



SWANSEA HARRIERS ATHLETICS CLUB

ANNUAL REPORT 2025

WELSH ATHLETICS CLUB OF THE YEAR 2023 AND 2024

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FOREWORD

Firstly, and most importantly our grateful thanks to all the volunteers who give their time freely for the benefit of the club. A tremendous amount of time is spent by Trustees, Team Managers, Coaches, Officials and Café Staff which helps to make the club a success.

During the year six of our athletes were selected for Great Britain events. Millie Gold Under 20 Steeplechase; Verity Ockenden Cross Country; Michael Jenkins and Harrison Walsh Para Throws; Kriss Jones Trail Events; and Hannah Brier 4x 400m Relay Squad. Our congratulations to them and our best wishes for the future. Hopefully their success will inspire others.

During the year many of our athletes have represented Wales and won Welsh Championships in Cross Country, Road and Track events and our teams have also gained many victories during the year. One outstanding success was The Senior Men and Women winning their Regional Division and regaining their place as one of the 8 top British teams in the Premier Division Of The National Athletics League. We are proud of all their achievements .

Our thanks to Neil Merry and Mr and Mrs Paul Evans for sponsoring The Neil Merry Open Meeting and The Gwilym Evans Memorial Open Meeting which as well as providing valuable competition raised extra funds for the club which helped to keep the cost of transport to matches lower.

2026 will see many changes .There will be different age groups which come into operation with only the Senior and Under 20 age Groups remaining. The University Pavilion is being replaced by a new 4 floor building which does not contain a cafe facility or changing rooms. The track is being re- surfaced sometime during the year making it difficult to plan matches and training . There are other plans for improvements which will be of benefit to Athletics which we hope will be carried out during the year.

We are lucky in that we have a most helpful University staff to work with during this difficult period of development. We are most grateful to them for all their help and cooperation.

Our club has over 600 members and is the largest in Wales and one of the largest in Britain. In order to maintain our high standards we need the help of volunteers to help with Coaching , Officiating and café duties. You never know you may get a liking for it. I am told we have five or six who have been doing it for over 50 years . One of our members former athlete Dave Jessett is now one of the leading G. B. Officials at major meetings such as Olympics, World, European and Commonwealth Games having started up from the bottom level .

My best wishes for an enjoyable and successful 2026.

Barrie Owen
President



SECRETARY'S REPORT 2025

It's always a pleasure writing for the annual report as I tend to review what everyone else has written first so I have a sense of what has been achieved in the club across all its disciplines. We can certainly celebrate numerous achievements from our juniors through to our seniors

and masters, both at an individual and team level. It is also clearly apparent how much our volunteer workforce contribute to our success, either by taking training fees and managing the cafe, officiating at events (nearly every weekend in the summer), managing our teams and providing essential coaching throughout the year.

As a Trustee you also get a sense of the commitment everyone brings to the club as well as the key partnerships built at a local and national level. As a coach you also appreciate how much athletes enjoy their sport and how over the years those athletes build friendships and support each other both when training and when competing.

From a team perspective, the highlight of the year must be our senior team gaining much deserved promotion to the National Athletics League Premiership. The team dominated their Regional Division and continued this strong showing in the promotion match at the end of the season in Oxford. Special recognition also needs to go to Glyn Price and Peter Roberts for each notching up an incredible 100 appearances in the league over many years of competing. Well done both!

At an individual level, our President Barrie Owen has already highlighted the achievements of those athletes who gained GB honours during the season- notably Michael Jenkins, Harrison Walsh, Verity Ockenden, Millie Gold, Kriss Jones and Hannah Brier. Alongside these athletes we have numerous athletes who have represented Wales, their Region or County.

The continued development of the University facilities and site changes have also been highlighted- with the proposed resurfacing of the track being a real positive improvement alongside the more mixed reaction to the demolition of the pavilion which has been a prominent historical feature within the complex. Fundamentally our relationship with the University sports facilities staff continues to be an extremely positive and important one.

Above all else, the club fosters a culture of respect, appreciation and mutual support. It is no coincidence that visiting teams comment on the positive experience of competing in Swansea, not just in relation to the top facilities on offer, but also the way they are welcomed and treated during their time at our events. Swansea Harriers is undoubtedly a significant sports club within the developing sporting landscape of Swansea and has particular prominence at a Welsh and UK level within athletics. Such an excellent reputation has been built through our athletes and volunteers who make the club such a success.

Tony Clements
Secretary



Senior Men's and Women's Track and Field 2025

The 2025 season was a tremendous success for Swansea Harriers senior men's and women's track and field teams, who dominated all three of their regional matches, put up a terrific battle in the final match and gained well-earned promotion to the premiership division for 2026. The athletes pulled together and made a superb effort to produce some great results, with both men's and women's teams consisting once again of a good mix of very experienced and elite athletes, as well as younger developing athletes from the Under 17 and Under 20 age groups. Our student athletes and higher claim athletes also made very valuable contributions to the team, and we would not have been so successful without them.

Yeovil

Our first match up the season was in Yeovil, where we won very convincingly to finish more than 100 points ahead of Yeovil and almost 200 points ahead of Cardiff, with a terrific number of athletes finishing in first, second and third place to gain big points for Swansea. Team captain for the female athletes, Caryl Granville, convincingly won both the 100m Hurdles and 400m Hurdles, proving that she was indeed back in great form. Hanna Ulvede also won the B string 400m hurdles, meaning maximum points for Swansea in this event. Elsewhere, vice-captain Zoe Dakin won the hammer competition. Double wins in the 200m came from Kinga Kudzia and Cristina Poulsen. Kinga also won the 100m B string race earlier in the day. There were also maximum points for Swansea from Bethan Holley and Luisa Von Schnitzler in the

female triple jump competition. Rebekah Pratt won the B string pole vault competition. The female highlight of the day came from Millie Gold, who won the 2000m steeplechase in great form, breaking the Swansea Harriers Under 20 and Senior record in this event. Millie had already secured the qualifying time for the European Under 20 Championships this year. The men's team was equally as successful, with many first place being awarded to athletes across track and field. Patrick Swan and Aled Price secured maximum points by winning both A and B string shot put, with Patrick repeating this alongside Michael Jenkins in the discus, where Michael easily won the discus A string and Patrick the B string competition. Maximum points also came from Brychan Price Davies and William Ralston in the 3000m steeplechase, as well as Jake Cover and Evan Cole in the 110m hurdles. Other great wins during the day were awarded to:

