



## SWANSEA HARRIERS ATHLETICS CLUB ANNUAL REPORT 2024

### WELSH ATHLETICS CLUB OF THE YEAR 2023 and 2024

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## MESSAGE FROM THE PRESIDENT

2024 has been a successful one in many ways, not least of which has been the increase in membership which is now the largest the club has had for some time as well as being the largest in Wales and among the biggest in Great Britain. The increase in membership however means we need more volunteers to help in the organising of the club.

We are most grateful to the Trustees, Coaches, Officials, Team Managers, Café Staff and all other helpers who freely give of their time. We are also grateful to Mr and Mrs Paul Evans and Neal Merry for their generous sponsorship of the club.

The club were awarded The Welsh Athletics Club of the Year Trophy and no doubt some of the outstanding Team and Individual Performances in Road Relays and Cross Country Events as well as on the Track contributed to this. 11 Club records were broken and 24 performances were in the top ten of The U.K. Rankings. There were individual Great Britain honours awarded to Verity Ockenden, Joseph Brier and Dafydd Jones and Hannah Brier who was chosen for the 4x 400m Relay squad. Our congratulations are extended to them.

Sadly some of our Competitions seem to have been lost since covid. There has been no Welsh Senior or Under 20 /Under17 League and no Triangular League for Under 11 and 13 ages. There have been no Primary School Cross Country meetings as well as no Indoor and Outdoor Track League organised by the schools. Hopefully organisers will be found and some of these competitions will be restored as well as other individual meetings not mentioned and provide much needed competition for the many ordinary club athlete as well as identifying talent for the future.

We are grateful for the support we have received from Welsh Athletics, Swansea University and Swansea City Council. Hopefully the major project of improved facilities will be of benefit to athletics and the club. An outside of track Throws Cage, replacement of existing catering match day facilities when the existing pavilion is demolished, Photo Finish Equipment and storage, improved Grand Stand viewing and Car Parking are some of the needs.

Best Wishes for a successful New Year

## J. Barrie Owen President, Swansea Harriers Club Secretary's Report

When I attended our Junior Awards night in Gorseinon on 15<sup>th</sup> November, I was immediately struck by both the number of juniors and their parents attending and also the very positive mood amongst all those present. With nearly 150 athletes and parents celebrating the achievements and performances across all disciplines of our under15, 13 and 11 athletes, it highlighted the solid foundation that the club has for the future. Yes, there still remain challenges in getting more young boys joining the club and in ensuring more young athletes

remain with the club as they get older, but we can remain positive that we have the potential to meet these challenges.

Overall, 2024 has been a successful year in many ways. Our senior and junior teams more than held their own in their respective leagues, with many of our athletes gaining Welsh vests and representing GB in major events. These successes were recognised by Welsh Athletics when we won the Athletics Club of the Year award in September for the second year running. A notable achievement and honour.

Amongst the many top level performances in 2024, including eleven new club records, three of particular note came from our master athletes. Alan Davies broke the 5K road World Record (18:01) for over 70s in Cardiff in May and then the 10K road World Record (37:07) at the Swansea Bay 10K in September. Not to be out done, Ifan Lloyd won the World Masters Marathon (over 65) title in Bucharest with a time of 2:49:14 in October. Two remarkable athletes.



Our President, Barrie Owen, has already paid tribute to the many volunteers in the club who ensure our athletes have the support needed to perform at their best. Andrew Jenkins continues to seek more coach volunteers as our athlete numbers grow, and there is always a need to build on the dedicated pool of officials within the club, and recruit Team Managers across all the age groups. The club café continues to be a focal point on training nights, and I know away teams always appreciate the refreshments we make available in the pavilion during home matches. A big thank you to all our volunteers.

Our Trustees continue to strive to ensure we are becoming a more diverse group, representing the different profiles of our members. The co-option this year of two young athletes in Ieuan Hosgood and Megan Stratton-Thomas, has made a real difference in getting a younger perspective and fresh ideas at our meetings, and both are very keen to continue. Another co-optee, Neal Merry, brings many years' experience and expertise, being a former disabled athlete and now a performance coach within the club. The growing ethnic diversity within the club is another important area we need to ensure is represented in 2025.

