellaneous – W/A Grant	750.00	0.00	Miscellaneous	0.00
			Transfer to Training Account	0.00
			Transfer to Training Account W/A Grant	750.00
			Excess of Income over Expenditure	1,013.72
	<u>£ 7,536.18</u>	<u>£ 8,225.80</u>		<u>£ 7,536.18</u>
				<u>£ 8,225.80</u>

SWANSEA HARRIERS

SUMMARY OF RECEIPTS AND PAYMENTS FOR CARD ACCOUNT FOR THE YEAR ENDED 30TH SEPTEMBER 2023

	<u>SEPTEMBER</u> 2022	<u>SEPTEMBER</u> 2023	<u>SEPTEMBER</u> 2022	<u>SEPTEMBER</u> 2023
INCOME				
Training Fees	29,893.82	31,398.51	29,893.82	31,398.51
Membership	2,103.87	29.48	2,103.87	29.48
Kit	4,066.55	3,963.97	4,083.25	3,963.97
Cafe	1,090.93	2,261.98	1,090.93	2,261.98
Entry Fees	43.21	121.68	43.21	121.68
Hotel – NAL	19.64	589.50	19.64	589.50
Hotel – YDL	0.00	883.35	0.00	883.35
Kit – YDL	0.00	280.06	0.00	280.06
Bus	0.00	43.14	0.00	43.14
Awards	0.00	658.39	0.00	658.39
Donation	0.00	58.92	0.00	58.92
	37,218.02	40,288.98	37,218.02	40,288.98
		EXPENDITURE		
		Training Fees	29,893.82	31,398.51
		Membership	2,103.87	29.48
		Kit	4,083.25	3,963.97
		Cafe	1,090.93	2,261.98
		Entry Fees	43.21	121.68
		Hotel	19.64	589.50
		Hotel – YDL	0.00	883.35
		Kit – YDL	0.00	280.06
		Bus	0.00	43.14
		Awards	0.00	658.39
		Donation	0.00	58.92
			37,234.72	40,288.98
		Excess of Expenditure over Income	-16.70	0.00
	£ 37,218.02	£ 40,288.98	£ 37,218.02	£ 40,288.98

SWANSEA HARRIERS

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30TH SEPTEMBER 2023

INCOME	2022/23					TOTAL
	NAL	YOL	WYSL	WYL	JUNIOR C.C ROAD GAMES OTHER	
League Refunds		622.00		739.00		5,836.36
Entry Fees & Match Receipts	939.50					1,870.98
Bus & Hotel	500.00	1,381.49				2,320.99
Grants						500.00
	1,439.50	2,003.49	-	739.00	-	10,528.33

EXPENDITURE

League Affiliation & Team Entry Fees	800.00	1,000.00		100.00		1,603.00	3,503.00
Bus & Hotel	8,880.99	6,064.77				440.00	15,385.76
Athletes' Expenses	1,971.10					715.40	2,686.50
Match Expenses		494.15		239.00		2,157.62	2,880.77
Track hire		519.00		500.00		3,156.00	4,175.00
	11,652.09	8,017.92	-	839.00	-	8,072.02	28,581.03
SURPLUS / DEFICIT	- 10,212.59	- 6,014.43	-	- 100.00	-	- 1,725.68	- 18,052.70

NOTE 2 COACHING

FEE PAID :-	2022/23
Coaching Administrator	2,100.00
Coaching Refunds	1,130.00

3,230.00