Eniola Adedotun – A string 100m
 Aled Price – A string long jump
 Aaron Morgan – A string javelin
 Edward Davies – A string 800m
 Jenson Morris – B string 200m
 Alfie Robinson – B string 3000m
 Ben Fenwick – B string hammer

Basingstoke

Our second match of the season was held in Basingstoke and we came away with a victory once again. However, this was a much more challenging match for us because it clashed with other competitions, most notably Welsh Schools Championships, which involved the majority of our Under 20 athletes. However, some excellent results were recorded, especially amongst the men's team, where many of them continued their winning form.

Performance highlights of the day included Edward Davies and Morgan James securing maximum points in the 3000m, alongside Sam Davies and Evan Cole, who secured maximum points in the high jump and Caryl Granville and Sophie Lisk, who secured maximum points in the 400m hurdles. Congratulations also to the following athletes who won their events:

Edward Davies – 800m A string
 Will Hawker – 100m B string
 Evan Cole 110m hurdles
 Patrick Swan – Shot Put A string
 Jake Cover – 200m B string
 Abdul Afolabi – Triple Jump A string
 Zoe Dakin – Hammer A string
 Lucy Harris – Discus A string
 Emily Thomas – Triple Jump A string
 Jemima Osborn – 5000m B string

However, the most poignant moment of the day was the presentation awarded to Glyn Price, our highly successful pole vault athlete, who made Basingstoke his 100th appearance competing for Swansea in the senior league. Glyn has been a devoted club athlete for many years and has enjoyed success at every level, from junior through to masters. We are extremely grateful for his contributions to the club over the years and wish him continued success as a master's athlete on the world circuit.

Cardiff

Cardiff was the third and final regional match, which we won comfortably, with Cardiff themselves coming a close second. However, we were also missing some key athletes due to injury at this point. This showed on the final score board but also allowed other athletes to step in and perform on the day. Winners on the day that have not been previously mentioned were:

Alice Gregory – Hammer B string

Caitlin Gwyther – 800m B string

Carys Jones – Pole Vault A string

Evie Aitcheson – 400m A string

Jac Hopkins – 1500m B string

Maria Kowal – 1500m B string

Ryan Price – Triple Jump B string

The match at Cardiff also marked the 100th performance at a senior league match for Peter Roberts, who has been a successful athlete and coach at Swansea Harriers for many years.

Peter began as a junior athlete and continues to compete at senior level, as well coaching the throws events in our junior section. He is a valuable member of the club and we are extremely grateful for his contributions.

Oxford Horspath

The final promotion match at Oxford Horspath provided us with a tense battle from beginning to end, with all eight teams aiming to finish in the top two and progress to the premiership division for 2026. This was the second year in a row for Swansea Harriers to win their regional matches to gain access to the promotion match. The athletes were fully prepared for the battle that lay ahead of them and were determined to succeed. Throughout the day, they put on a magnificent display of performances, beginning with a double victory in the women's 400m hurdles for Sophie Lisk and Evie Aitchison across the A and B races. In the field events, Michael Jenkins' best discus throw of 56.72 was better than the premiership winning score, while Patrick Swan's shot put best of 17.07 was more than two metres further than his opponents. These were just a few of the outstanding performances from our male and female athletes. The women's high jump was one of the most exciting competitions with the Tonbridge athlete and Swansea's Matilda Quick, locking horns to win with a tie. Lili Church also won the B string high jump, securing maximum points for Swansea. Isabella

Wigley won the B string 100m and Lauryn Davey won the B string 100m hurdles. Between



them, Carys Jones and Ellie Dunleavy secured maximum points for Swansea by winning the A string and B string pole vault in outstanding form. Carys is amongst our most senior, experienced and elite athletes, whereas Ellie is one of our youngest members of the senior team, competing for the

first time at this level. Charlie Schuall very convincingly won the men's A string pole vault competition and Jake Cover was dominant to finish first in the A string 110m hurdles. Many athletes also came 2nd and 3rd in their events throughout the day, securing big points for Swansea. Towards the end of the day, after more than six hours of competition, there were only 27.5 points between the two leading teams, Tonbridge AC and Swansea Harriers. Tonbridge proved to be very strong in the final middle distance races, whereas Swansea Harriers produced some fine performances across the relays. A special mention goes to Darcie Bass, who competed in a multitude of events during the day and then turned up for the 4 x 400m relay when called upon to do so, even though she had just finished her 3000m race. Tonbridge won the match, with Swansea Harriers coming second. Both teams finished a long way ahead of the other teams.

This year, we had a highly committed and dedicated team of athletes competing for the club in the National Athletics League once again. Whether these athletes managed one match or all four matches, every single performance and every single point counted. The club are extremely grateful to each one of them. We also had some key athletes missing from the team this year. Imagine what we can achieve if they all turn up for at least one match next year.

Special thanks go to the coaches and family members who supported us and the officials who travelled with us. Best wishes to all athletes as we look forward to 2026 and good luck in the premiership division. We also wish all those who were unable to compete due to injury a speedy recovery and hope to see them next season.

Lynne Brier- Team Manager.