Partnership remains a key driver as we go forward. Our Chairperson, Lynne Brier, sits on the Welsh Athletics Board, providing an important bridge between the grassroots and decision makers within the governing body. Lynne played a key role in removing the residency eligibility rule for Welsh club juniors to compete at Welsh Championships and brings her

many years of safeguarding knowledge to policy development in this crucial area. Relationships with local schools, the Council and the University remain very strong and we look forward to being actively engaged in the development of the sports facilities at the Sketty Lane site.

2025 will undoubtedly bring its challenges but as a club, at all levels, we are extremely well placed to meet whatever the year brings.

## Tony Clements Club Secretary

### Senior Women's Track and Field

2024 was my third season as team manager for the senior women's team and once again I was very pleased and grateful to the athletes for the dedication and commitment that they showed to the club. They all truly pulled together and made a tremendous effort to produce some great results, with the team once again consisting of a good mix of very experienced and elite athletes, alongside younger developing athletes from the Under 20 and Under 17 age groups. I must also mention the valuable contributions made by our student and higher claim athletes, who we could not have functioned so well without. We competed dominantly as part of the Championship West Division, which consisted of Swansea, Cardiff, Yate and District, Yeovil Olympiads, Basingstoke and Mid Hants and Southampton AC. We met these clubs on three occasions in Swansea, Yate and Yeovil and convincingly won all three competitions. This earned us the right to compete at the grand final promotional match in Bedford in August, which was our only overnight match of the season.

Sadly throughout the season, we missed some very key athletes due to injury. Amongst these athletes was Caryl Moore, our long-standing and ever-supportive captain. Caryl has a long history of competing as an elite athlete on the international scene, as well as a regular competitor for Swansea Harriers. Caryl is always prepared to cover her own events and fill gaps where she is able. She was sorely missed in 2024. The role of captain was handed over to our vice-captain and Caryl's training partner, Millie Fakande, who successfully stepped up to the role. Millie has a history of competing in the sprints events for Swansea Harriers and can always be relied upon to cover individual events and both relays. More recently, Millie has stepped up to 800m and longer distances, but also picked up an injury towards the end of the season. Millie was also greatly missed at our finale in Bedford. Both athletes still supported the team during their injury periods and played a major part in encouraging, supporting and celebrating the team's successes throughout the season.

#### Our First Match – Swansea

The first match in Swansea was extremely successful, with Swansea Harriers being the most dominant team. All track and field athletes earned big points for the team across their disciplines, with many winning their events and earning maximum points. It was a truly excellent combined team effort on the day from the men and the women, with both teams finishing in first place. Athlete of the match went to Hanna Ulvede for competing in several

sprints events and also putting herself forward for both relays. Hanna was our maximum point scorer for the day.

### Yate

Yate was equally successful for us, with Swansea Harriers winning the match. However, it was a slightly more challenging match as we were now missing more of our key athletes due to international commitments elsewhere and a few more injuries. Once again, we saw a truly committed group of female athletes pulling together to keep us at the top of our game and show the other teams that we meant business. Yate was also very strong and took full advantage of their home match. However, our athletes once again stepped up and covered as many events as they could. Athlete of the match was awarded to Lauryn Davy for covering so many events, despite only having returned from competing in an international heptathlon event the night before.

### Yeovil

The third match at Yeovil was our most challenging owing to clashes of events on the same weekend. The weather was also far from perfect, and the journey was unpleasant. However, what a team performance they put forward on the day, covering as much as they physically could between them. Once again, we won the match and were able to celebrate the fact that we were on our way to Bedford for the promotional match in August. Athlete of the match was awarded to Evie Aitchison, who showed great willingness and team spirit throughout the day as her events had to be changed, sometimes at short notice. Evie had also competed the day before.

