



LEADING THE WAY

Annual Report 2014



WELSH ATHLETICS
ATHLETAU CYMRU



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GLASGOW COMMONWEALTH GAMES



A full list of all the Welsh athletes who competed at the 2014 Commonwealth Games in Glasgow.

Adam Bitchell (coach: James Thie)

Adam finished 15th in the men's 10,000m final in a new personal best of 28.47.94

Aled Sion Davies (Anthony Hughes)

Aled won a silver medal in the men's para-sport discus final with a throw of 46.83m.

Andrew Davies (Steve Vernon)

Andrew finished 17th in the men's marathon in a time of 2.18.59.

Ben Gregory (Julie Hollman)

Decathlon - 100m - 11.26s (5th), Long Jump 7.42m (4th) PB, Shot Put 13.03m (6th) PB, High Jump 1.90m (7th), 400m 50.49s (3rd), 110m hurdles 14.70s (4th), Discus 40.40m (6th), Pole Vault 5m (1st), Javelin 54.05m (5th), 1500m 4.34.89 (2nd).

Final position 6th. Total points 7725

Beverley Jones (John Parkin/ Geoff Ward)

Beverley finished 6th in the women's para-sport long jump with 3.71m.

Brett Morse

Brett qualified for the men's discus final with a throw of 59.85 before finishing 5th in the final with 60.48m.

Carys Parry (Adrian Palmer)

Carys qualified for the women's hammer throw final with a throw of 64.72m before finishing 5th in the final with 65.37m.

Chris Gowell (Steve Sisson)

Chris qualified for the men's 1500m final by finishing 4th in round one in 3.40.30 before finishing 10th in the final in 3.42.10.

Curtis Mathews (Mike Guest)

Decathlon - 100m - 11.03s (2nd) PB, Long Jump 7.20m (3rd), Shot Put 13.53m (4th) PB, High Jump 1.84m (9th), 400m 50.94s (4th), 110m hurdles 14.88s (1st) PB, Discus 47.85m (3rd) PB, Pole Vault 4.30m (4th), Javelin 52.09m (6th) PB, 1500m 4.59.72 (10th).

Final position 10th. Total points 7422

Dai Greene (Malcolm Arnold)

Dai finished 4th in heat three of the men's 400m hurdles in 50.36s.

David Guest (Mike Guest)

Decathlon - 100m - 10.95s (1st), Long Jump 7.01m (9th), Shot Put 12.43m (7th), High Jump 1.87m (7th), 400m 48.08s (2nd), 110m hurdles 14.70 (5th), Discus 43.14m (3rd), Pole Vault 4.50m (2nd), Javelin 51.93m (7th) PB, 1500m 4.51.23 (7th).

Final position 8th. Total points 7516

Dewi Griffiths (Kevin Evans)

Dewi finished 25th in the men's 10,000m final in 31.28.81.

Elinor Kirk (Tony Houchin)

Elinor finished 9th in the women's 10,000m final in 33.22.40 and 12th in the 5,000m final in 15.57.67.

Gareth Winter (Zane Duquemin)

Gareth finished 8th in the men's shot put final with 17.33m.

Hannah Brier (Neal Merry)

HEALTH GAMES RESULTS



Hannah finished 5th in heat 6 of the women's 100m qualifying rounds in 11.97s and was part of the women's 4x100m team that finished 4th in 44.66s in the qualifying round before finishing 7th in the 4x100m final in 44.51s (national record).

Hannah Thomas (Dave Lease)

Hannah was part of the women's 4x100m team that finished 4th in 44.66s in the qualifying round before finishing 7th in the 4x100m final in 44.51s (national record).

Joe Thomas (Arwyn Davies)

Joe finished 3rd in heat three of the men's 800m qualifying rounds in 1.49.83s before finishing 7th in the second semi-final in 1.50.08.

Jonathan Edwards (John Edwards)

Jonathan finished 8th in the men's hammer throw qualifying rounds in a time of 63.66s.

Lee Doran (Chris Watts)

Lee qualified for the men's javelin final by finishing 4th with a throw of 75.82m before finishing 8th in the final with a best of 72.73m.

Matthew Richards (Adrian Palmer)

Matthew finished 10th in the qualifying round of the men's hammer throw competition with a throw of 58.52m.

Mica More (Lawrence Moore)

Mica was part of the women's 4x100m team that finished 4th in 44.66s in the qualifying round before finishing 7th in the 4x100m final in 44.51s (national record).

Olivia Breen (Jonas Tawiah-Doodoo/Julie Hollman)

Olivia finished 4th in the women's para-sport long jump competition with a best jump of 4.06m.

Osian Jones (Dennis Roscoe)

Osian finished 9th in the qualifying round of the men's hammer throw competition with a best throw of 61.30m.

Paul Walker (Scott Simpson)

Paul finished 5th in the men's pole vault final with a best vault of 5.35m.

Rachel Johncock (Leon Baptiste)

Rachel finished 4th in the heat five of the women's 100m qualifying

rounds in 11.83s and was part of the women's 4x100m team that finished 4th in 44.66s in the qualifying round before finishing 7th in the 4x100m final in 44.51s (national record).

Rhys Jones (Keith Antoine)

Rhys finished 2nd in the men's para-sport T37 qualifying round two in 12.10s before winning a silver medal in the final in a time of 12.04s.

Ryan Spencer-Jones

Ryan finished 8th in the men's shot put qualifying rounds with a best of 16.78m.

Sally Peake (Scott Simpson)

Sally won the silver medal in the women's pole vault final with a best vault of 4.25m.

Tracey Hinton (Paula Dunn) and guide Steffan Hughes.

Tracey and Steff finished 1st in the qualifying rounds of the women's para-sport T12 100m in 13.79s before finishing 4th in the final in 13.65s.



INTRODUCTION FROM THE CHAIR

I am delighted to introduce the 2014 Annual Report and to reflect on the success and progress made in a full range of activity across all forms of athletics in Wales during the past year. The specific achievements which are documented, in other areas of the report, illustrate the outcomes of the hard work of our dedicated staff and volunteer workforce and the talent and commitment of our athletes.

The combination of a strong strategic plan, coupled with an excellent track record for delivering on all targets set over the past years, resulted in a substantial four year investment from Sport Wales to enable us to deliver our 2013-2017 Strategic Plan. However, threats to future funding from UKA and Sport Wales will, inevitably, continue to pose a major challenge.

“Our congratulations must be given to all athletes, coaches and support staff who have brought such success to our sport.”

In order to achieve our strategic objectives the Board continues to guide and support the senior staff as well as challenging the strategy, policies and financial management of the company. This year, considerable focus has been given to corporate governance and we will continue to work to improve these at all levels of the sport, as well ensuring that the organisational

structure meets the evolving and developing needs of athletics in Wales. We were very pleased to welcome Christian Malcolm to the Board this year. His knowledge and recent experience as an elite athlete brings an added quality to the skills and balance of the Board.

Despite the challenges that athletics faces, in this ever-changing sporting landscape, we have seen a 16% growth in membership; this year increasing to over 8000 members. The clubs play a major role in recruiting and retaining members and we are committed to developing ongoing engagement with our clubs in order to meet their expectations and grow the sport. During the past year a significant milestone has been reached in creating a sustainable delivery model for schools athletics.

Welsh Athletics and the Welsh Schools Athletic Association have agreed a delivery model which will support the governance and finances of the WSAA and also support schools athletics with a jointly-agreed annual programme of activities. A major element of our Athletics Network Club Development Plan focuses on increasing competitive opportunities in each of the eight school districts. This new model will facilitate the strengthening of school to club links and provide a co-

hesive programme of opportunities at the start of the athlete development pathway.

The Welsh Schools Athletic Association is now fully integrated into the Welsh Athletics governance structure and this augurs well for the future.

The external Competitions Review com-



missioned by the Board in the autumn of 2013 concluded in March 2014. The recommendations emanating from the report have resulted in structural and operational changes. The Competitions Strategy is currently being reviewed in order to facilitate the recommendations of the report and a Steering Group has been set up to support its implementation.

Throughout the year we have seen outstanding performances from athletes in all disciplines and at all levels of our sport. Many of these performances will be highlighted in the event specific sections of the report.

Our congratulations must be given to all athletes, coaches and support staff who have brought such success to our sport. Sally Peake's brilliant performance in gaining a silver medal at the Commonwealth Games is worthy of the highest praise and her success is testament to her commitment, dedication and determination. Congratulations must also be given to her coach, Scott Simpson, for guiding her to this top level of performance.

Whilst we all share the disappointment that we did not achieve the medal target set for the Commonwealth Games, it is vital that we reflect on the performance of the 25 athletes who represented Wales in Glasgow and that we take a holistic view of performance, both of the present and for the future.

The current athlete development pathway has resulted in more athletes attaining the Commonwealth Games standard than ever before in the history of Welsh Athletics.

It is also important to note that the National Development Programme, an initiative introduced last year, is already proving successful in helping to grow the talented athlete base.

We have an impressive number of talented young athletes, coming through the performance pathway, who are demonstrating that they have the potential for future success at the highest level.

Examples can be seen in David Omoriegie's wonderful performance to win a bronze medal in the 110m hurdles at the IAAF World Junior Championships and a very young women's 4x100m relay team breaking the Welsh National record in the Commonwealth Games final.

Their success is to be applauded and holds great promise for the future.

As we embark on the next four year Commonwealth Games cycle, our plans are based on the knowledge and experiences gained from the 2014 review and on our belief and confidence that the structures and systems we have in place are developing young athletes who have the potential to achieve success in the Gold Coast in 2018.

As you read and study the following report, you will appreciate how wide and diverse our sport is. Creditable performances and progress are recorded in all disciplines. It is very easy to view one aspect of the sport from a narrow perspective and, perhaps, not appreciate success across the sport as a whole.

This report demonstrates that Welsh Athletics is in a very good place. We should not be complacent, but we should be proud of what has been achieved in 2014.

My thanks go to my fellow Directors, members of the General and Regional Councils, the Staff Team, members of Committees and Task Groups, athletes, coaches, officials and all volunteers for their continuing commitment, dedication and loyalty to athletics in Wales.

In my report last year I commented on the need to have a 'whole team' attitude with a collective ambition to move our sport forward. This has been demonstrated admirably by everyone in 2014.

I thank you all, most sincerely, for your support in our shared objective to take Welsh Athletics forward.