JUNIOR TRACK AND FIELD 2025

The track season started in customary fashion with the Junior Indoor Opens and West Wales Indoor Championships split over a number of days in December, January and February. There were many medallists over the events as well as personal bests. It was great to see our new U11s experiencing competition. The Welsh Indoor Junior Championships saw 9 Golds, 14 silvers and 12 bronzes. Our gold medallists were Poppy Brannigan (High Jump), Molly Mae McQueen (1500m), Freya Birt (Pole Vault and Triple Jump), Lily Jayne Mitchell (Triple Jump), Lyra Roberts (Pole Vault), Tyler Davies (Pole Vault), Jeremy Young (Long Jump) and Amy Beynon (Pole Vault). The silver medallists were Poppy Brannigan (Long Jump, 60m Hurdles and 800m), Oliver Cobbold (3000m), Ioan Jones (Shot Putt), Elliot Lloyd (Pole Vault), Olivia Morgan (1500m), Ellie Dunleavy (Pole Vault), Jeremy Young (60m), Bethan Holley (Triple Jump), Matilda Quick (High Jump, Long Jump and Shot Putt) and Charlie Shuall (Pole Vault). The bronze medallists were Lily Shubin (Long Jump, 60m Hurdles), Lyla Jonsson (1500m), Hannah Sullivan (Pole Vault), Gwennan Gruffydd (3000m), Alice Prosser (Pole Vault), Lauren Oshisanya (Shot Putt), Millie Pierce (1500m), Ruairi Harris (60m), Sophie Taylor (Long Jump), Jeremy Young (competing in the U20M long jump) and Harry Newton Pole Vault.

There were international honours for Matilda Quick and Tabitha Ventress-Brett who represented Welsh Schools in the Scottish Schools Pentathlon in November 2024. Matilda Quick achieved a silver medal with an overall score of 3698 points.

Turning to the outdoor season the Neal Merry Open provided opportunities for our juniors to impress their team managers before the Youth Development Leagues commenced. Again many impressive performances were had with wins and personal best performances through the age groups. The West Wales Championships were held on home turf which brought 78 gold medals, 48 silver medals and 39 bronze medals placing Swansea Harriers on the top of the medal table.

The U13, U15 and U20 Welsh Championships were also held in Swansea with the U17s mixing it with the Seniors and U23s in Cardiff. The juniors brought home 14 gold medals, 16 silver medals and 17 bronze medallists. Our gold medals went to Poppy Brannigan (High Jump), Lily Shubin (Long Jump and 70m Hurdles), Glorius Khunda (100m), Freya Birt (Pole Vault), Ellie Dunleavy (Pole Vault), Matthew Hines (400m Hurdles), Osian Morgan (1500m Steeplechase), Matilda Quick (High Jump), Holly Humphreys (competing as an U20 800m and 1500m), Lewie Jones (Javelin) and Millie Gold (2000m Steeplechase). The silver medallists were Celine Adesanya (70m Hurdles), Poppy Brannigan (Long Jump), Glorius Khunda (200m), Hayden Walker (High Jump), Dhruv Mummiagiatti (Discus), Freya Birt (Triple Jump), Elliot Lloyd (Pole Vault), Cynan King (Javelin), Lyra Roberts (Pole Vault), Millie Pierce (1500m), Elias Khassouani

(Javelin), Ellie Dunleavy (competing as an U20 Pole Vault), Matilda Quick (100m Hurdles and Shot Putt), Bethan Holley (Triple Jump) and Ben Fenwick (Hammer). The bronze medallists were Freya Cleverly (Javelin), Molly Mae McQueen (800m), Henry Bateman (Discus), Tomi Jones (1500m), Hannah Sullivan (Pole Vault), Gwennan Gruffydd (Triple Jump), Rutendo Chasweka (Long Jump), Jacob Davies (Javelin), Ren Leech-Griffiths (Pole Vault), Olivia Morgan (800m), Ruairi Harris (100m), Roman Jackson (competing as an U17 Hammer), Sophie Taylor (Long Jump), Rebekah Pratt (Hammer), Evan Lewis (Triple Jump), Louis Shuall (Pole Vault) and Jenson Morris (100m).

Two of our athletes achieved international selection for the U20s European Championships in Tampere Finland. Millie Gold had a fantastic run in her heat in the 2000m steeplechase qualifying for the final where she came 7th. Hannah Kinane representing Sweden came second in her heat and narrowly missed out on the final.

The Welsh Schools Championships were held in Aberdare in July 2025 and were used as the selection for the Schools International Track and Field Championships held in Derby. There were 16 gold medals achieved together with 14 silver medals and 10 bronze medals. The gold medallists were Rutendo Chasweka (Long Jump), Freya Birt (Pole Vault), Roman Jackson (Hammer and Discus), Ellie Dunleavy (Pole Vault), Holly Humphreys (1500m), Millie Gold (1500m Steeplechase), Millie Pierce (1500m Steeplechase), Tyler Davies (Pole Vault), Matilda Quick (Long Jump and Shot), Efa Williams (Hammer), Ben Fenwick (Hammer), Jenson Morris (100m and 200m) and Charlie Shuall (Pole Vault). The silver medallists were Katriel Udoh (High Jump), Hannah Sullivan (Pole Vault), Ren Leech-Griffiths (Pole Vault), Olivia Morgan (800m), Violet Snelgrove (Shot Putt), Lyra Roberts (Pole Vault), Matthew Hines (400m Hurdles), Jeremy Young 100m, Alfie Philpott (Pole Vault), Efa Williams (Javelin), Oliver Philpott (Long Jump), Oskar Radka (800m), Louis Shuall (Pole Vault) and Evan Lewis (Triple Jump). The bronze medal winners were Katriel Udoh (200m), Rutendo Chasweka (75m Hurdles), Freya Birt (Triple Jump), Osian Morgan (1500m Steeplechase), Matilda Quick 200m, Sophie Taylor (Long Jump), Efa Williams (Discus), Oliver Philpott (Pole Vault), Elias Khassounani (Javelin) and Oskar Radka (1500m).

Ten of our athletes were selected to represent Welsh Schools in the Schools International in Derby. Ellie Dunleavy secured silver place (Pole Vault) and Holly Humphreys (1500m) and Millie Pierce (1500m steeplechase) both came back with a bronze medal with Ruairi Harris also getting a bronze as part of the 4 x 100 relay team. The other athletes were Matthew Hines (400m Hurdles 7th), Olivia Morgan (800m 8th), Jeremy Young (100 6th), Lyra Roberts (Pole Vault 5th), Violet Snelgrove (Shot Putt 7th) and Tyler Davies (Pole Vault 7th).