### Bedford

Bedford was a very tough match and we came up against some of the best teams in Britain. We selected a great team and went into the competition in a fairly strong position. Unfortunately though, not quite strong enough to see us return to the Premiership. However, we acknowledge that we have a young, developing team to work with and are in no doubt that their level of commitment and ability will pay off in years to come. Our wins of the day came from Hannah Brier (400m) and Megan Carter-Davies (1500m) and Athlete of the Match was awarded to Megan Carter-Davies, who undoubtedly showed her class and elitism in the events that she participated in. Megan also played a major part in the 4 x 400m relay, which was a whole new experience for her.



### Our Athletes for 2024

In total, 31 individual female athletes competed for the club in the National Athletes League in 2024. Whether they managed one match or all four matches, every point counted, and the club are extremely grateful to each of them and proud of their dedication and commitment to the club. Hopefully we will get them all out together next year, along with some new athletes coming through the junior ranks. These athletes were:

Kinga Kudzia	Stefani Karekla	Victoria Ovie
Lauryn Davey	Luisa Von Schnitzler	Hannah Brier
Hanna Ulvede	Matilda Quick	Millie Fakande
Darcie Bass	Kyra Sethna Mcintosh	Isobel Dawson
Megan Carter-Davies	Emily Jenkinson	Sophia Harrison
Iona Evans	Gemma Tutton	Jemima Osborn
Carys Jones	Megan Morris	Rebekah Pratt
Gwennan Lewis	Lucy Harris	Zoe Dakin
Pheobe Brown	Sophie Lisk	Evie Aitchison
Ellie-Rose Isaac	Emily Barnett	Beca Roberts
Elen James		

Athletes of the Match awards were as follows:

Hanna Ulvede – Swansea

Lauryn Davey – Yate

Evie Aitchison – Yeovil

Megan Carter-Davies – Bedford

Special thanks go to our hard-working officials, the coaches who helped to put my teams together and our loyal group of parent supporters. Best wishes to all athletes as we look forward to 2025. Captains and Vice Captains have yet to be selected, but I am certain that we will continue to build upon the strengths of 2024 and enjoy yet another successful season. I also wish all those who were unable to compete due to injury a speedy recovery and I hope to see them next season.

## Lynne Brier National Athletics League Senior Women's Team Manager.

## Senior Men's Track & Field

For 2024, we saw another change in the structure of the National Athletics League. The Premiership was reduced to eight teams and the remaining teams were organised on a "regional" basis. We were allocated to the West Division which consisted of six teams – Basingstoke, Cardiff Athletics, Southampton, Yate, Yeovil and ourselves. The top two teams in each Division qualifying for the Final in Bedford at the end of the season.

The first match was in Swansea – our first home match for many years! As a result, we got off to a great start winning the combined match by well over 100 points with both the Men and Women winning their respective competitions. Joe Brier produced one of the highlights of

the match with 46.16 to win the 400m. Joe was subsequently awarded Championship Track Athlete of the Year for this performance at the end of the season. Another excellent individual performance was that of Pat Swan who threw a massive 17m44 to win the Shot competition. We achieved double firsts in the Pole Vault, 3000m, 400mH and High Jump. Special mention of young Charlie Shuall who won the Pole Vault with a leap of 4m20 – this was his first ever competition in the National League. Perhaps the highlight of the match was that of the 4x100m relay team (Hawker, Beadsley, Warzoch, Kovalenko) who broke the Club record with a time of 41.43.

The second match in Yate was more challenging but again the combined team finished clear winners but this time by a reduced margin with Yate, in 2<sup>nd</sup> place, benefiting from home advantage. Pat Swan achieved a fine double winning the Discus with a best throw of 45m73 before improving on his Swansea throw with 17m89 in the Shot. Jack Houghton once again won the 400mH in a season's best of 54.31. Stanislav Kovalenko finished 2<sup>nd</sup> in both the 100m & 200m, ably backed up by Dan Beadsley and Eli Onweyu who won the B events. The 4x100m relay team was once again inside the old record with a time of 41.62.

So, onto the final League match in Yeovil.....and to another victory with both the Men and Women narrowly winning each of their matches. This was much more of a struggle, particularly with the clash with the Welsh Schools. We failed to field an athlete in quite a few events particularly in the MD. Jacob Edghill won the Long Jump with a leap of 6m42. Stanislav Kovalenko was on form, winning both 100m and 200m before being part of the winning 4x100m team. Our hurdlers achieved doubles in both the 400mH and 110mH. Jake Cover, making a welcome return from injury, won the 110mH in 14.97 before Jack Houghton posted a hat-trick of wins in the 400mH. Osian Parry won the B 400mH in 56.30.

