



# MENAI T&F



AUGUST 2020  
ISSUE 1



## MENAI T&F

### WELCOME BACK

The coaching team along with the committee at Menai T&F are delighted to welcome back all the u15's u17's u20's and Senior athletes to club training sessions. Working alongside Welsh Government and Welsh Athletics Guidelines, the phased return through August has been a great success and we will be shortly releasing the information on u11's and u13's sessions as we progress into September. During lockdown the team at Menai have been working very hard to ensure a safe return for all athletes & coaches, We are very grateful to the team at Bangor University, Welsh Athletics and Sport Wales for all the support and guidance to date.

MENAI T&F ATHLETICS  
NEWSLETTER

### TABLE OF CONTENTS

Club Awards • P. 2

Sport Science Support • P. 3

Club Recruiting • P. 4

Mini Menai Open • P. 5

# CLUB AWARDS

20 YEAR ANNIVERSARY

This year Menai T&F celebrates 20 years of Athletics and celebrated the success of the athletes for the 2019/2020 season. Awards were handed out at a recent presentation held in line with COVID-19 safety guidelines.

With 14 athletes achieving national honours and representing Wales in various disciplines, it has once again been a productive and rewarding year to for the club, coaches and athletes.

The club also celebrates the success of 17 athletes who competed on the international stage in Gibraltar competing for the Ynys Môn Island Games team.

The club are very grateful for all the support and commitment internally from the coaches, athletes and parents as well as externally from the team at Canolfan Brailsford, Bangor University, Welsh Athletics and Sport Wales who have all played a significant part in getting athletics back up and running in North West Wales.

## CONGRATULATIONS TO THIS YEARS AWARD WINNERS

U11's Boy of the year - Sion Morris Jones  
U11's Girl of the year - Tia Edwards

U13's Boy Track Athlete of the year - Gethin Griffith  
U13's Boy Field Athlete of the year - Cody O'Donnell  
U13's Girl Track Athlete of the year - Beca Haf Bown  
U13's Girl Field Athlete of the year - Cadi Glyn Edwards

U15's Male Track Athlete of the year - Joseph Morgan  
U15's Male Field Athlete of the year - Henry Francis  
U15's Female Track Athlete of the year - Arian Williams  
U15's Female Field Athlete of the year - Megan Roberts  
U15's Female Endurance Athlete of the year - Non Redvers Jones

U17's Male Track Athlete of the year - Shay Hardman  
U17's Male Field Athlete of the year - Cai Lewis Jones  
U17's Male Field Athlete of the year - Brett Parkinson  
U17's Female Track Athlete of the year - Amelia Hucks  
U17's Female Field Athlete of the year - Abbi Parkinson  
U17's Female Endurance Athlete of the year - Boe Celyn Jones

U20's Male Track Athlete of the year - Cameron Jones  
U20's Male Field Athlete of the year - Patrick Harris  
U20's Male Endurance Athlete of the year - Cai Morgan Roberts

Most improved Male Athlete of the year - Miguel Jenkins  
Most improved Female Athlete of the year - Georgia Parkinson

**Wales Representatives** - Patrick Harris, Brett Parkinson, Shay Hardman, Ela Oliver, Zack Price, Cameron Jones, Georgia Parkinson, Abbie Parkinson, Osian Perrin, Samia Jones, Boe Celyn Jones, Mike Spill, Aled Jones, Math Thomas.

**Island Games Representatives** - Amelia Hucks, Ellis Jones, Ffion Rees Jones, Patrick Harris, Aled Jones, Zack Price, Cail Lewis Jones, Cemeron Jones, Cai Roberts, Cameron Lawrence, Lucy Lawrence, Catrin Powell Jones, Danny Goddard Smith, Gethin Hughes, Guto Tegid, Erin Maloney, Aron Evans.

## SPECIAL AWARDS

Ben Muskett Memorial Trophy - Osian Perrin

Monica Shone Memorial Award - Madeleine Sinfield

Lucy Beesley Memorial Award - Ela Oliver

Eleri Rees Jones "Dig Deep" Trophy - Math Thomas

Female Athlete of the Year - Samia Jones

Male Athlete of the Year - Zachary Price

Best Island Games Performance - Patrick Harris

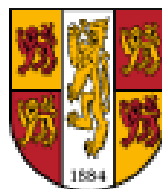
Best Island Games Performance - Ffion Madi Rees Jones



# MENAI TEAM UP WITH SCHOOL OF SPORT, HEALTH AND EXERCISE SCIENCES

## BEETROOT JUICE

Menai T&F received a welcoming offer from the School of Sport, Health & Exercise Sciences team at Bangor University as over £1000 worth of Beetroot Juice shots were given to club athletes who have been training hard for the last couple of months. Beet It shots have been used in over 220 published medical and sports performance research papers since 2009. Beet It Sport shots have been independently used for research in over 200 nutritional, medical and sports science institutes and universities, in more than 30 countries around the world. With a variety of health and performance related benefits, the athletes at Menai are very grateful for the shots and are training hard and looking forward to some races and events.