As well as the championship events our junior athletes represented the club in two league competitions during the summer. The U11s, U13s and U15s represented Swansea Harriers in the West Wales Leagues where we won the League comfortably. The West Wales League was held over three matches in Brecon, Swansea and Carmarthen. Athletes entered themselves for the events and team managers selected the



relay teams. At Brecon our event winners were U11s Otto Guenther-Reynolds (Shot Putt), Esmee Harding (Shot Putt), Ellis Davies (Javelin), Camille Holeness (75m and 150m), Betsy Williams (Long Jump), U13s

Poppy Brannigan (High Jump and 800m), Christian Nsozzi (High Jump), Lily Shubin (Pole Vault, Long Jump and 100m), Theo Lewis-Wright (Pole Vault), Osian Lewis-Wright (75m Hurdles), Matilda Warchal (70m Hurdles), Ruby Harvey-Flinn (1500m), Freya Cleverly (Shot Putt) and U15s Roman Jackson (Hammer and Discus), Jessica Pollard (Hammer), Hannah Sullivan (Pole Vault), Rutendo Chasweka (75m Hurdles and Long Jump), Elizabeth Nsozzi (High Jump), Alice Caldwell (Discus), Katriel Udoh (100m and 200m), Cynan King (Javelin), Ioan Jones (Shot Putt), Oliver Cobbold (1500m), Lyla Jonsson (1500m) and Efan Williams (1500m). At Swansea our event winners were U11s Camille Holeness (Long Jump, 75m and 150m), Otto Guenther-Reynolds (Shot Putt), Esmee Harding (Shot Putt and Javelin), Ellis Davies (Long Jump), Oscar Barker-Smith (Javelin), U13s Poppy Brannigan (High Jump), Christian Nsozzi (High Jump), Lily Shubin (Pole Vault), Theo Lewis-Wright (70m Hurdles), Molly Mae McQueen (800m), Tomi Jones (800m), Betsy Evans (100m), Glorius Khunda (100m and 200m), Olive Knutson-Watson (1500m) and Dhruv Mummiagiatti (Shot Putt) and U15s Freya Birt (Triple Jump and Pole Vault), Jessica Pollard (Hammer), Jack Jones (80m Hurdles), Rutendo Chasweka (75m Hurdles, 100m and Long Jump), Lyla Jonsson (800m), Jacob Davies (Discus and Shot Putt), Cynan King (Javelin), Sarai Cox (Shot Putt), Grace Gavin (300m) and Zoe Thompson (1500m). In the last match in Carmarthen our event winners were for the U11s Camille Holeness (Long Jump, 75m and 150m), Lara Joseph (800m) and Esmee Harding (Shot Putt). For the U13s are winners were Christian Nsozzi (High Jump), Gabriel Leech-Griffiths (Pole Vault), Molly Mae McQueen (800m), Tomi Jones (800m), Sofia Morgan (Long Jump), Betsy Williams (100m and 200m), Emily Evans-Williams (1500m) and Dhruv Mummigaitti (Shot Putt). The U15 event winners were Gwennan

Gruffydd (Triple Jump), Jessica Pollard (Hammer), Rutendo Chasweka (75m Hurdles and Long Jump) and Katriel Udoh (High Jump and 100m).

The U13s and U15s remained in the Youth Development League Premier Division (South West) as did the U17s and U20s. There were three matches for each of the Upper and Lower Age Groups. The Upper Age Group finished 4th in their first match with A-string wins for Harrison Garcia (400m), Lucy Harris (Discus), Matthew Hines (400m Hurdles), Alfie Philpott (Pole Vault), Olivia Morgan (800m) and Ellie Dunleavy (Pole Vault). Match two was held in Cardiff improving to 3rd place and there were A-string wins for Jenson Morris (200m), Charlie Shuall (Pole Vault), Ben Fenwick (Hammer), Matilda Quick (100m Hurdles, Shot Putt, Long Jump and High Jump), Millie Gold (1500m steeplechase), Bethan Holley (Triple Jump), Osian Morgan (1500m Steeplechase), Tyler Davies (Pole Vault), William Richards-Baldwin (Shot Putt and Discus), Holly Humphreys (3000m) and Lyra Roberts (Pole Vault). The third match was held in Swansea where we treated the visiting teams to a red arrows air display. The team cemented their third position overall with a third place on the day. A-string wins were achieved by Lewie Jones (Javelin), Millie Pierce (competing as U20 in 800m), Ava Davies (1500m), Matilda Quick (100m Hurdles), Sophie Taylor (Long Jump), Rebekah Pratt (Hammer), Alfie Philpott (Pole Vault), William Richards-Baldwin (Shot and Discus), Lily Mitchell (Triple Jump), Lyra Roberts (Pole Vault) and the 4 x 300 relay team.



The lower age group also had three matches in Gloucester, Swansea and Swindon. The first match was disappointing due to the lack of boys who were able to compete – only 2 under 13 boys and 7 under 15 boys. We finished 6th out of 7 on the day. A-string wins were achieved by Roman Jackson (Hammer), Katriel Udoh (High Jump) and Poppy Brannigan (800m). The second match was held in Swansea where we were able to field a full team for the U13s and the U15Gs but there were still gaps in the U15Bs. The match was very close with only 40.5 points between 2nd and 6th position and the team came 5th on the day. There were A-string wins for Elliot Lloyd (Pole Vault), Roman Jackson (Discus), Katriel Udoh (100m and High Jump), Glorius Khunda (75m), Molly Mae McQueen (800m), Lily Shubin (70m Hurdles) and Poppy Brannigan (High Jump). The third match was in Swindon where again full teams were available for the U13s and the U15Gs but gaps remained for the U15Bs. The match was again close with

8 points separating 2nd to 5th place. Unfortunately we were unable to field a full team of officials which meant dropping 16 points which would have seen the team finish 2nd on the day. A fourth place finish meant that the overall league position remained 5th and at risk of relegation. A paper match secured the premier division status for the 2026 season. A-string wins in the final match were achieved by Ren Leech-Griffiths (Pole Vault), Roman Jackson (Hammer), Katriel Udoh (Long Jump and High Jump), Glorius Khunda (75m), Tomi Jones (1200m), Lily Shubin (Long Jump) and Freya Cleverly (Javelin).