Carol Anthony
Chair





CHIEF EXECUTIVE REPORT

A Commonwealth Games year is always special for Welsh athletes and Welsh Athletics. It is the culmination of the four year cycle that identifies and nurtures the best of our talent and brings it to a peak in what, in athletic terms at least, is a highly competitive international arena.

Glasgow Commonwealth Games

Welsh Athletics is obviously disappointed that the overall medal target of four was not achieved in Glasgow, but is proud to have contributed to Team Wales' record-breaking medal haul of 36 medals.

With only two of our five London Olympians available to compete in Glasgow – Rhys Williams and Gareth Warburton were ruled out through doping offences and Christian Malcolm failed to make the grade after 18 months of injury - the medal target was always going to be difficult to attain.

On a rain-soaked evening, pole vaulter Sally Peake won a magnificent silver medal. With para-athletes Aled Sion Davies and Rhys Jones also winning silver and bronze the Welsh track and field medal tally rose to three at Hampden Park.

Looking forward, a deeper look at the general health of athletics in Wales reveals many good things going on beneath the international tier.

On the eve of the Commonwealth Games, rising star David Omoregie rounded off a magnificent season by winning the bronze medal in the 110m hurdles at the IAAF World Junior Championships in Oregon having earlier in the year set UK and European junior records for the event.

Without heaping too much expectation on young shoulders, David looks

to have the kind of talent that one day might see him follow in the golden footsteps of the likes of Lynn Davies and Colin Jackson. A product of the Welsh Schools system and a proud member of Cardiff AAC, he has been coached until now by Mike Guest, of Bridgend. Developed in Wales and ready to take on the world!

RUN 4 WALES AND THE WSAA

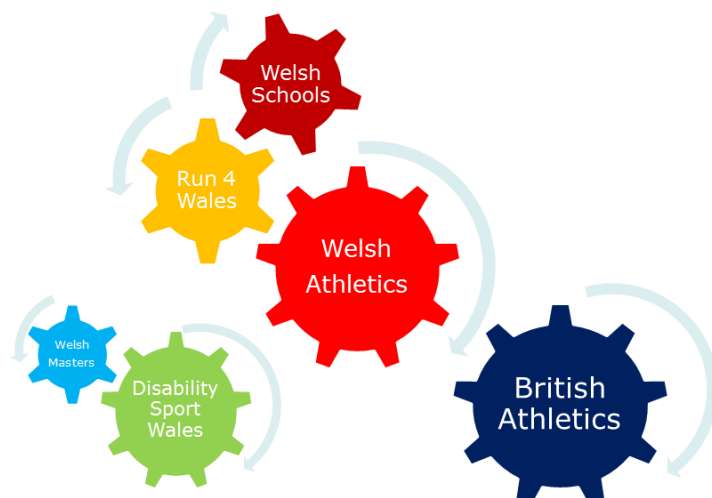
The future of the Welsh Schools Athletic Association was assured during the year by a grant of £55,000 from Run 4 Wales, the Social Enterprise company set-up by Welsh Athletics in 2012 to deliver the Lloyds Bank Cardiff Half Marathon and other events. The WSAA agreed a service level agreement with Welsh Athletics during the year, formalising their relationship, and they are to be congratulated on delivering a highly successful Schools Athletics International Board (SIAB) meeting in Cardiff.

Run 4 Wales has now delivered three

Cardiff Half Marathon events and has been responsible for a rise in entries from 15,000 to more than 21,000. The past two years have seen the UK Championships staged within the race and in 2015, the trials for the World Championships will be held along with European Athletics Endurance Coaching Conference. In 2016 Run 4 Wales will deliver the IAAF World Half Marathon Championships in Cardiff as well as the Cardiff Half Marathon. It will be the first IAAF Championship event staged in Wales since 1976, when the World Cross-Country Championships were run at Chepstow Racecourse. Any profits from these fantastic annual events are there to be ploughed back into athletics in Wales, providing us with an important new financial lifeline.

There has been a massive boom in road running in recent years with 13.4% of the adult population in Wales now taking part in running. This is allowing us to play a significant role in shaping the landscape around the

Athletics in Wales - gearing-up for success



health of the nation and benefiting from mass participation in terms of a pathway to competition.

Participation is growing and club membership is also on the increase and our Club Networks are linking closely with member Clubs across the country to help them produce the next generation of stars. Allied to that is our Coach Development programme, now driven by Scott Simpson, which lies at the heart of our performance agenda and is vital in helping to raise standards across the board.

Welsh Athletics is proud to be playing its part in promoting all aspects of our sport, not merely on a domestic stage, but at the highest of levels. Having successfully hosted the Commonwealth Mountain and Ultra Championships in north Wales in 2011 and the 4th IAU Trail World Championships in Llanrwst in 2013, we played a part in helping Swansea deliver a successful IPC European Athletics Championships this year.

Now our focus turns to staging the WMRA World Mountain Running Championships, in Conwy next year and then the IAAF World Half Marathon Championships in the Welsh capital in 2016. These events have strengthened our links with the Wales Government, Sport Wales, UK Athletics and have helped to heighten the general awareness of our sport as whole. We very much hope that our ambition to give Welsh athletes the chance to perform on a world stage in their own back yard will lead to our track stars grasping the golden opportunities to perform for Team GB at the IAAF World Track and Field Championships in London in 2017 and the IAAF World Indoor Track and Field Championships in Birmingham in 2018.

The distinction between professional and amateur sport is becoming more and more apparent and athletics is just one of many sports struggling to balance the needs of producing podium athletes while at the same time supporting and nurturing the grass roots and club athletes. That was one of the reasons why Welsh Athletics undertook a thorough review of its staffing during the past year to try to find better ways of delivering to all parts of its sporting community.

RESTRUCTURING

The restructure has helped to support the growth in the organisation and has undoubtedly provided greater clarity, both internally and to our various

external stakeholders. We now have a structure to support athletics in Wales, with the combined resources of Welsh Athletics, Run 4 Wales and the Welsh Schools Athletic Association harnessed to support the various strategies outlined in the 2013-2017 Strategic Plan (WASP). Among the key changes to the Welsh Athletics staff team has been the appointment of James Williams as Head of Operations. This has allowed me, as CEO, to work across the two bodies, Welsh Athletics and Run 4 Wales, and to focus on the strategic and financial health of athletics in Wales, with an additional focus of maximising the opportunities offered by hosting major events.



James is already working in close partnership with all agencies delivering community athletics in Wales and the focus of this new role is to shape and implement the community athletics strategy. James leads the Head Office team in providing a first class service to its customers and he will also provide a strategic lead to competitions and will drive the recommendations from the recent competitions review.

FINANCES

The end-of-year accounts to March 2014 show an income of £1,326,226 (£1,185,108 in 2013) against expenditure of £1,346,181 (£1,182,275 in 2013) resulting in a net deficit of £19,955, (surplus of £2,833 in 2013). It should be noted that within the current four-year cycle, a surplus of £172,405 was generated in 2012, as funds were ring-fenced for the delivery of the 2014 Commonwealth Games. The overall position, therefore, is still a surplus for the current funding cycle. The 2013/14 accounts show;

- A 29% increase in Sport Wales investment
- A reduction in income from Run Wales due to the end of a grant aid agreement with the Welsh Govern-

ment

- An increase in expenditure on Club Development, with an Athletics Network Officer now in place for each of the 8 school districts
- A significant additional spend on International Preparation and Training, as investment for the Commonwealth Games was ramped-up ahead of Glasgow

The 2013/14 accounts have been signed-off by O'Brien & Partners. Again, an additional income and expenditure breakdown is provided for members.

MOVING FORWARD

Looking beyond 2014, we are now due to submit an updated strategic plan to cover the next Commonwealth Games cycle (2015-2019). This plan will cover our response to Sport Wales' strategies on Community and Elite Sport. The deadline for this submission is 3 November, 2014.

Behind the scenes, our head office team continues to raise the quality of support for our customers and in 2014 Welsh Athletics was delighted to be awarded;

- Level 3 of the NSPCC Standards for Safeguarding children in sport
- The Preliminary level of the Equality Standard

My personal thanks go to the whole staff team for continuing to go beyond what is expected of them.

PAST, PRESENT AND FUTURE

This year saw the 50th anniversary of Lynn Davies winning Wales' first individual Olympic gold medal at the 1964 Games in Tokyo and the 30th anniversary of Steve Jones becoming the first Welsh athlete to break a world record with his victory in the Chicago Marathon.

Lynn has spent the past 12 years as President of UK Athletics and is a valued supporter of Welsh Athletics, while Steve retains a strong association with Welsh Athletics as an 'ambassador' for the Lloyds Bank Cardiff Half Marathon.

In celebrating the achievements of Lynn and Steve, we make a connection to the current generation of elite athletes in Wales and strive to ensure that their potential is maximised and the next generation is inspired to follow in their footsteps.

Matt Newman,
Chief Executive



PERFORMANCE REPORT

2014...the year of the Glasgow Commonwealth Games and the end of a four-year cycle in the world of coaching and performance. There is no doubt that it was a challenging finale. One in which we faced things that we never thought possible and one that would force us to dig deeper than we ever thought imaginable. The truth is; when all is said and done, we came up short. Just one medal at the Commonwealth Games and only 8 individuals / teams making a top-8 finish. Yes, there are things to be celebrated – there always will be – but moving forwards will, in itself, be a challenge. The time to reflect has begun and ultimately it must lead to a change in the way that we operate in the next cycle. Change is difficult – both in terms of delivery and acceptance – but is something that must happen if we are to ensure systematic, long-term success.

The Commonwealth Games brought with it an assortment of emotions; from two of our finest athletes being withdrawn from the team following their suspension to the attainment of our only medal in the closing minutes of the Games. That said, it was all put into perspective when one of our therapy team was rushed into hospital while on our preparation camp in Portugal and, within 24 hours, was fighting for her life following catastrophic liver failure. Emma Wiltshire remains (at the time of writing) in Lisbon hospital, but has undergone successful transplant surgery and is starting on the slow road to recovery. All of our thoughts go out to her in these most

challenging of times.