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



## BE ACTIVE WALES GRANT

### SUPPORT

Menai T&F have been awarded a grant of £1,065 from the Sport Wales Be Active Grant. The funding is specific for additional track sessions to allow the club to accommodate as many athletes as possible, whilst keeping in line with Welsh Government guidelines of 30 participants max per session. The grant will also be used to fund 3 sets of new starting blocks which will ensure no equipment is shared as athletes will have a set each to work with. Below is a quote from one of the Menai athletes expressing his gratitude.

**" IT'S GREAT TO BE BACK ON THE TRACK AND IN THE COMPANY OF OUR COACHES AND TRAINING PARTNERS. AS ATHLETES WE ARE REALLY GRATEFUL FOR ALL THE HARD WORK THE CLUB HAS DONE TO ENSURE A SAFE RETURN BACK TO TRAINING AND COMPETITIONS. - DIOLCH "**



# CLUB RECRUITMENT

## CLUB DEVELOPMENT

The club has been actively recruiting new coaches and officials during lockdown and to date we have had 6 key volunteers come forward. Varying from a secondary school PE teacher, an outdoor activities officer, A level PE student as well as Bangor University students, it's exciting times at the club and it's welcoming news that the coaching team will be growing. With a wealth of experience and knowledge between them, the athletes at Menai will be grateful for all the support, guidance and mentoring for years to come as key physical literacy skills will be worked on and developed in line with Sport Wales and Welsh Athletics resources. Key area's of work will cover physical preparation, physical literacy, ABC, Fitness, health and wellbeing.

# COACHES WANTED AT MENAI T&F



MENAI T&F ARE LOOKING FOR NEW COACHES TO WORK WITH THE U11'S ATHLETES. POSITION OF JUNIOR LEAD COACH NOW AVAILABLE.

IF YOU HAVE A PASSION FOR SPORT AND ENJOY HELPING OTHERS. WHY NOT JOIN THE TEAM OF VOLUNTEERS AND MAKE A DIFFERENCE.

TRAINING SESSIONS EVERY MONDAY & WEDNESDAY EVENINGS AT TREBORTH ATHLETICS TRACK.

INCENTIVES & REWARDS INCLUDE - QUALIFICATIONS, TRAINING & CPD. SOCIAL EVENTS. MENTORING & KIT.

FOR MORE DETAILS & EXPRESSION OF INTEREST PLEASE EMAIL US AT - INFO@MENAITRACKANDFIELD.CO.UK

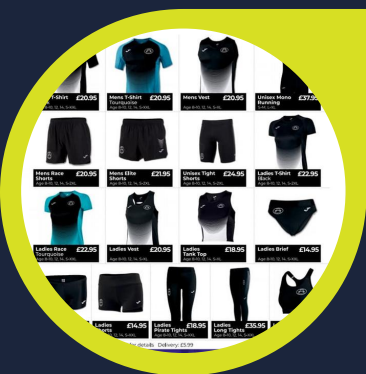


[WWW.MENAITRACKANDFIELD.CO.UK/](http://WWW.MENAITRACKANDFIELD.CO.UK/)



# NEW KIT THANKS TO JOMA

## KIT LAUNCH



Menai T&F have teamed up with Total Teamwear and Joma with a new training and competition range. All club coaches will be rewarded by the club with new coaching kit ready for the winter months ahead. Athletes and parents have already been busy placing their orders for new items ready for their training sessions & competitions. Club Development Manager Barry Edwards commented.....

**"IT'S GREAT TO SEE THE CLUB MODERNISING AND DEVELOPING WITH THE LATEST ONLINE KIT ORDERING SYSTEM. KEEPING TO THE TRADITIONAL CLUB COLOURS THE ATHLETES, COACHES AND OFFICIALS WILL LOOK AND FEEL GREAT"**

Please see the link below for full list of items:  
<https://www.totalteamwearuk.com/clientshops/menaitrackandfield/default.htm>

# MENAI MINI OPEN

## CLUB COMP

Menai T&F will be hosting a T&F competition on 6th September in line with Welsh Government & Welsh Athletics Guidelines. The event has limited entries in 100m 200m 300m and 400m with a couple of races already sold out.

Working with the competitions team at Welsh Athletics and the facility providers at Bangor University we are very grateful for all the support and guidance to put this fixture in place. For full information or to enter please follow the link below:

<https://www.welshathletics.org/en/competition/current/view/mini-menai-t-f-competition>



## RETURN TO COMPETITIONS

### RACE RESULTS

Menai athletes have been in full swing as competitions return across the UK. Osian Perrin has been in superb form competing across the UK with a new pb in the 800m & 1500m. Zachary Price and Shay Hardman have started with some strong performances and keep improving race after race. Teleri Jones who recently competed in Chelmsford in the 100m achieved a huge pb clocking an impressive 12.50s in some wet and windy conditions. Teleri quoted below.....

**"IT'S GREAT TO BE BACK COMPETING AFTER WORKING SO HARD ON & OFF THE TRACK FOR THE LAST 6 MONTHS. IT WAS GREAT TO HAVE A HUGE PB ON MY FIRST RACE OUT "**