Our awards evening on 21st November 2025 was well attended and recognised the achievements of many of our athletes whether they had attended multiple matches or achieved a gold, silver or bronze award. The Gold Awards scheme continues to run and the winners will receive their trophies at the upcoming awards evening and our record breakers will also be recognised on that occasion. Our 2025 record breakers are U20W Hannah Kinane in 800m with a time of 2:04.58, U20W Matilda Quick with 100m Hurdles in time of 14.29s and Heptathlon with a score of 4760 points, U20W Millie Gold with 3000m Steeplechase in a time of 10:21.75, 2000m Steeplechase in a time of 6:48.53 and 1500m Steeplechase in a time of 4:58.40 and Lily Shubin U13G in the Pole Vault with a height of 2.31m.

Thank you to all the team managers who have worked so hard over the last season communicating with parents, selecting teams and managing on the day. Thank you also to the parents who have travelled with their young athletes across Wales and beyond and finally congratulations to all our junior athletes many of whom have not been named in this report for your personal achievements in the 2025 track and field season. We look forward to the upcoming season and aim to take the age group changes in our stride.

Catherine Collins
Team Manager

CROSS COUNTRY 2025

European Cross-Country Championships Lagoa Portugal.- 14th December 2025

After breaking her fibula earlier in the year Verity Ockenden made a remarkable return to international athletics when finishing 3rd scorer for the GB & NI team helping the team to a silver medal.

Verity has also been selected to run for the GB & NI team in the World Cross-country championships in Tallahassee, Florida on the 10th. Jan 2026.

SIAB Cross-country championships – Falkirk, Scotland – 23rd March 2025

Swansea Harriers had six athletes representing Welsh schools in Falkirk. U15Boy- Oliver Cobbold (22nd), U15Girl- Lyla Jonsson (28th), U17W – Holly Humphreys (8th), Sioned John(20th), Millie Pierce (22nd) and Olivia Morgan (relay team bronze)

120th Welsh Cross-Country Championships – Pembrey – 25th Jan 2025

The club had another haul of championship medals with 10 gold medals, 8 silver and 7 bronze.

Highlight of the day was the senior men's race where Dewi Griffiths held off a strong challenge from Thomas Chaston (son of ex-Welsh international Justin) in a hard-fought race. Dewi was backed up by Josh Griffiths (5), Ed Davies (12), Ben Mitchell (19), Jamie Taylor-Cauldwell (29), Will Ralston (32) to finish a close 2nd team overall.

Dewi has now equaled Steve Jones's record of 8 championship wins and is one of only four athletes to win four consecutive championship titles

The senior women's team took bronze medal with Gemma Tutton (3rd individual and daughter of Jock Seaman) running her last race before emigrating to Australia. Team included:- Kristy Smith (27), Maria Kowal (28), Ioan Evans (30).

Our masters teams were again dominant in several age categories with individual Gold medals for:- Ifan Lloyd, Paul Flynn, Maria Kowal.

Our MM35 team took gold with:- Dan Morgan (3), Patrick Tudor (4), Craig Jones (5)

The MM60 team also won gold with contributions from:- Martyn Hughes-Dowdle (2), Paul Llewelyn (6), Peter Orborne (7)

The MM65, team gold. made an almost clean sweep of the medals with:- Ifan Lloyd (1), Alan Davies (2), Richard Jones (6)

Our MW40 ladies' masters team took a clean sweep of the medals in winning team and individual gold in the MW40 race:- Maria Kowal (1) Helne-Marie Davies (2), Lois Woodward (3)

The U17/20 Women's race was a clean sweep for Swansea by taking 1st and 2nd team medals. 'A' Team:- Libby Hale (1), Millie Gold (3). Millie Pierce (5). 'B' Team:- Holly Humphreys (6), Sioned John (7), Holly Lewis (12)

The U17M team won bronze medals. Jack Sullivan (13), Evan Price (20), Aaron Nathan (21), Daniel May (29)

U13G team won silver medals with :- Zoe Thompson (9), Rosie Jones (14), Gwennan Gruffydd (16), Emily Evans-Williams (22) U13B team won bronze medals with:- Oliver Cobbold (2), Isaac



Mc Adie (10), Tomos Pugh (20), Lucas Gibbs (21)

Welsh Inter regional Cross-country Championships

U13G. Molly-Mae McQueen (4), Emily Evans-Williams (14), Poppy Brannigan (37)

U13B Tomi Jones (7)

U15G Isabelle Langley (4), Lyla Jonsonn (5), Zoe Thompson (17), Aisha Keogh (21), Gwennan Gruffydd (26), Gwenna Rees (32), Rosie Jones (35)

U15B Oliver Cobbold (3), Jack Griffiths (4), Isaac Mc Adie (29), Felix Davies (38), Lucas Gibbs (41),

U17W Millie Pierce (4), Imogen Mc Adie (20)

U17 Harvey Southam (34),

U20M Oskar Radka (26)

SW Felicity Jones (107), Angela Delaney (121), Caroline Morgan (131), Sue Peters (140)

MM65 Ifan Lloyd (1)

SM Daniel Morgan (66), Heath Brett (147)

John H Collins Gwent Cross-country League

The club, once again, hosted the Margam Park fixture. Many thanks to all club members who helped with the organization of the event. Without those volunteers we would not have an event.

