



WELSH ATHLETICS
ATHLETAU CYMRU

ANNUAL REPORT
2016/2017

“I am delighted to introduce the 2017 Annual Report as it has, once again, been a very successful year for athletics in Wales.”

Carol Anthony
Chair, Welsh Athletics



INTRODUCTION FROM THE CHAIR

Carol Anthony
Chair, Welsh Athletics

The specific achievements which are detailed 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 during the year.

Our commitment to achieving the highest standards in all aspects of our sport, together with our willingness to embrace innovation, has been recognised by Sport Wales and it is particularly pleasing to report that Welsh Athletics will play an important role in the pilot phase of the Remodelling the Relationship with Sport Wales Project during the next year.

It is inevitable that in a sport as diverse as athletics, there will always be challenges to be met and new opportunities to be explored. Our aim must be to continue to evolve and modernise to ensure that we meet the challenges of the new sporting landscape, provide appropriate and exciting opportunities for developing and growing the sport and also to satisfy the expectations of our stakeholders.

In my last report I cited Governance as a main focus for the Board during this year. I am happy to report that a new skills based Governance group has been appointed by the Board and excellent work has been undertaken by the group to ensure that we are a successful and legally compliant organisation. During 2017 we;

- Continued to meet all the core targets set by our major funding partners
- Maintained financial stability
- Introduced a new Club Modernisation Programme.
- Supported the development of athletes and coaches
- Restructured the Performance Team to support Elite Performance.
- Developed the Run Wales initiative to support social running in Wales
- Provided competitive opportunities at all levels in all disciplines

Our membership figures have continued to increase and this is testament to the great work of our dedicated volunteers in the clubs. We have also increased our number of new coaches, officials and volunteers.

The World Athletics/ Para Athletics Championships held in the Olympic Stadium in London was a huge success and had global television coverage. We were delighted and very proud that five athletes and eleven officials were selected to take part in this great event. This was a great honour for the individuals and also for Welsh Athletics.

More details of the above may be found in the Development and Coaching and Performance reports.

Welsh Athletics has a rich history and 2017 was a significant milestone as it marked the 100th edition of the Welsh Senior Track & Field Championships. It was pleasing that over 80 former champions attended the Championships in June to reminisce and to enjoy the competition and

performances of the current champions. This proved to be the perfect forum to honour the past icons of our sport and to inspire our current and future athletes.

From a strategic perspective, 2018 will be a very important year for us. We will continue our focus on Governance as we review our current structure in terms of effectiveness and efficiency. We will also embark on a consultation programme with all our stakeholders as we start to plan the details of our new Strategic Plan. It is important that we adopt an inclusive 'whole team' approach to the preparation of the plan, with input from all areas of the sport, so that the final plan is one that everyone can take ownership of in a positive and coherent way.

The Commonwealth Games 2018 is to be held in April in the Gold Coast Australia. Our plans are already advanced for this and the next few months will be really critical in the final build up to this event. I offer my very best wishes to all athletes, coaches and support staff for success in these games.

The clubs and all our dedicated coaches, officials and volunteers are the bedrock of our sport without whom the sport would not exist. It is with great sincerity that I thank you all for your commitment to the success of athletics in Wales.

My thanks also to the Staff team for their untiring work throughout the year and to my fellow Board members, the General Council, Regional Councils and all committees for your support given to our sport this year.



Matt Newman
Chief Executive

CHIEF EXECUTIVE REPORT

Welsh Athletics Limited has now been incorporated for ten years and we can certainly reflect on its first decade with pride, as we report unprecedented levels of activity across the full spectrum of athletics in Wales.

At this mid-point in the current four-year cycle (2015-2019), participation numbers are at an all-time high and our track-record of delivery places us at the leading-edge of national governing body work in Wales.

Welsh Athletics Core Activities

Last year, we reported year-on-year growth in club membership, underpinned by record levels of school participation and a boom in the running sector.

This trend has continued in 2017 as the following evidence demonstrates;

- Since incorporation, club membership has doubled to over 11,000.
- Over 80,000 people have taken part in licensed events across Wales.
- The Schools Sport Survey / HE Survey places Athletics, Cross Country and Running activities as the most popular across all age ranges.

- The Welsh Athletics education department has trained more coaches, officials and leaders than at any time in our history.
- 43 GB vests were won by 32 Welsh athletes, the highest number ever.
- From government surveys, the boom in social running indicates close to 450,000 adults running on a regular basis.

London 2017

The World Championships were an unqualified success and Welsh Athletics made a significant contribution to the "Summer of World Athletics". A quintet of Welsh athletes were selected for the team at the IAAF World Championships.

- Ieuan Thomas (James Thie) in the men's 3000m steeplechase.
- Josh Griffiths of Swansea Harriers and Andrew Davies (Steve Vernon)

of Stockport Harriers in the men's marathon.

- David Omoregie (Benke Blomkvist) in the men's 110m hurdles.
- Bethan Davies (Andi Drake) in the women's 20km race walk.

As well as the athletes from Wales pulling on a GB vest, Wales also had a number of Officials at the championships ensuring that everything ran efficiently and to the rulebook.