As for the results at the Games, the highlights were undoubtedly Sally Peake's silver medal in the pole vault, the National Record (44.51s) by the women's 4x100m relay team (Hannah Brier, Hannah Thomas, Mica Moore and Rachel Johncock) as they placed 7th in the final, the exploits of all three of our decathletes – Ben Gregory – 6th with a new PB (7725), David Guest – 8th with a new SB (7516) and Curtis Matthews – 10th with a new PB (7422), a new personal best for Adam Bitchell in the 10,000m and strong fifth place finishes from captain Carys Parry in the hammer and Paul Walker in the pole vault. Of the 22 events that were contested by our athletes; 15 competed in their respective finals, 8 made top-8 finishes and one won a medal. From them, there were 18 who finished above or equal with their pre-event ranking and 4 who finished below their ranking. There were a total of 4 personal bests, 6 season's bests and a National Record. The same performances in the Delhi Games of 2010 would have seen Wales win four medals.

I would like to take the opportunity to thank all members of the Welsh Athletics CWG Think Tank group and all of those who attended the Games in Glasgow as team staff – your contributions have been invaluable.

Away from the Commonwealth Games, there were some great international representations from Welsh athletes. The pick of them was

David Omoregie who won bronze at the IAAF World Junior Championships in the 110m hurdles. This followed his European Junior record earlier in the season. Other GB representation came from Dewi Griffiths and Charlie Hulson at the European Cross Country Championships, Ben Gregory and Curtis Matthew at the Combined Events International and from Brett Morse, Lee Doran, Rachel Johncock and Seren Bundy-Davies at the European Team Championships.

On a domestic level, there were 4 UK National Senior Champions in 2014 – Sally Peake in the pole vault, Heather Lewis in the 5k Walk, Curtis Matthew in the Decathlon and Lee Doran in the Javelin. There were also another 9 minor medallists at senior level, indoors and out combined. At U20 / U23 level there were a record 21 National Championship medallists (indoors and out) including 7 National Champions. There is certainly scope to be optimistic about things to come and to be reassured that many of the initiatives that are currently running are helping to nurture the talent of the future.

The road from Delhi to Glasgow was unquestionably filled with highs and lows – what journey worth taking isn't? However, this not the final step on that road... it is the first of many on the journey to the Gold Coast and beyond. This is not the end... it is simply the beginning.

**Scott Simpson,
National Performance Coach**

ENDURANCE

The highlight of 2014 has been the inclusion of a number of endurance athletes into the Welsh Commonwealth Games team in Glasgow. Whilst some may be disappointed with their performances, it was a pleasing return for the endurance sector to have a number of athletes in the squad which has not happened in the previous few Commonwealth Games.

With higher qualifying standards this raised the bar for many to aspire to and this had a positive affect at the top-end for leading athletes. However this boost is not yet fully reflected at the tier below, with lack of depth at regional and club level.

This has again highlighted the difficulty across the endurance disciplines – road, cross country, mountain and trail - of the small pool of athletes being available for national duty with Wales. There are glimmers of hope in the up-and-coming age groups, but in the past the transition to senior level has been challenging. Let us hope that we can enthuse and inspire the next generation to continue to progress in this sector of the sport.

Whilst advances have been made across the coaching, and to a lesser extend endurance officiating, more focused work is required to build a

more sustained volunteer workforce in this branch of the sport.

The Run Wales Series continued and enlarged its programme this year but whilst it gives a Wales-wide focus it has had minimal effect. An end of season debrief will shape its future on the road sector for 2015.

With the hosting of two major events on the horizon, namely the World Mountain Running Championships in 2015 and the World Half Marathon Championships in 2016, this should be the ideal platform to develop across all endurance sectors, particularly as we now have some junior athletes making the Great Britain and Northern Ireland teams on a regular basis.

These events, along with the flagship Lloyds Bank Cardiff Half Marathon, give our sport increased visibility and profile across Wales.

The need to boost Welsh Championships participation remains a focus, whilst league competition is well attended at cross country and road disciplines, across the country the challenge is to whet runners' appetites in the same way to represent their respective club.

The largest growth area of the sport continues to be at community level,

where the health and fitness agenda overlaps into our sport. The surge of new community clubs is mirroring the Parkrun ethos, which is gaining momentum around Wales.

It's positive that so many people want to access the sport, but it is essential there is a focus and exit route into clubs for those who wish to further their running beyond fitness into mainstream competition and performance. Whilst it is important that at foundation level we engage with the fitness and activity sector, we must not lose sight of the athlete pathway to ensure we have a stable of talent for the future with a supporting coaching and officiating structure.

The vision and growth of the Lloyds Bank Cardiff Half Marathon over the last few years has offered this. From the mass participation runners, many of them taking their first steps in the sport alongside a competitive club race with the talented vying for Welsh and national honours. The ultimate goal for some will be to make the GB team for the World Half marathon Championships that will be held on the same course during Easter 2016 which should be a goal for many of our best.

Steve Brace,





TRACK & FIELD REPORT

This last year has been very successful for track and field with many athletes taking their golden opportunity and achieving success. Athletes who have been selected at various levels and age-groups have shown themselves to be worthy of their selection and congratulations must first go to Sally Peake for her silver in the Commonwealth Games. Further congratulations to all the athletes who took part at Glasgow 2014 and gave a good account of themselves, as well as the Head of Performance and Team Managers.

As usual we began the indoor domestic season with Welsh Schools Combined Events, combined with the Welsh Junior Combined Events. The standard of competition was high and some of the athletes exhibited the talent that could take them all the way to the top. The Indoor Championships and the UWIC Grand Prix, continued throughout January and February. There were some excellent competitions which were close and challenging and many records went. The depth of talent emerging in our junior age groups gives us a lot of hope for the future.

The Indoor International was a little bit special this year with David Omorogie recording a record time in the 60m hurdles (only to find his French nemesis recorded a better time earlier in the day in Chile). David went on to win a bronze medal in the World Juniors. Our athletes competed with great

performances against the English team. There were great performances in the sprints and an excellent number of meet records.

In addition, Welsh athletes attended meets in Vienna, Linz and Geneva. At the Vienna Classic a number of athletes did well, Adele Nicoll got a third place, Dewi Hammond reached the A final with a time of 6.87s. At Linz the sprinters did exceptionally well; Hannah Thomas and Bethan Wakefield, Tom Gordon, Dewi Hammond. Elliot Slade ran well in the 800m and Ryan Spencer Jones threw 17.64m in the shot.

Loughborough was our first senior outdoor match and a chance for our possible Commonwealth Games athletes to make their mark and achieve qualifying standards. It was an excellent team performance, as our athletes achieved one of the best results for years. Our ladies achieved a new Welsh 4x100m relay record and they were to go on to Geneva to improve that record again. Mica Moore, Hannah Brier, Lucy Evans, Hannah Thomas and Rachel Johncock also all ran well in individual events. Other athletes competed in Belfast; Dewi Griffiths, Laura Maddox, Elaine O'Neill, Jade Williams and Julia Cooke all gave a good account of themselves.

There have been a lot of opportunities for our athletes in the U20/U23 and Seniors to have a higher level of competition in Europe. This enhances

our reputation abroad and encourages athletes to remain in the sport. Our outdoor Championships got off to a good start with the Commonwealth Games Trials. This was the final opportunity for our athletes to attain qualifying standards. There was a nervous and exciting atmosphere as athletes strived to run that extra bit faster and throw and jump further. The competition in some events was intense and this meeting illustrated the importance of our volunteer officials in Wales and the improvement and education that is taking place across Wales.

June saw the start of our U17/U20 Championships. It is not currently a good time for our athletes who are in the middle of important examinations which make a difference to their future careers. Although they want to maintain their sport some are unable to participate but despite this fact there were more competitors than expected. Many had made the journey to the north and were rewarded with excellent competition.

The U15/U13 took place in July, several National Records went and again it illustrated how many promising youngsters we have. The future of Welsh Athletics is looking good. In July we also had our Welsh International. This was our final opportunity to see our Commonwealth Games athletes in action as well as Aled Davies, our Welsh team captain. Athletes from as far away as Australia, New

Zealand and all over the Commonwealth also competed on route to the Commonwealth Games. There was some excellent competition as athletes strived to show their talents. Brett Morse and Lee Doran were just two of the athletes on the field who performed well. Our pole vaulters Ben Gregory, Paul Walker were part of an exciting men's pole vault as was our star Sally Peake in the women's pole vault. It was an enjoyable evening both for athletes and spectators.

On the domestic front, the Welsh South East Wales Junior League and the Louise Arthur League continues to grow and is very successful and well-supported. We need to continue with this format and encourage our youngsters to participate. The Senior League Open meets start well but seem to fall away as the season progresses. We still need to solve this problem.

The Celtic Games was hosted in Dublin this year. The team performed extremely well and several records were gained by Welsh Athletes. Three were change-of-weight throws records going to Amber Rimington, Bethan Rees, Felicity Bee but the biggest record went to our U18 relay team, of Melissa Roberts, Bethan Rees, Amelia Reynolds and Shannon Malone. They took almost a second off the old Celtic record.

“We currently have a crop of outstanding junior athletes; it is our job to work as a team to enable these athletes to fulfil their potential.”

The Inter Regional took place in Swansea and congratulations to the west who took a clean sweep of all the trophies.

Finally, I would like to thank; James Thie our former the Competitions Manager who was responsible for all our success in the Indoor Season, the local organising committee led by Joyce Tomala, Marian Williams, Lynette Harries, Scott Simpson, Richard Jenkins, Alex Donald and Sue Alvey who assisted in organising the Championships and International, Darran

Williams, and all office staff for their hard work.

Congratulations to all coaches whose athletes have achieved International Selection. My thanks to all team managers and staff coaches who have supported the athletes in competition. My special thanks to the selectors Ian Griffiths, Marian Williams, Phil Banning for their excellent selection of teams.

At the end of the day it is the athletes, their parents and the hundreds of volunteer coaches, team managers and officials who help to move our sport forward. We currently have a crop of outstanding junior athletes; it is our job to work as a team to enable these athletes to fulfil their potential.

Finally, I would like to thank all members of the Track and Field Committee for attendance at meetings and competitions this year as well as the Board of Directors of Welsh Athletics.

**Sue Sayer,
Track and Field Secretary**





CROSS COUNTRY

The domestic league season began in October giving Welsh Athletes a chance to prepare for the Championships and International fixtures which would follow later in the season.

The British Athletics Liverpool Cross Challenge incorporated the European Championships Trials and was for many Welsh athletes, a first test against the best performers from around the UK.