U11B 11th Team (Jenson Achilleos 5th))

U11G 2nd Team (Molly-Mae McQueen 1st) We also had strong supporting teams who finished 7th, 22nd, 36th

U13B 2rd Team (Oliver Cobbold 1st, Isaac Mc Adie 9th). Again we had strong supporting teams who finished 13th, 27th, 14th

U13G 9th and 21st Teams (Gwennan Gruffydd 19th)

U15B 6th Team (Osian Morgan 7th. Jack Griffiths 8th)

U15G 3rd (Lyla Jonsson 9th. Katie Evans 13th)

U17M 9th (Jack Sullivan 9th)

U17W 1st, 3rd, 17th Teams (Millie Gold 1st, Holly Humphreys 2nd, Millie Pierce 3rd., Chloe Hartley-Green 5th. Imogen Mc Adie 17th.)



SM 9th. place out of 12 teams in division 1

SW 5th out of 12 teams in division 1. (Gemma Tutton won Bristol and Brecon races and came 4th and 7th in others – due to representing Wales in the Leeds International, she missed out winning the League overall title).

West Glamorgan League (seniors only)

The senior men finished 3rd overall. Patrick Tudor(5), Paul Flynn (11), Martyn Hughes-Dowdle (14), Peter Osborne (40), Heath Brett (54), Alan Davies (91), Owen Davies (104)

The senior ladies finished in 4th overall Maria Kowal (2), Caroline Morgan (28), Angela Delaney (32), Sian Philips (43)

Support Teams

The success of our teams, in all the age groups is a reflection of the great support we get from our team managers, on the day, and our coaches throughout the year

U11Boys – Brian Brooks

U11Girls – Emma Fielding

U13Boys – Simon Jones

U13Girls – Laura Brannigan

U15Boys – Jenny Mc Adie

U15Girls – Penny Gruffydd

U17/20Men – Tony Clements

U17/20Women – Julie Hartley-Green

Seniors & Masters – Brian & Kay Fox

Many thanks to everyone for supporting the club

Brian Fox
Cross-country Secretary

ROAD RUNNING 2025

Senior & Masters Road Racing – Annual Review

This year has been another strong one for **Swansea Harriers** on the road, across both senior and masters categories, with championship success, international representation, and performances that continue to place the club firmly among the leading distance-running clubs in Wales and the UK.

Welsh Road Relays – Champions Again

The standout collective achievement of the year was winning the **Welsh Road Relays**, where Swansea Harriers took **1st place overall** with an elite senior team of:

- **Matt Verran**
- **Jon Butler**
- **Daf Jones**
- **Dewi Griffiths**

This was a high-quality victory against strong opposition and underlined the depth and strength at the top end of the club.

The success continued in the masters categories:

- **V35 Team – 1st Place**
- *Marc Hobbs, Matt Harvey, Dan Newton*
- **V45 Team – 3rd Place**
- *Ifan Lloyd, Martyn Hughes-Dowdle, Charles Walsh*

These results reflect both performance quality and excellent team commitment across age groups.

British Road Relays – A Learning Point

Due to an error in interpreting recent **World Athletics rule changes**, Swansea Harriers did not qualify for the **British Road Relays** for the first time in over a decade (and possibly ever).

This was disappointing given the club's long history of participation at this level, but it is important to note that this was **administrative rather than performance-based**, and it is something that has already been addressed and **will not be repeated next year**.

Championship & International Representation (Senior)

Swansea Harriers athletes once again featured prominently at **Welsh Championship level** and on the international stage:

- **Jon Butler**
 - 2nd – Welsh 5K Road Championships
 - 3rd – Welsh 10K Road Championships



◦ (in a Swansea 1–2–3 alongside Dewi Griffiths and Josh Griffiths)

- Represented **Wales** at:
 - Telford 10K
 - Sportshoes Home Nations 5K
- **Josh Griffiths**
 - 2nd – Welsh 10K Road Championships

- 1st place in two British marathons (Chester, Manchester)
- Represented **Wales** at the Telford 10K and
- Home Nations XC Leeds;
- Trofeo Nasego Six Nations -Italy- mountain;
- Trial De Guerledan Brittany- trial (1st);
- Home Country International- Whinlatter Forest- mountain

These performances reinforce Swansea Harriers 'position as a major contributor to Welsh representative teams on the road.

Armagh International 5K

The club also had a presence at the **Armagh International 5K**, one of the most prestigious road races in the UK and Ireland, featuring elite athletes from multiple nations and entry by invitation only.

Swansea Harriers were awarded **six invitations**, a reflection of the club's standing nationally. Due to injury, only two athletes were able to start:

- **Jon Butler**
- **Matt Verran**

Both represented the club on a highly visible stage within the UK road-running scene, and their selection alone speaks to the calibre of athlete Swansea continues to produce.

Notable Individual Achievement – Kris Jones

Although not fitting neatly into traditional road or track categories, **Kris Jones** deserves special mention.

A Swansea Harriers junior who remains with the club, Kris finished **5th in the World Championships** earlier this year at the **UTMB OCC event** (approximately 50km of mountain running). While ultra-trail racing often sits outside formal club structures, this is a world-class achievement and reflects the breadth of talent associated with Swansea Harriers.

Masters Road Racing & Records

The masters contingent also enjoyed an excellent year on the road, highlighted by a truly exceptional achievement:

- **Alan Davies** set a **British Half Marathon Record** in his age group in 2025 — an outstanding performance and a major highlight of the year.

In addition, Swansea Harriers had strong **Welsh representative presence** in masters road racing, including:

- **Alan Davies**
- **Ifan Lloyd**
- **Paul Llewellyn**
- **Matt Rees**

There were further contributors across age groups, but overall this has been a very positive year for masters road running, with performances at both national and international level.

Summary

Across seniors and masters, Swansea Harriers have:

- Won major Welsh titles
- Fielded international representatives
- Maintained a presence at the UK's most prestigious road events
- Set national records at masters level

While there were lessons learned administratively this year, the **on-road performances themselves were consistently strong**, and the club remains well positioned to build on this momentum moving forward.

Andrew Cleverly

COACHING 2025

My sincere thanks and gratitude to all the active volunteer coaches in Swansea Harriers for all their efforts during 2025. I am very proud of what the volunteer coaching team have achieved again this year at the grassroots of the sport. I'd like to thank all the small army of club coaches helping keep the club alive week in week out, 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 always much needed.