Dave Jessett received the very high honour of acting as Competition Director for the World Championships, overseeing the entirety of the competition. Dave was joined by Sue Maughan, Sue Alvey, Jane Dakin, Carina Jones, Amy Price, Ceri Jones, Jeff Marsden, John Chidlow and Bob and Olive Dobson.

Welsh Athletics is very proud that so many Officials were selected to officiate



at the London 2017 IAAF World Athletics Championships, on top of those who also officiated at the World Para Athletics Championships

Run 4 Wales Events

Following the successful delivery of the IAAF World Half Marathon Championships in 2016, the focus of Run 4 Wales in 2017 has been to establish a sustainable portfolio of events, which meets the needs of the growing customer base, but which also continues to provide a financial surplus to support grassroots athletics in Wales.



This was achieved in 2017, with the mass-participation events providing opportunity for 50,000 competitors as well as delivering a £7.5M economic impact for the Welsh economy.

2017 has seen the following developments;

- The first Cardiff and Vale College Cardiff Bay Run sold out in April.
- Kidney Wales and Run 4 Wales entered into a partnership agreement to deliver the Cardiff 10k.
- The 2nd Royal Welsh Trail Running Festival was delivered back in May with growing numbers across all distances.
- Ironman and Run 4 Wales signed a license agreement for Run 4 Wales to deliver Velothon Wales from 2018 to 2020.
- The Cardiff University / Cardiff Half Marathon sold out in August with 25,000 entries with Cardiff University extending its title sponsorship to 2020.



- The ABP Newport Wales Marathon was launched in October with over 3,000 runners signing-up in the first week.

A bi-product of this work is the creation of joined-up and active partnerships with many local authorities in Wales. With ongoing support across many Welsh Athletics events and initiatives, this delivery through partnership provides excellent examples of collaboration.

Cardiff University / Cardiff Half Marathon

We have just witnessed a remarkable week for road running in Wales.

- This year, the Cardiff Half Marathon was awarded an IAAF Silver Label, which raised its profile further with the elite running community. As a consequence this year's Cardiff Half Marathon included the best ever elite fields in both the men's and women's races, resulting in course records for both, with the women's winner recording the 6th fastest half-marathon of all time.
- The race also included the Welsh Half Marathon Championships, with the women's title won by Jenny Nesbitt and the men's title won by Dewi Griffiths, smashing his PB in the process.
- BBC One Wales showed the event live from 9.30am for 3 hours with highlights on BBC Two Wales later in the day. Viewing figures were 50% up on 2016.



UKA President Jason Gardener and Chairman Richard Bowker join Welsh Athletics Chair Carol Anthony and CEO Matt Newman at the 100th Welsh Track & Field Championships

- BBC Wales also commissioned "Alfie's Army", a two-part "reality" show, featuring 100 young runners on their journey from couch to the half marathon. This promotes the mental health benefits of social running and provides great exposure for the event and for the Run Wales Social Running Programme.

the University's new outdoor athletics facility, recently built to complement its existing National Indoor Athletics Centre.



The University has secured a first-class reputation for its top sport courses and a catalogue of sporting stars who train at the University's facilities, including elite Welsh athletes Colin Jackson, Christian Malcolm, Darren Campbell, Jamie Baulch and alumnus Aled Sion Davies were among those offering their support at the launch.

Finally

Welsh Athletics is about to embark on a critical chapter in its journey towards becoming a leading National Governing Body and High Performing Organisation. The next 18 months will require a dual focus, firstly on our operational delivery and secondly, on a wide-ranging consultation in readiness for the next strategic plan (2018-2024).

We firstly want to establish if we are on the right course with our existing strategy. However, we also want to consider a new

focus, with WA operating in a different way, as part of the re-modelling of our relationship with Sport Wales and the wider sector.

This is about WA thinking about its current priorities and then setting an ambitious programme which the joint team of volunteers and staff is committed to delivering.

A more "business-like" focus would require a new strategy for the sport and more of a customer-led approach to the work we do, whilst at the same time maintaining a delivery of the essential core elements of our work as a National Governing Body.

Our focus on equality, inclusion and support for the Welsh language remain key pillars of our work. In 2017, Welsh Athletics was awarded the Intermediary Level of the Equality Standard for Sport and we have started the joint process towards the Advanced Level with the other home nations.

A further ambition is to fully embrace digital technology as we seek to establish a leading edge communication strategy.

These are exciting times for athletics in Wales. My thanks go to the volunteers, coaches, officials, the staff team and the Board of Directors for their contributions to our ongoing success.