Luke Davies from Brecon AC again rose to the challenge, with victory in the U13 Boys race as Iolo Hughes secured a fine third place finish in the U17 Men's race.

Charlie Hulson (Sale Harriers) and Dewi Griffiths (Swansea Harriers) enjoyed a good domestic battle with the former gaining selection in the Great Britain Team for the senior race and the latter for the U23 Team. The pair then took 37th and 16th places respectively at the Championships held in Belgrade in December.

The Welsh Inter-Regional Championships again took place at the Royal Welsh Showground in Builth Wells. Both weather and underfoot conditions were kinder than they had been the previous year.

The event acted as a selection race for Senior and U20 Teams to compete at the Brussels Lotto Cross Cup shortly before Christmas where there were some great Welsh performances including Jac Hopkins (Swansea Harriers) runaway win, amongst an International field grabbing a lot of press attention.

The Celtic Cross Country International was held within the British Athletics Antrim Cross Challenge near Belfast at the turn of the year. Jonathan Hopkins (Cardiff AAC) won the U23 Men's race as Wales recorded a resounding team victory of Wales ahead of Scotland with Ulster in third.

Natasha Cockram (Cwmbran Harriers) in the U23 Women's race and Kate Seary (Cardiff AAC) in the U20 Women's both recorded second place finishes.

The British Athletics Cardiff Cross Challenge traditionally re-starts the domestic Cross Country season each January with the event hosting an Inter-Area Match, Schools Invitation races and the Welsh University Cross Country Championships. Dewi Griffiths again entered a battle with Adam Hickey and Jonny Hay, separating the travelling pair to take a fine second place on Welsh soil.

The 110th Welsh Cross Country Championships visited the Dinefwr Estate in Carmarthenshire which had played host to the Home Countries and SIAB International the previous year. However the course was re-designed to use all the best features of the estate including uphill sections to make races more demanding and to give a true "Cross Country" feel to Wales' flagship event.

Dewi Griffiths had been the outstanding Welsh performer so far during the 2013/2014 season and used the course close to his home to deliver a master-class in cross country running that showed he really had come of age. Andrea Whitcombe secured her fourth Welsh Cross Country title ahead

of several Swansea Harriers which helped her to deliver another team title as well as individual honours. The brother and sister duo of Iolo and Cari Hughes began their respective races as huge favourites and both took victories by considerable margins.

The Welsh highlight at the UK Inter-Counties Championships was always likely to feature Dewi if he could deliver a performance in line with his early season form and he didn't disappoint, taking a well deserved bronze behind two of the UK's top endurance runners of recent years.

The Home Countries International in Nottingham followed two weeks later, utilising a former host venue to the UK CAU Inter-Counties Championships at Wolatton Park. Mike Ward (Cardiff AAC) was the outstanding Welsh performer with third in the U20 Men's race.

The 2013/2014 season was extremely successful for Welsh athletes and in particular for Dewi Griffiths who showed that a successful cross country season can be a great stepping stone towards track success later in the year.

The Welsh Cross Country Community will now look forward to the forthcoming 2014/2015 season with a great deal of expectation as we enter what is promising to be an exciting period of cross country in Wales with athletes such as Luke Davies, Cari Hughes, Iolo Hughes, Jac Hopkins, Mike Ward and many others showing their appetite to become the very best in their sport.

Alex Donald,
Cross Country Committee member

ROAD RUNNING

As ever, I approach this report with enthusiasm after yet another year that has seen our discipline continue to flourish and expand. It has also been the year when, after an absence of no short period of time, that Wales has had a representative in the Commonwealth Games marathon.

I will start with the Glasgow event and the fine performance of our representative, Andrew Davies of Maldwyn Harriers. Andrew had a game plan for the year. This included a win in the Liverpool half marathon and a successful attempt at the qualifying time of 2:18:00 for the full marathon, which he achieved at Manchester. His eventual run of 2:18:59 in Glasgow was a minute outside his personal best.

The Run Wales series has expanded in 2014 to 15 events, the last of which are the Abergele 5 miles and the Richard Burton 10km (both on 2nd November), and I am pleased to report an increase in the numbers of entrants to the series. Also growing year-on-year is the Lloyds Bank Cardiff Half Marathon, and the addition of Welsh Road Mile

“Yet another year that has seen our discipline continue to flourish and expand”

Championships at the same venue, the day before, has encouraged more visitors to stay for the whole weekend, rather than just the Sunday. Our 5 National road championships have been spread around the country, with the last, the marathon for masters, to be held within the Snowdonia Marathon on 24th October; the latter event has seen the highest Welsh entry that I can remember.

Our ultra runners continue to produce fine performances and I am pleased to record that Jen Salter, a regular member of the Wales team, won the Anglo Celtic Plate 100km International this year and as a result of that per-

formance, earned a Great Britain vest.

At this point, I have to record the resignation from the committee and her position of women's team manager, of Jacqueline Brace. Jacqui has given 18 years of loyal and dedicated service to the sport and her advice and knowledge have been invaluable. Im-

mediately after the A.G.M. we will start the near-impossible task of replacing her. In the meantime, I thank her for all her years of hard work.

I thank also my colleagues on the committee, Arwel Lewis, Mike Robbins, Alex Donald, Dick Finch, George Edwards and John Chidlow.

**Paul Brooks,
Road Running Secretary**





TRAIL RUNNING

2014 has seen participation in events, and the number of events on offer, grow once again.

Events such as Race the Train, Trail Marathon Wales, the Sialens y Barcud Coch and Bwystfil y Bryn have seen a rise in runner numbers, and perhaps more significantly a noticeable number of runners from road running backgrounds getting into the sport.

We have also seen a significant influx to these events of runners from around the UK, another big positive from a tourism and economic impact perspective.

From a competition point of view Welsh Athletics has also been active in sending national junior and senior teams to Brittany and Keswick, with continued success, both team and individually.

Another leap forward in trail running has come at Coed y Brenin in south Gwynedd. The Forest Park is one of the jewels in the Snowdonia National Park crown, and apart from the Trail Marathon Wales event the centre now houses a trail running shoe demo outlet and brand new trail running shop, and 2015 will see 4 trail races being held at the centre from January through to October.

On top of this there are now four fully designated trail running routes, from 3 to 13 miles, and with café and

shower facilities Coed y Brenin is fast becoming a superb destination location for trail running. Indeed, it is the UK's first ever trail running centre – a great feather in the cap for trail running in Wales!

The popularity of ultra trail running (races over marathon distance) is also being felt in Wales. Events such as the Might Contain Nuts series are gaining new fans in south and mid Wales. These events are proving a breeding ground for ultra runners who are in turn inspired and confident to travel and participate in such events as the UTMB in France, Trans Alpine Run in Germany and the Western States 100 in the US.

Run the trails

Trail running has established itself as one of the most popular forms of running. It's appeal is to those runners who may have 'graduated' from tarmac running and races, may be seeking a closer connection with nature whilst out running or simply seeking a less demanding surface in terms of stress on joints and bones.

The professionalism of many new trail event organisers in Wales also means that race support and aid whilst out on the trail is extremely good, meaning that you can keep your eye on the trail safe in the knowledge that the event will be well marked and there will be enough to eat and drink as you head around the route.

Trail runners will also find that there is an improved sense of camaraderie at an off-road event. The sense of achieving a challenge and helping your fellow trail runner get through the race is very evident, over and above any need to worry about pace or times.

2015 and beyond

The momentum for the sport in Wales continues at pace, with new events and trail running initiatives becoming prevalent, and escalating numbers of runners turning to the trails and off-road terrain, ahead of the road.

Trail running is moving from a niche aspect of running to cutting-edge in terms of organisation and attractiveness to a runner looking for a new challenge, and across the four seasons. No longer is off road running something to do in the summer months, from Winter Trail Wales in January to the Betws Trail Challenge in November, trail running really is a 12-month sport these days.

2015 will see more and more of you getting out onto the trails either for fun, training or competition. So, get out there and join the revolution and enjoy a new sense of running freedom as you hit the trails of Wales.

Matt Ward,
Trail Running Secretary





MOUNTAIN RUNNING

Our focus this year has been strongly influenced by the fact that, not only is the World Mountain Running Championships being staged at Betws-y-Coed, Conwy next year, but also the British Inter Counties, World Masters and the British & Irish Junior Mountain Running Championships. In addition, the British Athletics World Mountain Running Championships trial race, and our Welsh, British & Irish Mountain Running Championships trial race will be run on their respective race routes.

Wales have already staged our 2014 British & Irish Mountain Running Championships trial race at Betws-y-Coed during our combined England, Scotland and Wales junior development training camp which was held in Betws-y-Coed in the summer as was our Easter junior training camp so that our athletes who are currently more likely to be selected and competing in either the World, European or British Junior Championships are well accustomed to the race routes and the area.

Our combined development training camps have been swelled this year by the inclusion of the Scottish athletes which has been even more beneficial and worthwhile as we work together to improve our standards as they all strive for a GB vest to perform well on the European or World stage.

Once again I have to thank Steve Livett who along with England's Jackie Newton, Bashir Hussain and Scotland's Malcolm Patterson have put a lot of effort into organizing these junior training camps which will also be held in Betws-y-Coed next year as we fine tune our junior athletes for the events there next year.

Our junior athletes have really done us proud this year with Ciaran Lewis (Cardiff ACC) and Iolo Hughes (Menai

T&F) earning their first GB vests at the European Mountain Championships which were held in Gap, France this year, Heidi Davies just missed out on the Europeans (non-travelling reserve) but made up for it with a superb 2nd place finish in the World Championship trial race in Sedbergh to earn her first GB vest at this year's World Championships in Telfes, Austria where Heidi placed 14th overall and 2nd GB finisher as the GB Team placed 4th.

Saturday 20th September saw the best of the Home Countries junior mountain runners come together to compete at the British and Irish Junior Mountain Running Championships at Glendalough, Ireland.

The Welsh Athletics U17 and U20 teams returned with two individual gold medals and one silver, along with two team silvers and two bronze. Heidi Davies (Brecon) was very impressive when winning Gold in the women's U/17 race by a clear 49 second margin and Iolo Hughes (Menai T&F) won Gold in the Men's U/19 race with John Spill (Eryri) just missing out on gold by 3 seconds in the men's U/17 race.

We have put a lot of time and effort into development these last few years and they are certainly paying off.