After losing the help of a significant number of qualified volunteer coaches over 2020 & 2021, another of our stalwart coaches Neal Merry will be retiring from coaching in September 2026 (although he said this last year too!) after dedicating over 20 years of volunteering and will be hugely missed. We are in the annual ongoing process of trying to rebuild the number of active volunteer coaches in the club. Although it's getting harder each year to find enough volunteers for the club, it's certainly not impossible. We are fortunate to still currently have over 50 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 "just" over 620 registered athletes, slightly down on last year. This year we have been inundated for requests of juniors to join the club and have had at times over 170 on a waiting list in the U11 to U15 age groups wishing to join. The combination of our numerous satellite sessions, active coaches team slightly declining and Swansea University having reduced our allocated track time outdoors back in 2023, creates a significant challenge of how we can get all these athletes integrated into the club with the time, space and number of volunteers available to the club. Therefore, we will need to redouble our efforts to continue to recruit more volunteers to become qualified coaches, to try and cater for this vast number of athletes.

The club now has three well established satellite clubs for children in school year 4 and below that are too young to formally join the club, plus the Swansea Junior Parkrun which all provide fantastic opportunities and grounding in the fundamentals of running, jumping and throwing aiding a smoother transition into the club. However, each year this is now resulting in around 150 primary aged children wanting to start with the club each October, this creates a bottle neck in what are already oversubscribed sessions, hence the extremely large and ever expanding waiting list mentioned earlier in this report.

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 the athletes' progress along the clubs coaching structure and pathway, we can then maintain these introductory group sessions.

It is already a major undertaking to be able to offer coaching to 620 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 far and away 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. Another challenge and objective during 2026 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 with effective and safe coaching ratios.

It has been pleasing to have five parents complete and pass the UKA Coaching Assistant qualification Simon Williams, Leigh Walker, Natalie Evans and Andrew Cleverley & Adrienne Cleverley coaching each week in the beginners groups. This year we haven't been able to persuade any coaches to progress to the Athletics Coach qualification for on track. However, Paul Flynn has successfully undertaken the Coach In Running Fitness qualification moving up from the Leadership In Running Fitness qualification. Joesph Tucker has gone through the Leader In Running Fitness course adding to our Senior Off Track coaching group. Moving forward ideally, we

require an additional 5 or 6 UKA qualified coaches who are confident enough to lead sessions. From an event specific aspect, we are grateful to Lynne Brier and Nelia Roberts who have both established beginner/intermediate sprint squads for school year 7+ = 2nd year U13 competing athletes, where previously there had been no exit routes from the introductory groups for our 100m & 200m sprinters.

The challenge remains 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 these 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, with mentoring, support and guidance from our established senior coaches.

Andrew Jenkins
Coach Co-Ordinator

Swansea Harriers Masters Report 2025

The European Masters' Championships were held in Madeira.
Glyn Price completed the Decathlon, in addition to a silver in the Pole Vault.
Ian Bowles (M80) completed the Weight Pentathlon, and threw the Discus.

The other international event of note was the British & Irish Cross Country International, in which the M65 race was again won by Ifan Lloyd. Angela Delaney ran in the W55 race, and Caroline Morgan in the W60 race.

Six club members competed at the British Masters Championships in Derby in September: Ian Bowles (M80) won gold in Discus, together with silver in the Shot and Hammer. He also won bronze in the separate throws pentathlon meeting.

Rod Davies (M65) ran in the 100 and 200 heats and long jumped.

Glyn Price won the M60 Pole Vault.

Daniel Williams was 4th in the M35 High Jump.

Kath Morgan (40) won silver in the High Jump.

Chris Pruski (M70) was 4th in the Javelin.

At the BMAF Indoors at Lee Valley.

Daniel Williams won silver in the M35 High Jump.

Kath Morgan won the W40 High Jump, and long jumped.

Rod Davies ran in the 60 and 200 heats, and long jumped.

Six club members represented Welsh Masters in the Inter Area matches, both indoors and out.

Maria Kowal ran in the outdoor 1500 and 3000.

Rod Davies was in the outdoor Long Jump, 100 and relay.

Daniel Williams (M35) was 3rd in High Jump.

Daphne Marler (W75) ran in the 100 and long jumped.

Kath Morgan (W40) competed in High Jump and Long Jump both indoors and out, adding the Discus outdoors for good measure.

Glyn Price (M55) was in the Indoor Pole Vault.

At the Welsh Masters Championship held at Yate in June, these Swansea Harriers all returned with medals:

Bethan Froome (W40) bronze in 400.

Wynne Howe (M65) bronze in Triple Jump, gold in Discus, silver in Hammer and Javelin.

Dave Jones (M75) silver in Hammer.

Kath Morgan (W40) silvers in High Jump and Long Jump.

Chris Pruski (M70) gold in Javelin.

2026 starts with the Welsh Masters Indoor Championships at Cardiff on 24/25 January. Then there will be the Inter Area Indoor match and the British Masters Indoor Championships, both at Lee Valley. The indoor season will culminate in the European Masters Indoor Championships in Torun, Poland.

Rod Davies

Swansea Harriers Club Records 2025

- Senior Men Discus 2kg Michael Jenkins 57-92m
- Senior Women 100m Hannah Brier 11.26
- Senior Women 200m Hannah Brier 23.16
- Senior Women 3000m Steeplechase Millie Gold 10m 21.75
- Junior Women 3000m Steeplechase Millie Gold 10m 21.75

- Junior Women 2000m Steeplechase Millie Gold 6m 48.53
- Junior Women 1500 Steeplechase Millie Gold 4m 58.40
- Junior Women 100m Hurdles Matilda Quick 14.29
- Junior Women Heptathlon Matilda Quick 4760 points
- Junior Women 800m Hannah Kinane 2m 04.58
- Under 13 Girls Pole Vault Lily Shubin 2.31m

Financial Report for Year Ending 30th September 2025:

The Club achieved charitable legal status in 2018 ([Registered Charity Number 1177846](#)) and is fully affiliated to Welsh Athletics & UK Athletics. We have a formal constitution for the management of Swansea Harriers. There are an appropriate number of appointed trustees & welfare officers for the management, development and organisation of Swansea Harriers. The club has basic policies and procedures to ensure we are legally compliant, and the club is organised in a manner that will support our members and minimise governance challenges.