Championship West – Final League Positions:

1. Swansea Harriers	24 points	<b>Champions</b>
2. Cardiff AAC	19	
3. Basingstoke & Mid Hants	16	
4. Yate & District	15	
5. Yeovil & District	14	
6. Southampton	11	

The Finals in Bedford were clearly going to be a much tougher competition with the top 2 teams from each of the Regional Leagues competing for promotion to the Premier League. We struggled due to non-availability and injuries to key athletes. Nevertheless, we put up a good performance with the Men finishing joint third just 3 points short of 2<sup>nd</sup> placed Tonbridge, with the Combined team in 4<sup>th</sup> position - just off promotion. There were some excellent performances. Joe Brier was a clear winner of the 400m in 46.54. Pat Swan made it a hat-trick of wins in the Shot with 17m10 with Stanislav Kovalenko winning the 100m in 10.39. Dan Beadsley won the B 100m in 10.42. There was another double in the 110mH with Jake Cover running a pb of 14.55 and young Evan Cole winning the B in 15.63 in his first race over the senior height hurdles. Highlight of the match undoubtedly came from the 4x100m relay team who absolutely shattered the club record they set earlier in the season. **40.82** which was over a second faster than pre 2024 record of 41.9.



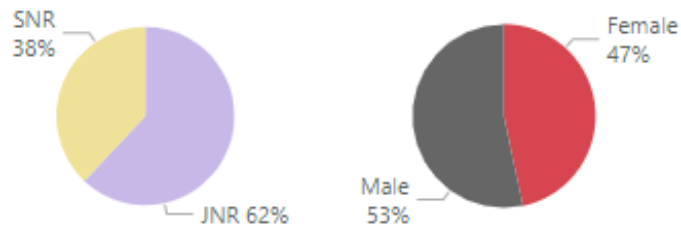
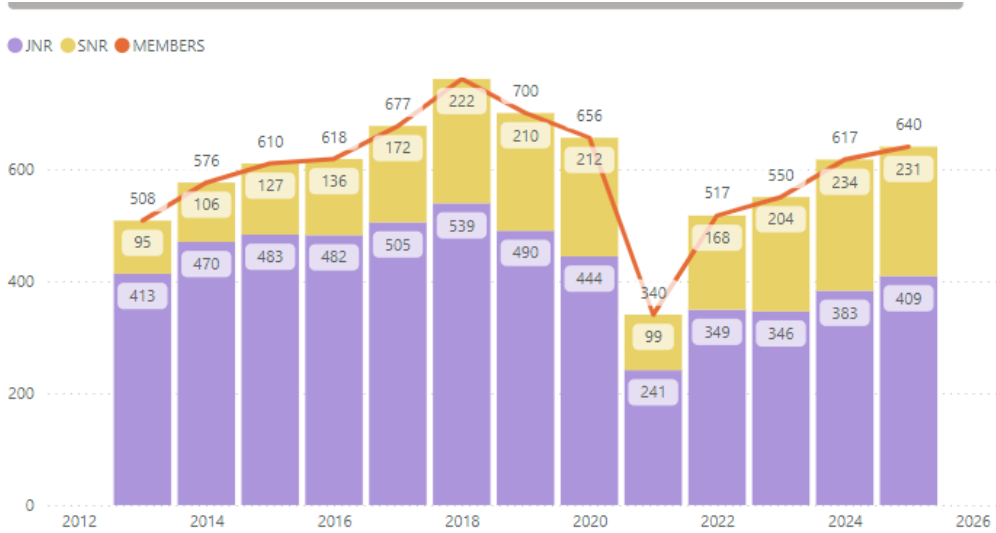
There are many contenders for Swansea's NAL athlete of the year. Joe Brier for his outstanding performance in the Swansea 400m. Jack Houghton for his hat-trick of wins in the 400mH. Pat Swan for his wins in Shot including the Final plus the mass of points he scored in the other throwing events. Stanislav Kovalenko for his outstanding performances in the sprints and his leadership of the 4x100m team which won all 4 competitions. Special thanks also to Jacob Edghill, Aled Price, Dan Beadsley and Evan Cole who competed in all 3 League matches plus the Finals.