Congratulations to Eryri's Jackie Lee who shared this year's British Championships ladies title with Victoria Wilkinson to become Wales first female title holder since Angela Carson (Eryri) last won the title in 1984.

On the domestic scene, mountain and fell running is as vibrant as ever with race competitors enjoying the freedom of the great outdoors which running on the hills provide and no matter what distance, toughness of the course or the weather conditions, mountain and fell running is a very

enjoyable sport with less pressure placed on race times, it is more about the taking part and being involved in such events wherever they are around the country.

We are always looking at ways to improve our status on the mountain and fell running scene but with so few "class" athletes to choose from who are also being encouraged to compete for Wales on the Road, Cross Country and Trail, we have to be careful that we do not burn out our athletes who then under-perform on the 'big stage'. We do have specific athletes who target representing Wales on the mountains and fell while others concentrate on the roads, it is up to these athletes to plan their year ahead and target specific events so that they can hopefully achieve GB status as our opportunities abroad dwindle even further with the announcement that the World Long Distance Challenge will revert to a Championship status from now on which entails a GB Team only in an event where Wales have done very well in the past culminating with Andy Davies' 2nd place finish in 2013 at Poland where the men's team won bronze.

We are currently looking at ensuring that our athletes get to compete against the best mountain runners in the World and ensuring that our standards and level of performance improve sufficiently so that our athletes can challenge for honours at home and abroad.

Thank you to everyone who have supported Welsh Athletics on the mountains this year including the committee, race organisers and their helpers and of course the athletes.

**Arwel Lewis,
Mountain Running Secretary**



CLUB DEVELOPMENT

After a very positive 2012-13 it was hoped that we could continue building on the progress made through the clubs and networks and continue to deliver the primary objectives outlined in the Athletics Networks Club Development Plan (ANCDP).

Club membership has continued to grow exceeding expectation and surpassing the 10% growth projected. Encouragingly, this is just the start of the process and the vision is to expand and extend the impact of the ANCDP as we move towards 2017 and beyond. The ambition is to create more **thriving clubs** that can cater for demand and the needs of all who have the desire to access the sport of athletics across Wales. There has been an increase in those returning to the sport accessing running clubs and running opportunities with a number of new running clubs and groups being established over the last 12 months.

In line with this the Development Staff Team have been working closely with clubs and supporting them to develop new; ideas, approaches, opportunities, volunteers as well as access a range of support services. With some focused work and detailed planning a number of clubs across Wales have developed satellite sessions in **appropriate facilities** to not only cater for the increased demand for the sport but also to provide more **local, accessible opportunities** to engage in athletics activities.

Closer working with the Coaching Development Manager and Officials Education and Training Officer, has facilitated more courses and improved delivery of courses throughout the year allowing for the development of a more **skilled and passionate workforce** within athletics. We have strengthened the range of club support resources within the 'Club Resource Centre' housed

within the 'Clubs' section of the Welsh Athletics website. These templates and resources help to support the development of club structures in a logical and holistic fashion.

The annual Club Awards programme which recognizes the excellent work of our clubs, coaches, officials and volunteers across the sport was a huge success with Cardiff AAC progressing to win the British Athletics Club of the Year award for 2013. This awards programme will continue with an extended range of honours which serve to recognise the exceptional work carried out by so many people within our sport.

This year also saw Welsh Athletics acknowledged as innovators in the development of a leadership programme. The Run, Jump Throw workshop and resources were adopted across the UK and endorsed by British Athletics. This evolution has seen the emergence of the new 'Leading Athletics' workshop and support resources which provide an excellent platform to be utilised by our coaches of the future.

The build up to the Commonwealth Games in Glasgow started in May with the Queens Baton Relay with Welsh Athletics having a presence at all of the venues across Wales to promote local opportunities and engage with a wider demographic. This presence has extended across a number of events, promoting the sport to a wider community at events such as; Cardiff Half Marathon, Tafwyl Festival, National and Urdd Eisteddfod, IPC European Championships in Swansea, National Street Games Festival as well as a number of key schools events across the year.

Following the Commonwealth Games a number of clubs took the opportunity to host themed open days and events to welcome those enthused by the games. Our summer camps also provided further opportunity to capi-

talize on the young athletes that were inspired, not only by events in Glasgow but also this summer's European Athletics Championships.

We now have partnership with an increased number of organisations and have been working collaboratively to extend the **opportunities available** across Wales. Further partnership with Welsh Schools' Athletic Association and a closer working relationship has provided more support to district events and ongoing support to schools athletics in Wales. In future we will look to strengthen and expand relationships across a range of sectors to not only improve the sport but deliver a more diverse, inclusive offer at all levels.

There are exciting times moving forward for the sport. New resources being developed for teachers to improve and simplify the delivery of athletics in schools helping to facilitate a **quality educational experience** for all pupils. These resources are not only modern and fit for purpose, but also link to the physical literacy agenda which is currently prominent within sport in Wales. We are now superbly positioned to engage in the Physical Literacy for Schools Programme to encourage **every child to be hooked on sport for life**. Athletics is in a unique position to offer a full pathway of opportunities from 'cradle to grave' be it competing, coaching, officiating or volunteering ensuring that there is a place for all in our sport.

Finally, I would also like to take this opportunity to thank all members of the Athletics Network Task Group who have contributed to at various meeting and sessions throughout the year, this input is both valuable and very much appreciated.

Chris Moss,
Athletics Networks Manager

COACHING DEVELOPMENT

2014 has been another busy year in the coaching and coach development calendar. This year has seen Welsh Athletics run twenty-five courses covering all levels from Leadership through to Coach level courses, only having to postpone one in the calendar, which will run in September with a full group of coaches.

Connecting the courses and the people at the right time has undoubtedly been enhanced by the commitment and effort of the Athletics Network staff around Wales, which I am extremely grateful for the support of Chris Moss and his team.

In Wales we are fortunate to have a small but fantastic tutor team who deliver these courses with professionalism. Consistently the coach feedback from courses has been positive and reflects the ability of the tutors to make the courses fun, engaging and positive learning experiences for the volunteers in our sport. Thanks for the tireless work to Georgina Williams, Chris Moss, Jackie Newton and Bashir Hussain, who take on the lead of all of the courses and to the other tutors who have delivered in Wales this year and made the courses possible.

Behind the scenes Welsh Athletics has been supporting Peter Stanley (former Head of Coaching and Development for British Athletics) in making changes to the pathway for coaches to enhance the opportunities for all volunteers in the sport. These changes will roll-out across the UK over the autumn and will include streamlining the Coach level diaries in response to candidate feedback over the last three years; removing dead-end routes by enabling Coach in Running Fitness coaches to transfer onto the Event Group modules and modernising the Leadership course to become a 3 hour module with an online app to support coaches (credit to Chris Moss for all the time and energy he put into the creation of this resource).

The online event group modules are completed for Sprints, Jumps and Endurance (Throws to be completed very soon) and contain excellent learning opportunities for coaches within these areas of the sport. <http://ucoach.com/site/learning>

Alongside the coach education

scheme Welsh Athletics has continued to provide opportunities for coaches to network with other coaches. The National Development programme in the spring brought together approximately 60 athletes and 25 coaches for a full day of activities to support networking and learning in coaching. A note of thanks to key presenters who have provided learning inputs in the autumn and spring of 2013/14; Matt Archer (S&C Lead, Sport Wales) – who presented on hamstring injury occurrence and interventions to maintain athlete health. Paul Walker – for excellent workshops on mobility and self-maintenance

In addition to the National Development Programme a regional programme was trialled in 2014 with limited success. Moving forwards coaching inputs at a more local level can be delivered through a more bespoke programme similar to the innovative approach used by Satu Haikala in Powys during 2014. The Powys programme linking the Welsh Athletics Performance Team staff into a series of coach and teacher evenings which covered a range of topics, from event specific to nutrition, strength and conditioning, fundamental skills and Athletics365 in practice. These workshops of 90 minutes were held in a convenient location for the coaches from the school district and formed a regular calendar date for local coaches and facilitated learning and discussion on focussed topics with every workshop receiving positive feedback and regular attendance of coaches this approach

has demonstrated that coaches will come together and share ideas.

As the four year cycle draws to a close after the Commonwealth Games a revised coaching strategy will be created by National Performance Coach Scott Simpson and Sport Wales, the major funding partner of this strategy. In line with this my journey as Coaching Development Manager concludes and I have taken a project management role in education, where my career started. I look back fondly at my time in Welsh Athletics and the achievements of the National Coaching Conferences and National Development Programmes over the last two years. I know that the future of coaching is in good hands with a committed National Performance Coach and the network of volunteer coaches around Wales who tirelessly give their time to the athletes. It has been a pleasure to offer a little bit back to the sport I grew up with and I hope that if you had attended any one of the above events you are left with the view that Scott and I valued you all highly and provided you with professional, high-quality learning through the programmes we ran. As ever in sport, the world will quickly move on but I look forward to seeing you at tracks around Wales in the future and wish you, and the replacement in my role continued success.

Dave Goodger,
Coaching Development Manager





COMPETITIONS

The year began with a series of Welsh Indoor Championships held at the National Indoor Athletics Centre in Cardiff. This set the year off in style for an exciting year of competitions across all disciplines.

In February, the Cross Country Championships were delivered at the Dinefwr Estate in Carmarthenshire, which had hosted the Home Countries and SIAB International in 2013.

The Welsh Road Relays visited a new venue; Ynysyngharad Park in Pontypriidd. Road Race Championships were, as always, held over 5km, 10km, 10 Miles, Half Marathon and Marathon distance with these events being hosted within a variety of road races around Wales with the exception of the Marathon Championships held within the London Marathon in April.

Following the departure of James Thie from his role as Competitions Manager, a temporary steering group was established to ensure summer Championship events and Internationals went ahead as normal. Joyce Tomala, Lynette Harries and Marian Williams must be thanked for their hard work during the summer guiding the temporary steering group through the many Championship fixtures. Going forward an Event Organising Committee will be established to ensure that all events remain athlete focused, with Run 4 Wales staff being used to ensure maximum media coverage for the Championship events in Wales.

The 2014 Welsh Senior Athletics Championships were held separately from age group championships with

the Commonwealth Games Trials for Team Wales added to the event held at Cardiff International Sports Stadium.