SWANSEA HARRIERSINCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30th SEPTEMBER 2025

	<u>SEPTEMBER</u> <u>2024</u>	<u>SEPTEMBER</u> <u>2025</u>		<u>SEPTEMBER</u> <u>2024</u>	<u>SEPTEMBER</u> <u>2025</u>
INCOME			EXPENDITURE		
Membership	18,013.63	18,884.80	Management & Committee Expenses	973.77	884.49
Donations	2,500.00	0.00	AAW Registration	63.50	100.00
			Insurance	0.00	
	20,513.63	18,884.80		1,037.27	984.49
<u>Competitions</u> (Note 1)			<u>Competitions</u> (Note 1)		
Buses & Hotels	1,030.66	1,530.32	Team Entry Fees	4,902.07	4,360.80
			Buses & Hotels	8,370.19	10,046.00
Match Receipts, Refunds & Grants	8,908.26	16,949.87	Athletes' Expenses	3,339.92	1,237.64
Grants	750.00	3,500.00	Hire of Track Facilities	1,685.25	1,638.00
			Match Refreshments	0.00	0.00
			Match Expenses	5,338.06	7,501.59
	10,688.92	21,980.19		23,635.49	24,784.03
<u>Promotions</u>					
Sponsorship	1,335.00	1,580.12			
<u>Coaching</u>			<u>Coaching</u>		
Grants	0.00	500.00	Coaching (Note 2)	2,854.00	3,449.00
Training Fees	43,521.16	45,667.46	Hire of Track & Indoor	38,106.65	42,817.80
	43,521.16	46,167.46		40,960.65	46,266.80
<u>Miscellaneous</u>			<u>Miscellaneous</u>		
Easyfundraising	19.05	15.59	Purchase of Kit	0.00	
Sale of Kit	0.00		Social	1,737.50	4,576.47
Social	1,861.21	2,264.70			
EDM Hire	0.00		Miscellaneous	2,240.93	712.94
Miscellaneous	0.00	71.73	Equipment	3,294.55	6,927.53
Amazon Smile	0.00				
Transfer from Cafe & Kit account	0.00				
Interest Received - Savings Account	1,511.28	1,513.07			
	3,391.54	3,865.09		7,272.98	12,216.94
	79,450.25	92,477.66		72,906.39	84,252.26
<u>Excess of Expenditure over Income</u>				6,543.86	8,225.40
	£ 79,450.25	£ 92,477.66		£ 79,450.25	£ 92,477.66

SUMMARY OF RECEIPTS AND PAYMENTS FOR CARD ACCOUNT FOR THE YEAR ENDED 30th SEPTEMBER 2025

	<u>SEPTEMBER</u> <u>2024</u>	<u>SEPTEMBER</u> <u>2025</u>		<u>SEPTEMBER</u> <u>2024</u>	<u>SEPTEMBER</u> <u>2025</u>
INCOME			EXPENDITURE		
Training Fees	43,521.16	45,667.46	Training Fees	43,521.16	45,667.46
Membership	29.47	0.00	Membership	29.47	0.00
Kit	5,016.53	5,545.80	Kit	4,995.08	5,545.80
Cafe	4,558.53	4,241.74	Cafe	4,579.98	4,241.74
Entry Fees	0.00	19.78	Entry Fees	0.00	19.78
Hotel – NAL	196.50	484.93	Hotel	196.50	484.93
Hotel – YDL	0.00	540.39	Hotel – YDL	0.00	540.39
Kit – YDL	0.00	0.00	Kit – YDL	0.00	0.00
Bus	741.78	0.00	Bus	741.78	0.00
Awards	1,601.21	2,264.70	Awards	1,601.21	2,264.70
Officials Kit	0.00	71.73	Officials Kit	0.00	71.73
				55,665.18	58,836.53
			<u>Excess of Expenditure over Income</u>	0.00	0.00
	£ 55,665.18	£ 58,836.53		£ 55,665.18	£ 58,836.53

SWANSEA HARRIERSNOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30th SEPTEMBER 2025NOTE 1 COMPETITIONS

<u>INCOME</u>	<u>NAL</u>	<u>YDL</u>	<u>WSL</u>	<u>WWJL</u>	<u>SHAC</u> <u>Open</u>	<u>C.C Road</u> <u>Other</u>	<u>TOTAL</u>
League Refunds	1,360.00	1,790.00		2,250.00		5,277.84	10,677.84
Entry Fees & Match Receipts					6,272.03		6,272.03
Bus & Hotel	980.32	550.00					1,530.32
Grants	2,500.00				1,000.00		3,500.00
Sponsorship					1,580.12		1,580.12
	4,840.32	2,340.00	0.00	2,250.00	8,852.15	5,277.84	£ 23,560.31
<hr/>							
<u>EXPENDITURE</u>							
League Affiliation & Team Entry Fees	900.00	810.00				2,650.80	4,360.80
Bus & Hotel	7,381.00	2,665.00					10,046.00
Athletes' Expenses	969.19	78.25				190.20	1,237.64
Match Expenses	309.47	55.00		250.00	1,582.88	5,304.24	7,501.59
Track Hire		1,092.00			546.00		1,638.00
	9,559.66	4,700.25	0.00	250.00	2,128.88	8,145.24	£ 24,784.03
<hr/>							
<u>SURPLUS / (DEFICIT)</u>	-4,719.34	-2,360.25	0.00	2,000.00	6,723.27	-2,867.40	£ -1,223.72
<hr/>							

NOTE 2 COACHING

FEES PAID :-	A Jenkins	2,184.00
	Coaching Refunds	1,265.00
		£ 3,449.00