The League structure for the 2025 season is much the same as far as we are concerned – the only change being that Winchester AC have replaced Southampton in our Division. Provisionally the fixtures are in Yeovil, Basingstoke and Cardiff with the Final in Oxford Horspath. Hopefully we should have an excellent chance of regaining our position in the Premiership.

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

**Membership:**





Road Racing Report (To follow)

### Junior Track and Field Report 2024 (To Follow)



Our Lower Age group YDL Team



Subsidised buses have been key in getting our older athletes to our YDL matches

## Masters Report

The highest point of the Masters' year was the World Masters Championships in Gothenburg, Sweden, in August. Four Swansea Harriers competed:

Ian Bowles (M75) Shot 9th, Discus 10th and Throws Pentathlon 14th.

Rod Davies (M65) 10 & 20 heats, Long Jump 17th, and 4th in the 4x100 Relay.

Daphne Marler (W75) Triple Jump 6th.

Glyn Price (M55) Pole Vault

The other international event of note was the British & Irish Cross Country International, in which the M65 race was emphatically won by Ifan Lloyd. Ifan had a very successful year: to list his age group wins would take more space than I am allowed. Ben Williams ran in the M35 race.

Six club members competed at the British Master Championships in Derby in July:

Ian Bowles (M75) won golds in Shot and Discus, together with silver in the Hammer. He also won bronze in the separate throws pentathlon meeting.

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

Isobel Dawson (W40) was 6th in the 800, 13th in the 1500, and 4th in the Javelin.

Daphne Marler (W75) won gold in the Triple Jump and bronze in the Hammer.

Kath Morgan (W40) won silver in the High Jump, and was 4th in the Long Jump

Chris Pruski (M65) was 6th in the Javelin.

Evan Milward (M35) ran in the 60 heats at the BMAF Indoors at Lee Valley.

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

Diane Brownhill (W50) was 4th in the indoor 800.

Rod Davies was 3rd in the outdoor Long Jump.

Isobel Dawson (W40) was 6th in the Javelin.

Daphne Marler (W75) ran in the 100.

Kath Morgan (W40) was 3rd in the indoor High Jump, while outdoors was 3rd in both 400 Hurdles and Long Jump, but won the High Jump.

Glyn Price (M55) was 4th in the 60 Hurdles and the Indoor Shot, 6th in the High Jump and 2nd in the Pole Vault. Outdoors, he was 4th in the High Jump and won the Pole Vault.

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

Ian Bowles (M75) gold in Shot, Discus and Hammer, silver in Javelin.

Rod Davies (M65) 100 bronze, Long Jump gold.

Daphne Marler (W75) gold in Long Jump and Hammer, Bronze in 100m.

Kath Morgan (W40) gold in High Jump and Long Jump, silver in 100m.

Peter Osborne (M60) 1500m silver

Chris Pruski (M65) gold in Shot, silver in Discus and Javelin.

Competing against the youngsters in the Inter Regional Match Isobel Dawson (W40) picked up 4th places in both 3000 and Javelin.

Masters members also competed against Seniors at the West Wales Championships, with some securing medals:

Rod Davies (M65) Long Jump bronze.

Daphne Marler (W75) Triple Jump silver

Kath Morgan (W40) Long Jump silver

All of which leaves us looking forward to 2025, starting with the Welsh Masters Indoor Field Events Championships at Deeside on 1st February. That month will also see the Inter Area Indoor match and the British Masters Indoor Championships, both at Lee Valley. The indoor season will culminate in the World Masters Indoor Championships in Florida.

Outdoors, Welsh Masters will hold their Championships at Yate on 8 June. The British Masters will be at Derby in September, and the outdoor Inter Area will probably be held before then. October sees the European Masters Championships in Madeira, which even then will be considerably warmer than Swansea at the time of writing.