Wales enjoyed some fine weather this summer which continued across the Championships weekend and helped to provide near-perfect conditions as Wales' top athletes got their final chance to earn Commonwealth Games selection. Highlights included the women's 100m with Rachel Johncock securing a Commonwealth B standard of 11.45s with Hannah Brier following her home with a Welsh U17 & U20 record of 11.57s.

The stand-alone Championships for seniors was very well received with organisers being praised for the sprint races which were run with the wind in order to give athletes the best-possible chance of gaining qualification standards.

The U17/U20 Championships took place in Wrexham and were also blessed with ideal conditions for good performances. The U13/U15 Championships travelled to Swansea where generous numbers made for a great day of athletics across these popular age groups.

The annual Welsh Athletics International continues to grow in stature. This year's event also acted as the send-off for the Welsh Athletics Commonwealth Games team. Highlights included the first sub-4 minute mile in Wales for nearly 20 years by Chris Gowell and an emotional farewell to the sport for Wales' greatest sprinter Christian Malcolm.

Wales were proud to host the 2014 European IPC Championships and provided a great opportunity for Welsh officials to gain experience at a major Championships.

Welsh Leagues 2014

22 Clubs, 4,248 athletes, seven venues and two finals saw the Welsh U15 League numbers and performances become the best ever since the re alignment of the leagues. Swansea Harriers won a close fought battle again Cardiff Archers and Cardiff AAC in the Cup Final, Blaenau Gwent only in its 3rd year and growing finished runners up to Brecon AC in the Plate final, both days were held at Newport and many thanks go to Newport Harriers and the stadium staff for a great weekend of athletics.

The senior league set out on another new format where extra events were added to each timetable, and with 3 fixtures leading to a finals day held in Brecon, Swansea Harriers came out on top with this league final and Carmarthen Harriers finishing as runners up.

Finally, a special mention to Sue Sayer, who after nearly 20 years, is stepping down from the Track and Field committee. She will remain central to athletics in North Wales, and will continue to act as the contact for the Celtic Games. We thank Sue for her tireless work over the years.

**Alex Donald & Darran Williams,
Competition Officers**

GENERAL COUNCIL

During the past two year cycle the General Council has restructured the way in which it conducts meetings. The challenge has been to establish a more effective balance between presentations to update members on recent developments within the sport and to address matters raised by members of the Council which affect operational issues across all disciplines.

The identification of themes/topics to be discussed during the past year has influenced the sequencing of the business to be conducted within meetings and between meetings. In addition, members of the Council were asked to advise the secretary of matters that they wished to raise prior to meeting to ensure that adequate provision could be made within the agenda; the Council will continue to refine this process during the coming session.

“It is therefore vital that the whole sport embraces and fully supports the phased implementation of the Action Plan.”

There has been a considerable amount of activity within the sport as a direct result of the competition review; it has been pleasing to note that a number of Council members have been and continue to be proactive in the implementation of the Action Plan as members of the Competition Steer-

ing Group. In addition, members have played an active role within the interim Track and Field Event Organising team as well as making significant contributions to the work of Committees and Task groups.

The recommendations contained within the competition review will permeate across all disciplines within the sport. It is therefore vital that the whole sport embraces and fully supports the phased implementation of the Action Plan.

There is strong evidence to show that a number of recommendations cited in the Action Plan are already being implemented and that structural and staff changes are having a positive effect upon the organisation and the delivery of our sport. The appointment of James Williams as Head of Operations has been well received; in the short time that he has been in post he has been the catalyst and the driving force for the implementation of a number of changes cited in the Action Plan. James will now become a member of the General Council and as the operational arm of Welsh Athletics we look forward to working with him to improve the infrastructure and the delivery of athletics throughout Wales.

The challenges lay ahead include:

- The recruitment, training, retention and deployment of coaches and technical officials.
- The recruitment and development of personnel to support the

organisation and delivery of major and domestic events.

- Establishment of a comprehensive Welsh Athletics database for coaches, officials and support personnel to complement the UKA Trinity database.
- The provision of a range of training courses to enhance club development across all disciplines, such as, Team Management, Safeguarding, Welfare and Equity.

An ongoing cause for concern within Welsh Athletics is communication; there is clearly a need to improve channels of communication throughout the sport. The General Council will seek to establish a more effective method of working with Regional Councils to ensure that all clubs are kept fully informed of operational issues and developments within the sport. Clubs will also be encouraged to refer matters through their respective regional representatives to the General Council. Complaints relating to the Welsh Athletics website continue to be raised in General Council and Committee meetings. There is a perceived need to upgrade/ reorganise this site for ease of navigation and to ensure that information is kept up-to-date. It is hoped that this can be achieved in the coming year.

During the past year Welsh Athletics has been presented with a number of challenges as a direct result of changes within the organisation. On behalf of the General Council a special thanks to members of the staff team and volunteers who have contributed to the development, organisation and the delivery of athletics throughout the year..

Lynette Harries, Chair & Joyce Tomala, Secretary



OFFICIALS

Summarising a year's athletics in Wales concisely is difficult within the context of this report.

The sport has moved on substantially within the last five years to the point where there is no period of the year when our Officials can fully rest and recharge their batteries.

Whilst the summer season ends in September, our Endurance Officials are well into the Road Race season with the Cardiff Half Marathon quickly following in October. The Gwent and other Cross Country leagues commence around this time and continue through the winter. Each Saturday, volunteers and officials are involved in the eight separate parkruns held in Wales.

Throughout the year, Endurance officials are involved in the Championship and representative matches for Road, Cross country, Mountain Running, Trail and Road Walking.

The Officials Conference in November was again successful with Paula Gowing from UK Athletics as the main speaker with Steve Marshall providing a shed full of measuring equipment which filled one of the rooms.

The indoor track season started in November followed by a very busy January, February and March in all of our indoor arenas.

Officials training courses throughout Wales are not bound by season or discipline and over the year, 27 courses have been held in all track and field disciplines. Further courses are being arranged for track and field disciplines and Officials' training is now being extended to take in the endurance disciplines.

The summer season started in late March and continued with open, league, regional and Championship meetings taking place during the summer.

The major match held in Wales this year was the IPC European Championships which Swansea hosted and which were such a great success.

At the end of the season, all of our Officials should be congratulated for their tireless efforts to ensure that each and every match was properly run and completed. Without their time and expertise, this would not have been possible.

On behalf of Welsh Athletics and also UK Athletics, I would like to thank all Officials whatever their grade for making the sport the great success that it is.

Derek Crowder
Education and Training Officer

WELSH SCHOOLS

Our association has maintained its competition programme over the last twelve months.

September 12th-15th Sainsbury's School Games at Sheffield

Adele Nicoll, with a new personal best and Welsh under 17 record of 14.33 metres (4 kg shot), and Honor Broadstock (ambulant shot) were our two winners. This was Adele's ninth medal at a major schools' fixture over the last four years.

Sunday, November 3rd Invitation Indoor Combined Events at NIAC

Lauryn Davey was the top performer on a day when five pupils bettered the 3000 points mark. Competing in the under 16 section, the Dyffryn Aman pupil improved by over 500 points on her 2012 total with a score of 3209, the best on record. Other winners: Claire Taylor (Radyr, u18 girls), Harry Hillman (St Teilo's, u16 boys) & Kyle Arnold (Caldicot, u18 boys)

Saturday, November 16th 37th Inter Schools' cross-country championships at Penlan, Brecon

The number of starters exceeded 500 for a second year. Mike Ward (Llanishen) added a win in the senior boys race to his National victory in February while year 10 pupils Cari Hughes (Syr Thomas Jones) and Jake Heyward (Llanishen) won sections for the third consecutive year and Lucy Dennis retained the under 13 title. Other winners: Rebecca Evans (Y Pant, senior girls), Joseph & Luke Davies (Llandrindod, u13 boys)

Saturday, November 23rd Annual General Meeting at Llandrindod

It was agreed that the association will negotiate to become a part of Welsh Athletics Limited. We were again unable to fill the post of National Cross-Country Secretary.

Saturday, December 14th Schools' Indoor Combined Events International

The standard was exceptionally high with 36 of the 64 athletes scoring above 3000 points. Claire Taylor found that her 3156 total placed her 11th while, at

under 16, Harry Hillman (6th, 3014) and Lauryn Davey (7th, 3201) were our top performers.

Saturday, February 1st 52nd National cross-country championships at Brecon

Because of the half term dates and the competition calendar, this was the earliest that the 'Nationals' have ever been held. Weather conditions were awful. Ground conditions were very heavy after days of heavy rain. It was cold with heavy rain showers, and there was hail during the Middle Girls' race. In the team competition, Afan Nedd Tawe and Cardiff & the Vale both won two sections with Dyfed winning the other four and reclaiming the overall points' cup. Senior: Iolo Hughes (Eryri) and Rebecca Evans (Glamorgan Valleys) Middle: Jake Heyward (Cardiff & the Vale) and Cari Hughes (Eryri) Junior: Thomas Nesham (Glamorgan Valleys) and Lucy Davies (Dyfed) Year 7: Daniel John (Glamorgan Valleys) and Eluned King (Afan Nedd Tawe)

Saturday, March 22nd SIAB Schools' International

Canon Slade School, Bolton Cari Hughes was our only top ten placer, claiming ninth behind the eight English girls in the middle race. Jake Heyward (MB, 18th), Lucy Davies (JG, 18th) and Elliot Lawrence (JB, 13th) were first finishers in the other races. Home Countries International Wollaton Park, Nottingham With Kate Seary and Rebecca Evans released to compete for the Welsh Athletics team, it was Lara Philippart (16th) who led our Schools' squad home in the under 20 women's race while Iolo Hughes underlined his good form with a fine 12th place as we beat the full Scotland under 20 team for a second year.

Sunday, April 13th Virgin Money Giving Mini London Marathon

Cari Hughes (u15, 6th) and Luke Davies (u13, 7th) both claimed top ten places but the real delight came in the u17 boys' section where Iolo Hughes (2nd), John Cove (6th), Christian Lovatt (8th) and Ciaran Lewis (22nd) tied with London for the top team placing.

Saturday, June 28th Joint Combined Events at Newport

Numbers were down, from 112 to 82, but the standard was higher in some sections with Aled Price (Dyfed, 3208) setting a new best in the senior section and Harry Hillman claiming the middle title with a score of 3002. Other winners: Chloe Powell (South East Wales, SG); Faye Gibbon (Cardiff & the Vale, MG); Ben Paris (Cardiff & the Vale, JB); Sarah Omoregie (Cardiff & the Vale, JG)

Saturday, July 5th National Track & Field Championships at Cardiff International Sports Stadium

Our 67th Nationals, again held as an element of Gemau Cymru, again enjoyed good weather. Last year, eight new bests were set, one was equalled and an inaugural best was set in the one new event. This time there were eight new field bests – all in the throws with five being accepted in girls' events in which the implement weight had been reduced – plus eight new track best and one equalled.



New Bests:

Senior Boys

Hammer

Jac Palmer (Glamorgan Valleys)
63.35 metres

Middle Boys

1500

Jake Heyward (Cardiff & the Vale) 4
minutes 02.79

4 x 100

Cardiff & the Vale 43.99 seconds

Hammer

Nathan Thomason (Eryri) 62.03
metres

Junior Boys

300 George Thomas (Powys)
37.11seconds

Senior Girls

Hammer

Zoe Dakin (Glamorgan Valleys)
50.07 metres

Middle Girls

300

Eve Williams (South East Wales)
39.37 seconds

3000

Issy Morris (Powys) 10 minutes
10.62

1500 Steeplechase

Emily Griffin (Cardiff & the Vale) 5
minutes 21.96

Shot (3kg)

Emily Cockrell (Afan Nedd Tawe)
& Katie Whiteley (NE Wales) 12.80
metres

Hammer (3kg)

Amber Rimmington (North East
Wales) 52.77 metres

Javelin (500g)

Emily Cockrell (Afan Nedd Tawe)
34.88 metres

Junior Girls

300

Gabby Fakande (South East Wales)
40.96 seconds

1000 Walk

Megan Stratton-Thomas (Afan
Nedd Tawe) 5 minutes 03.74

Shot (3kg)

Sarah Omoregie (Cardiff & the Vale)
11.32 metres

Javelin (500g)

Rhian Evans (Afan Nedd Tawe)
29.57 metres

Best Equalled

Senior Boys

400

Seb Blanch (South East Wales)
48.22 seconds

Wednesday, July 9th

NASUWT Cymru Charlie Hughes Cup & Plate Final at Brecon

With 63 teams in action across the eight sections, the event again attracted more pupils than any other fixture in our programme. It was pleasing to see a number of new names among the list of qualifiers this year, including Bro Dinefwr, Greenhill and Llandovery College from Dyfed, St Julian's from South East Wales, Glan y Mor (Eryri), and Brynteg and Llangynwyd from Glamorgan Valleys.

Dyffryn Nantlle were awarded the Charlie Hughes Cup
Winners

Cup

U16 Boys	U14 Boys	U16 Girls	U14 Girls
Cwm Rhymni	Strade	Sir Thomas Picton	Glantaf

Plate

U16 Boys	U14 Boys	U16 Girls	U14 Girls
Cardiff High	Dyffryn Nantlle	Plasmawr	Cowbridge

Saturday, July 19th

Aviva SIAB Schools under 17 track & field interna- tional at Cardiff

Cardiff & Vale pupils Ryan James and Emily Griffin claimed gold medals as Welsh Schools again finished third behind England & Ireland. Year 11 Ryan won the 400 metres hurdles (53.45) while Emily set an best of 5 minutes 12.22 seconds in winning the first staging of the 1500 metres steeplechase.

September 4th to September 7th

Sainsbury's School Games 2013

There was no Welsh Schools team competing in the track & field element at Manchester. Despite sponsorship and government financial support, Sport Wales were reportedly asked for a substantial sum towards the cost of our team, and the decision was made not to take part. It remains to be seen what will happen for the 2015 event.

Our association welcomed the appointment of Steve Jones as a paid Support Officer from April 1st. While that is a huge help, we could not stage this extensive competition programme without the help and assistance of an army of volunteers and a number of different bodies. We take this opportunity to record our grateful thanks to everyone who has contributed to the staging of our activities in the last year.

Pete Morris

Welsh Schools Athletic Association

TRACK AND FIELD WELSH CHAMPIONS (OUTDOOR)

Senior Women

100m	Rachel JONCOCK
200m	Hannah BRIER
400m	Seren BUNDY-DAVIES
800m	Jade WILLIAMS
1500m	Melissa COURTNEY
3000m	
5000m	Sian EDWARDS-SENW
10,000m	
100m Hdl	Claire TAYLOR
400m Hdl	Emma HENNESSY
3.0km Walk	Heather LEWIS
HIGH JUMP	Sophie PICK
POLE VAULT	Sally PEAKE
LONG JUMP	Emily WRIGHT
TRIPLE JUMP	Sian SWANSON
SHOT (4.0kg)	Adele NICOLL
DISCUS (1.00kg)	Awen ROSSER
HAMMER (4.00kg)	Carys PARRY
JAVELIN (600g)	Tesni WARD

U20 Women

100m	Shannon MALONE Deeside AAC 12.16
200m	Shannon MALONE Deeside AAC 24.97
400m	Dannielle FRANKLIN Llanelli AC 62.96
800m	Rachael SCOTT P
1500m	Georgina OUTTEN
3000m	Rebecca EVANS
100m Hdl	Claire TAYLOR
400m Hdl	
1.5km Steeple-chase	Erin HAYES
3.0km Walk	
HIGH JUMP	Georgia BATES
POLE VAULT	
LONG JUMP	Melissa ARTHUR
TRIPLE JUMP	Rhian WILLIAMS
SHOT (4.0kg)	Awen ROSSER
DISCUS (1.00kg)	Awen ROSSER
HAMMER (4.00kg)	Zoe DAKIN
JAVELIN (600g)	Tasia STEPHENS

U17 Women

100m	Amelia REYNOLDS
200m	Amelia REYNOLDS
300m	Eve WILLIAMS
800m	Cari HUGHES Menai T&F 2:14.60

1500m	Issy MORRIS Brecon AC 4:37.82
3000m	Heidi DAVIES (U17W) Brecon AC 10:23.15
80m Hdl	Abigail BOWERS Oswestry Olympians 12.22
300m Hdl	Abigail BOWERS Oswestry Olympians 43.85
1.5km Steeple-chase	Megan TUCKER Brecon AC 6:01.83
3.0km Walk	No athletes 0:00.00
HIGH JUMP	Niamh GALTON Cardiff AAC 1.60
POLE VAULT	Carys JONES Carmarthen Harriers 3.13
LONG JUMP	Abigail BOWERS Oswestry Olympians 5.45 +0.6
TRIPLE JUMP	Sarah WILLIAMS Maldwyn Harriers 10.16 -0.9
SHOT (4.0kg)	Katy WHITLEY Wrexham AAC 12.08
DISCUS (1.00kg)	Amber RIMINGTON Deeside AAC 36.44
HAMMER (4.00kg)	Amber RIMINGTON Deeside AAC 53.78
JAVELIN (600g)	Emily Sarah COCKRILL Swansea Harriers 36.47

U15 Girls

100m	Sophie MILLS
200m	Gabrielle FAKANDE
300m	Gabrielle FAKANDE
800m	Lauren STOCKLEY
1500m	Lucy DAVIES
3000m	Anwen GAMMON
75m Hurdles	Lydia THOMAS
1.0km walk	Amy PHIPPS
High Jump	Mollie QUICK
Pole Vault	Ffion LLEWELLYN
Long Jump	Lauren EVANS
Shot (3.25kg)	Sarah WATKINS
Discus (1.00kg)	Rhian EVANS
Hammer (3.00kg)	Ffion PALMER
Javelin (600g)	Bethan REES

U13 Girls

100m	Issie TUSTIN Cardiff AAC 13.53
200m	Issie TUSTIN Cardiff AAC 28.32
800m	Sofia VELLA Cardiff AAC 2:31.33
1500m	Alice EVANS Pembrokeshire Harriers 5:13.00
70m Hurdles	Emilie DAVIES Blaenau Gwent AC 11.85
1.0km walk	Mollie DANTON -U13G Llanelli AC 5:43.57

High Jump	Marnie MUSGRAVE Swansea Harriers 1.47
Long Jump	Grace MORGAN Cardiff Archers 4.41/+2.8
Shot (2.72kg)	Molly GREENMAN Cardiff Archers 8.18
Discus (0.75kg)	Molly GREENMAN Cardiff Archers 22.66
Javelin (400g)	Bethany MOULE Neath Harriers 33.15

Senior Men

100m	Dewi HAMMOND
200m	Sam GORDON
400m	Owen SMITH
800m	Joseph MAYNARD
1500m	Tom MARSHALL
3000m	Guy SMITH
5000m	Joshua GRIFFITHS
10,000m	
110m Hdl	David OMOREGIE
400m Hdl	Rhys WILLIAMS
3.0km Walk	
HIGH JUMP	Robert MITCHELL
POLE VAULT	Benjamin GREGORY
LONG JUMP	Richardo CHILDS-SENM
TRIPLE JUMP	Navid CHILDS-SENM
SHOT (7.26kg)	Ryan SPENCER JONES
DISCUS (2.00kg)	Brett MORSE
HAMMER (7.26kg)	Jonathan EDWARDS
JAVELIN (800g)	Lee DORAN

Under 20 Men

100m	Anax DASILVA
200m	Anax DASILVA
400m	Sebastian BLANCH
800m	Jacob PREECE
1500m	Matthew EDWARDS
3000m	Christian LOVATT
110m Hdl	Kyle ARNOLD
400m Hdl	
1.5km Steeple-chase	
HIGH JUMP	Iwan PARRY
POLE VAULT	Lewis PREECE
LONG JUMP	Kyle ARNOLD
TRIPLE JUMP	Samuel HUGHES
SHOT (6.00kg)	Matthew FIELD
DISCUS (1.75kg)	Matthew WILLIAMS
HAMMER (6.00kg)	Jac PALMER
JAVELIN (800g)	James WILLIAMS