## Rod Davies

## Cross-Country Report

### European Clubs Cross-country Championships – Albufiera, Portugal

This is the first time in more than 20 years that Welsh clubs have been invited to this competition. Congratulations to our team of Dafydd Jones (49), Josh Griffiths (73.) Dominic Smith (80.) for finishing 20<sup>th</sup>. and the first UK club. Thanks to Matt Harvey for managing the team and Morgan James as travelling reserve.



### 2024 Welsh cross-country championships - Brecon

The Welsh cross-country championships were once again held in Brecon with Swansea Harriers winning another impressive haul of medals.

#### **Men's Races**

Our men's team won the senior title. (Dominic Smith (7), Matthew Rees (11), Dan Rothwell (15), Josh Griffiths (16), Matt Harvey (18), Blair McWhirter). The masters men's teams were equally successful **MM35** Matt Rees, Dan Rothwell, Dan Morgan. **MM40** Matt Harvey, Blair McWhirter, Marc Hobbs. **MM60** Ifan Lloyd, Steve Smith, Paul Llewelyn **MM55 Silver** Martyn Hughes-Dowdle, Geoff Robinson, Heath Brett.

**U20 Men** Dafydd Jones dominated the race to take gold

#### **Women's Races**

Caryl Edwards, running a very controlled race, won the **Senior Women's** title with the team winning bronze medals (Caryl Edwards, Megan Williams, Emily Barnett, Joanna Callan) **VW45** (Helen-Marie Davies, Diane Brownhill, Jenny McAdie).

#### **Individual Medalists**

**U20 Men** Dafydd Jones

**SW Gold** Caryl Edwards

**MF35 Gold** Caryl Edwards

**MM60 Gold** Ifan Lloyd

**MM70 Gold** Alan Davies (beating all MM65 runners),

**MF45 Silver** Helen-Marie Davies

**MF60 Bronze** Sian Phillips

#### **Junior Races**

**U17 Girls** Millie Gold won the individual title backed up by Ava Davies, Hollie Lewis to win the team title.

**U15 Girls** Libby Hale won the gold medal and Holly Humphreys the silver, both backed up by Millie Pierce to win the team gold

**U13 Boys** Team bronze medals (Oliver Cobbold, Isaac McAdie, Jack Griffiths, Bo Cuthbertson) In total we had 38 finishers and won 8 x gold medals, 5 x silver medals, 3 x bronze medals.

The best turnout and result for a Welsh club

### SIAB Cross-country International – Santry Dimense, Dublin

Libby Hale narrowly beaten over last 400m to finish a close 3<sup>rd</sup>. Millie Gold, (girls team captain) 9<sup>th</sup>, Millie Pierce 23<sup>rd</sup>.

## Welsh Schools / Inter-regions cross-country champs

### John H Collins Gwent Cross-country League

Our U17 Women succeeded in winning team gold. Holly Humphries was 1<sup>st</sup> Millie Pierce 2<sup>nd</sup> and Chloe Hartley-Green 5<sup>th</sup>. The U17 Women won team bronze Overall, most of our teams finished mid-table.

Very good entry numbers for the season: Pembrey = 88 (50/38), Cardiff 84 (43/85), Blaise Castle, Bristol = 15 (2/13), Margam = 58 (38/20), Pontypool = 32 (22/10) Total= 277

- Club members completing all Gwent League fixture:- Simon Merrick (VM50), Owen Davies (VM45),
- **John H Collins Gwent Cross-country League**

### West Glamorgan League

Last match in Penllergaer Park was won by Matt Harvey

Men's and Women's teams both finished 2<sup>nd</sup> overall

### 2025 Season (up to Jan 25)

#### European Cross-country Championships, Turkey

The club was represented by Dafydd Jones (U23M, team gold medalist) and Hannah Kinane (U21W Sweden)

#### West Wales Cross-country Championships – Pembrey (combined with the Gwent League)

Gold medals were won by Jenson Achillios (U11Boys), Molly-Mae McQueen (U11G), Oliver Cobbold (U13B), Osian Morgan (U15B), Libby Hale (U17), Dafydd Jones (SM), Gemma Tutton (SW), Joanna Callan (MW35), Alan Davies (MM65)

### John H Collins Gwent Cross-country League

Dafydd Jones won the first league races by considerable margins and finished 5th in the Liverpool Cross Challenge where he gained selection for Turkey – his second GB vest. Our U17W continue to dominate the individual and team positions. Last November's Blaise Castle, Bristol fixture was a personal triumph for ever improving Gemma Tutton when she won the fixture and Westbury Harriers Centenary first prize. The SW league position remains close with Bristol & West.

### West Glamorgan Cross-country League

Aberavon Beach was the first, and only league fixture to date, and was won by Marc Hobbs.



## Members of our U17 women's team who currently hold 1<sup>st</sup> and 2<sup>nd</sup> places in the 2024/5 Gwent League

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 Report

My sincere thanks and gratitude to all the active volunteer coaches in Swansea Harriers for all their efforts during 2024. 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, another of our stalwart coaches Neal Merry will be retiring from coaching in September 2025 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 volunteers for the club, it's 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 over 640 registered athletes and hopefully this will settle during 2025, as our active caches team has decreased somewhat, and Swansea University have reduced our allocated track time outdoors. 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 640 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. As mentioned above, our main challenge and objective during 2025 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 three of our juniors complete and pass the UKA Coaching Assistant qualification Sophie Taylor, Rebekah Pratt and Bethan Holley coaching each week in the

beginners groups, and one parent Melissa Thomas complete and pass the challenging 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 = 2<sup>nd</sup> year U13 competing athletes, where there is currently no exit routes from the introductory groups for our 100m & 200m sprinters.

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, with mentoring, support and guidance from our established senior coaches.

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.

These satellite clubs are the primary reason we have had to revert to using a waiting list this year. 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 the athletes progress along the clubs coaching structure and pathway, we can then maintain these introductory group sessions.

## Andrew Jenkins

### Coaching Coordinator

## SWANSEA HARRIERS CLUB RECORDS 2024

- 4x100m Relay Senior Men 40.82 William Hawker, Daniel Beadsley, Marek Warzocha and Stanislav Kovalenko
- 4x 100m Relay Junior Men 43.89 Evan Cole, Marek Warzocha, Harrison Garcia and Jenson Morris
- Senior Women 400m Hannah Brier 52 .25
- Senior Women 3000 m Verity Ockenden 3000m 8m 43.8
- Junior Women 800m Hannah Kinane 2m 06.82
- Junior Women 1500m Libby Hale 4m 17.46
- Under17 Women 800m Libby Hale 2m 09.14
- Under 17 Women 1500m Libby Hale 4m 17.46

- Under 17 Women Steeplechase Millie Gold 1500m 4m58.50
- Under17 Women Combined Events Matilda Quick 4871pts Heptathlon
- Under 15 Girls Triple Jump Lily Mitchell 9m71

A full list of club records can be viewed on this link [Club Records - Swansea Harriers](#)

# Finance Report

## Dawn Holley Treasurer

The Club achieved charitable legal status in 2018 [SWANSEA HARRIERS ATHLETICS CLUB -](#)