Under 17 Men

100m	Sion ROBERTS Swansea Harriers 11.13
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200m	Ellis WHARTON Newport Harriers 23.03
400m	Thomas ARNOLD Cwmbran Harriers 51.45
800m	Jake HEYWARD Cardiff AAC 1:57.01
1500m	Jake HEYWARD Cardiff AAC 4:22.47
3000m	Joseph SCAMMELL
100m Hdl	Rhys HARRIS
400m Hdl	Ashraf LILES
1.5km Steeple-chase	Dwayne GRIFFITHS
HIGH JUMP	Ryan GRIMWADE
POLE VAULT	Ryan GRIMWADE
LONG JUMP	Rhys HARRIS
TRIPLE JUMP	Thomas WALLEY
SHOT (5.00kg)	Nathan THOMASON
DISCUS (1.50kg)	Nathan THOMASON
HAMMER (5.00kg)	Nathan THOMASON
JAVELIN (700g)	Richard DANGERFIELD

Under 15 Boys

100m	Ben PARIS
200m	Ben PARIS
300m	George THOMAS
800m	Iolo JAMES
1500m	Matthew WILLIS
3000m	Matthew WILLIS
80m Hurdles	Shaun ZYGADLO
1.0km walk	Matthew PHIPPS
High Jump	Kellen JONES
Pole Vault	Ieuan HOSGOOD
Long Jump	Kellen JONES
Shot (4.00kg)	Thomas HANSON
Discus (1.25kg)	James TOMLINSON
Hammer (4.00kg)	Kieran GRIMWADE
Javelin (600g)	Kieran GRIMWADE

Under 13 Boys

100m	Harvey REYNOLDS
200m	Harvey REYNOLDS
800m	Finley RICHARDS N
1500m	Connor RICHARDS
75m Hurdles	Tristan JAMES
1.0km walk	
High Jump	Finley RICHARDS
Long Jump	Ben PETHERBRIDGE
Shot (3.25kg)	William HUGHES
Discus (1.00kg)	Marcus DICKINSON
Javelin (400g)	Henry GAUNTLETT

ROLL OF HONOUR

LIFE MEMBERS

1989	Raye Evans Ken B. Harris Ron Evans
1991	Bill Evans Margaret Elgie
1992	Frank Ireland
2001	Lynette Harries
2002	Hedydd Davies Ivor Adams
2003	Gwilym C. Evans J. Barrie Owen
2004	Alan Currie
2005	David Alun Williams
2007	John Collins
2009	Jan Evans Keith Matthews

AWARD OF HONOUR

1952	Eddie W. O'Donnell Frank Liddington Johns William E. Fisher A. Jack Pound Arthur E. Williams Frank Duggan Cyril M. Howell Ted Hopkins
1954	Welsh Schools AA
1956	Rev C.P. Hines J.D.B. Williams
1964	Lynn Davies
1975	Bernhard Baldwin
1984	Ron. B. Evans
1989	Reg Snow
1995	Alan Currie Charlie Hughes Frank Ireland Bill Kingsbury
1996	Ivor Adams John Collins Raye Evans Barrie Owen Dave Williams
1997	Gerry Batty
1998	Hedydd Davies
1999	Gwilym Evans Mike Rowland
2000	Sally Blake Margaret Elgie
2001	Lynette Harries Colin Jackson
2003	Viv Thomas
2005	Terry Notman John Griffiths
2006	Peter Morris
2007	Paul Darney Graham Webb Keith Matthews Jan Evans-Nugent
2008	Joyce Tomala Sean Power Kay James John Penny
2009	John Lister
2010	Brenda Currie Clive Williams Colin Davies Richard Jenkins
2011	David Greene Derek Williams

2012	Bernard Harris Roy Adams John Elward Bob Frost
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2013	Mary Jones Sue Sayer Tom Jones David Alun Williams
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MERITORIOUS AWARD

1954	Jim Alford Bill Cook Rev C.P.Hines Ken Jones Roy Jones Charles Radford David J.P.Richards Major G.D.Taylor Ray Thomas J.D.B. Williams Alf Yeomans
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1955	Jack Meyrick Harry Lewis John Disley Bob Shaw Tom Richards Will Johnson
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1956	Matt Cullen H. King Tom Mogford
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1957	Jack P. Collard C.T. Wright
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1958	K. Cooper Ron B. Evans Jim Guy Ken Harris D. Owen
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1959	P.E. Jones Harry F. Keene G.F.Young
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1960	J. Harris R.G. James J.B.F. Morgan J.G. Thomas Sam J. Williams
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1961	Len G. Colledge George M. Hapgood Ernie Jones Jack Jones
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1962	Ron Franklin Llewellyn Harrison Jones Derek Lakin H.V.W. Robinson Reg Snow Nick Whitehead
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1963	Maurice Bingham Hubert Gorvin Percy Irwin Bill Kingsbury E. Virgin Dave J. Williams
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1965	Frank Brown J. Donoghue Alan C. Radford
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1966	Phil Davies J.H.T. Mason Barrie Owen R.V. Tawton R.C. Townsend H. Owen
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1967	Tom Wood
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1968	George Crump L. Jones Alun Jones Graham Fraser Norman Moses
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1970	Ivor Adams J. Carvell John Collins Gilbert Legge Jim O'Brien Hywel Williams
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1971	John Flook John Griffiths Terry Notman H. Williams
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1972	D. Davies B. Jones Clive Williams
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1973	Bill Allen Ann Batty Brian Palmer David Phillips Berwyn Price Dave J. Roberts Dave J. Williams
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1974	George Boardman Bob Sercombe
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1975	Brian Adamson Alan Currie Les Davies Charles Hughes Gordon Rayner Pat Wallace
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1976	Roy Jones
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1977	Raye Evans Clifford Guy
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1978	John Davies
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1979	Bill Brian Bill Evans C. Harrison Norman John D. John Jones T. Thomas
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1980	Gerry Batty Eric Eynon Mike Rowland
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1981	Dave Hopkins Rose Johnson
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1982	Ivor Arnold Steve Barry Kath Evans Viv Thomas
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1983	Frank Ireland Irene Lisle Viv Pitcher
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1984	Owen Edwards Margaret Elgie Ken Griffiths I. Jenkins John Sammons
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1985	Gwilym Evans Steve Jones Wyndham Smith
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1986	Peter Morris John Walsh
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1987	John Elias Paul Darney Andrew Ireland Colin Jackson Sean Power Alun Roper Nigel Walker Eirwyn Walters Graham Webb
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1988	Hedydd Davies Edwin Llewellyn Eaton Ken Stokes Derek Tayler
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1989	Arwyn Evans
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1990	Lynette Harries
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1991	Kath Evans
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1992	Colin Davies Frank Ireland Richard Jenkins
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1993	Arthur Bebbington David Phillips Ken Thomas
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1994	David A. Jones David Williams
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1995	Bill Powell
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1996	Sally Blake Brenda Currie Arthur Davies John Penny
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1997	Bernard Harris Dave Llewellyn
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1998	Will Burrows Kay James Ann Notman
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1999	Frank Stringer Averil Williams
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2000	Terry Davies David Jones
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2001	Sam Davies Graham Finlayson Keith Matthews Gwilym Jones Sue Sayer Mary Jones Eric Pennington
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2002	Derek Williams Delyth Davies John Hartley Hilary Thomas Roy Adams Tom C. Jones Bob Frost Ken Bennett Ken Bray
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2003	Jan Evans-Nugent John Loney Haydn Tawton
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2004	Steve Perks Joyce Tomala Les Baldwin Ron Freeman Dennis Nugent Mick McGeoch Philip James
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2005	Alistair Griffiths Gareth Hughes Graham Coldwell Keith Adams Iloa Adams
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2006	Kath Elias Derek Crowder Jeff Aston Colin Daley Kath Crane Steve Brace Jeff Kirby Mel James Paul Jensen Derek Osborne Buddug Llwyd Jones Paul Brooks Ossie Morgan Dorrien Thomas Sue Leyson
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2007	Peter Walton David Peters Denise Harris Brian Davies Dave Hawthorn Dave Walsh Gwyn Williams Mike Walters Wyn Leyshon Val Davidson Tony Balmont Jacqueline Brace Doug Morris
2008	Dave Edwards Dilwyn Davies Kevin Evans Ralph Siggery Dave Brannan Tony Jones Peter Lane Richard Bullen Nigel Clements Francis Stevens Ron Morris Tony Jenkins Bob Dobson Olive Dobson Ian Dixon Geraint Evans Ridley Griffiths Hugh Williams

2009	Ken Ross Terry Goodridge Richard Sayer Phyllis John Ian Griffiths Mary Lister Elaine Griffiths Ivor Sayer Alyson Hourihan Mary Webb
2010	Christian Malcolm Matthew Elias Eiddwen Davies Richard Wyer Phil Oliver Sheelagh Moore Dave Lewis Mike Blake Bob Cypher Huw Morgan Allan Caughter Gwilym Williams Alison Whitelaw Peter Norman Helen James Tom Meyer Peter Goodson Eric Bailey Russell Godwin Glanmor Williams Teresa Hanrahan Stuart Hodson Andy Bowyer Peter Freeman David Ball Mona Hughes Glyn Davies

2011	Ann Crimmings Dai Williams Sarah Moore Dic Evans Roger Grindle Dick Finch Phil Jones Sr Jason Clifton Alun Thomas George Tudor Andrew Davies Meredith Richards
2012	Gareth Prothero Enfys Hawthorn Tracey Hinton Sue Hooper Rob Hooper Joan Goldsmith Carmarthen Harriers Martin Bell John Townsend Ken Goodger Tony Lewis Hilary Goodger Stephen Hatfield Dave Jessett Marian Williams Ed Thompson Nick Fisher Ann Wale Ian Broadhurst

2013	Steve Jones Debbie Bull Carol Jones Caroline Sayer Dave Stokes Phil Banning John Griffin Dave Griffin Arwel Jones Bob Greuter Kim Griffiths Neal Merry Peter Roberts Judith Gooding Phil Gooding Helen John Jeremy Evans
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LIFETIME ACHIEVEMENT	
2007	Ken Harris
2008	Lynette Harries
2009	John Collins
2010	Alan Currie
2012	Ivor Adams
2012	Hedydd Davies

HALL OF FAME	
2007	Colin Jackson Steve Jones Tanni Grey-Thompson John Disley Lynn Davies
2008	Iwan Thomas Kirsty Wade Berwyn Price
2009	Shaun Pickering Ron Jones Hayley Tullett Jamie Baulch
2010	Steve Barry Kay Morley-Brown Venissa Head
2012	Tim Benjamin Cecil Griffiths Roger Hackney Michelle Scutt



WELSH ATHLETICS
ATHLETAU CYMRU





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