<b>SWANSEA HARRIERS</b>					
<b>INCOME &amp; EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30th SEPTEMBER 2024</b>					
	<u>SEPTEMBER</u> 2023	<u>SEPTEMBER</u> 2024		<u>SEPTEMBER</u> 2023	<u>SEPTEMBER</u> 2024
<b>INCOME</b>			<b>EXPENDITURE</b>		
Memberships	12,386.18	18,013.63	Management & Committee Expenses	1,582.68	973.77
Donations	3,058.92	2,500.00	AAW Registration	52.00	63.50
			Insurance	0.00	
	15,445.10	20,513.63		1,634.68	1,037.27
<b>Competitions (Note 1)</b>			<b>Competitions (Note 1)</b>		
Buses & Hotels	2,320.99	1,030.66	Team Entry Fees	3,503.00	4,902.07
Match Receipts, Refunds & Grants	7,707.34	8,908.26	Buses & Hotels	15,385.76	8,370.19
Grants	500.00	750.00	Athletes' Expenses	2,835.65	3,339.92
			Hire of Track Facilities	4,175.00	1,685.25
	10,528.33	10,688.92	Match Refreshments	0.00	0.00
<b>Promotions</b>			Match Expenses	2,681.62	5,338.06
Sponsorship	0.00	1,335.00		28,581.03	23,635.49
<b>Coaching</b>			<b>Coaching</b>		
Grants	500.00		Coaching (Note 2)	3,230.00	2,854.00
Training Fees	31,398.51	43,521.16	Hire of Track & Indoor	28,277.20	38,106.65
	31,898.51	43,521.16		31,507.20	40,960.65
<b>Miscellaneous</b>			<b>Miscellaneous</b>		
Easyfundraising	0.00	19.05	Purchase of Kit	549.54	
Sale of Kit	280.06		Social	468.75	1,737.50
Social	658.39	1,861.21	Miscellaneous	1,122.81	2,240.93
EDM Hire	0.00		Equipment	529.53	3,294.55
Miscellaneous	0.00				
Amazon Smile	34.34				
Transfer from Cafe & Kit account	0.00				
Interest Received - Savings Account	601.37	1,511.28			
	1,574.16	3,391.54		2,670.63	7,272.98
	59,446.10	79,450.25		64,393.54	72,906.39
<b>Excess of Expenditure over Income</b>				-4,947.44	6,543.86
	£ 59,446.10	£ 79,450.25		£ 59,446.10	£ 79,450.25

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**SWANSEA HARRIERS****NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 30th SEPTEMBER 2024****NOTE 1 COMPETITIONS**

	NAL	YDL	WSL	WJL	Junior Games	C.C Road Other	TOTAL
<b>INCOME</b>							
League Refunds				1,067.00		4,985.26	6,052.26
Entry Fees & Match Receipts						2,856.00	2,856.00
Bus & Hotel	1,030.66						1,030.66
Grants						750.00	750.00
Sponsorship						1,335.00	1,335.00
	1,030.66	0.00	0.00	1,067.00	0.00	9,926.26	12,023.92
<b>EXPENDITURE</b>							
League Affiliation & Team Entry Fees	900.00	810.00				3,192.07	4,902.07
Bus & Hotel	4,588.29	1,839.54				1,942.36	8,370.19
Athletes' Expenses	1,454.46					1,885.46	3,339.92
Match Expenses	785.00					4,553.06	5,338.06
Track Hire	525.00			525.00		635.25	1,685.25
	8,252.75	2,649.54	0.00	525.00	0.00	12,208.20	23,635.49
<b>SURPLUS / (DEFICIT)</b>	-7,222.09	-2,649.54	0.00	542.00	0.00	-2,281.94	-11,611.57

**NOTE 2 COACHING**

FEEs PAID :-	A Jenkins	2,208.00
	Coaching Refunds	646.00
		<u>£ 2,854.00</u>

**SWANSEA HARRIERS****SUMMARY OF RECEIPTS AND PAYMENTS FOR CARD ACCOUNT FOR THE YEAR ENDED 30TH SEPTEMBER 2024**

	2023	2024		2023	2024
<b>INCOME</b>			<b>EXPENDITURE</b>		
Training Fees	31,398.51	43,521.16	Training Fees	31,398.51	43,521.16
Membership	29.48	29.47	Membership	29.48	29.47
Kit	3,963.97	4,995.08	Kit	3,963.97	5,017.23
Café	2,261.98	4,579.98	Café	2,261.98	4,557.83
Entry Fees	121.68	-	Entry Fees	121.68	-
Hotel - NAL	589.50	196.50	Hotel - NAL	589.50	196.50
Hotel - YDL	883.35	-	Hotel - YDL	883.35	-
Kit - YDL	280.06	-	Kit - YDL	280.06	-
Bus	43.14	741.78	Bus	43.14	741.78
Awards	658.39	1,601.21	Awards	658.39	1,601.21
Donation	58.92	-	Donation	58.92	-
	<u>40,288.98</u>	<u>55,665.18</u>		<u>40,288.98</u>	<u>55,665.18</u>