GREAT BRITAIN / MAJOR CHAMPIONSHIP REPRESENTATION

IAU World 50M Championships

Andrew Davies (Steve Vernon):
Team Silver ●

Michael Kallenberg (James Thie):
Team Silver ●

European Cross Country Championships

Dewi Griffiths (Kevin Evans):
Team Gold ●

Georgina Outten (Andrew Walling):
U23 Team Gold ●

Chris Jones – Team Coach

Great Edinburgh Cross Country International

Dewi Griffiths (Kevin Evans)

Cari Hughes (Andrew Walling)

Charlie Hulson (Steve Vernon)

Georgina Outten (Andrew Walling)

World Cross Country Championships

Cari Hughes (Andrew Walling)

Indoor Multi-Events International

Ben Gregory (Aston Moore)

European Indoor Championships

David Omoregie (Benke Blomkvist)

European Throwing Cup

Adele Nicoll (Vladimir Zinchenko/
Adrian Palmer): Shot Put Bronze ●

Adrian Palmer – Team Coach

Ryan Spencer Jones – Team Coach

IAU World Trail Championships

Gareth Hughes

Matt Roberts

European Race Walking Cup

Bethan Davies (Andi Drake)

Heather Lewis (Martin Bell)

European 10,000m Cup

Kristian Jones (self-coached)

Halle Throws International

Adele Nicoll

(Vladimir Zinchenko/Adrian Palmer)

Adrian Palmer – Team Coach

Loughborough International

Hannah Brier (Steve Fudge)

Joe Brier (Neal Merry)

James Tomlinson (Paul Jensen)

James Thie – Team Coach

European Team Championships

David Omoregie (Benke Blomkvist)

Sally Peake (Scott Simpson)

Rhianwedd Price (Tony Houston)

European Cup Combined Events

Ben Gregory (Aston Moore)

European Uphill Mountain Running Championships

Heidi Davies: Team Gold ●

World Mountain Running Championships

Heidi Davies

Annabelle McQueen

(Steve Livett / Andrew Walling)

European U23 Championships

Jenny Nesbitt (David Walker)

Matt Elias – Team Coach

European Junior Championships

Hannah Brier (Steve Fudge):
4x100m Bronze ●

Jake Heyward (Paul Darney):
1500m Gold ●

Kristian Jones (Glyn Hawkes)

James Thie – Team Coach

World Para Athletics Championships

Hollie Arnold (David Parker):
F46 Javelin Gold ●

Olivia Breen (Aston Moore):
T38 Long Jump Gold ●

Aled Sion Davies (Ryan Spencer Jones): F42
Discus Gold ● F42 Shot Put Gold ●

Kyron Duke (Anthony Hughes):
F41 Shot Put Silver ●

Sabrina Fortune
(Antony Hughes / Ian Robinson)

Jordan Howe (Christian Malcolm):
T35 100m Silver ●

Rhys Jones (Christian Malcolm)

Stephen Morris (James Thie)

Ryan Spencer Jones – Team Coach

Commonwealth Youth Games

James Tomlinson (Paul Jensen):
Discus Silver ●

Sarah Omoregie (Gareth Lease):
Shot Put Silver ●

Bethany Moule (John Davies)

Lauren Evans (Nigel Lewis)

Naomi Reid (Phil Banning)

World Athletics Championships

Andrew Davies (Steve Vernon)

Bethan Davies (Andi Drake)

Josh Griffiths (self-coached)

David Omoregie (Benke Blomkvist)

Ieuan Thomas (James Thie)

Scott Simpson – Team Coach

Christian Malcolm – Team Coach

Manchester International

James Tomlinson (Paul Jensen)

Osaze Aghedo (Steve Ingram)

Lauren Williams (Arnie Wray)

James Thie – Team Coach

World University Games

Melissa Courtney (Rob Denmark)

Jenny Nesbitt (David Walker)

Fly Europe Paris

Rebecca Chapman (Francis Baker)

Finances

The annual accounts to March 2017 and a full audit report have been distributed to members ahead of the Annual General Meeting on 28th October.

The end-of-year accounts to March 2017 show an income of £1,596,307 (£1,444,894 in 2016) against expenditure of £1,499,075 (£1,367,662 in 2016) resulting in a net surplus of £97,232 (£77,232 in 2016).

Welsh Athletics is currently in a stable financial position. Reserves are above the required level and revenue growth is showing an upward trend year on year.

The Board will now consider its short-term investment strategy in parallel to the wider consultation on the long-term priorities.

My thanks to members of the finance sub-group for their scrutiny and wisdom.

Cardiff Metropolitan University

International athletes and former Cardiff Metropolitan University alumni launched

PERFORMANCE

Scott Simpson
Head of Coaching and Performance

With a home World Championships, numerous age-group Championships and with the main qualification window open for the 2018 Commonwealth Games, the 2017 athletics season was always going to be an exciting one; and it certainly did not disappoint.

Across all disciplines, a total of 32 Welsh athletes earned a total of 43 representations for Great Britain (GB) in the 2017 season – the most ever.

There were also a total of 10 GB representations by 7 coaches and staff; also the most ever in a single season. The Key Performance Indicators (KPIs) that are used to track athlete performance and coach development (two strands of the 2015-2019 Coaching and Performance strategic plan) can be seen in tables 1 and 2.

2017 saw the largest ever number of Welsh athletes achieve the base-line athlete support matrix standards (39) – a great reflection on an increase in standards at the top level in the U18 – Senior age groups. This was reflected in the number of athletes ranked in the UK top 10 in the U20 – Senior age groups (66); also the most in the cycle. The number of athletes inside the top 30 age group rankings (114) and the total number of UK Championships medals won (32) were down on previous years reflecting a lack of depth in performance at age group level. This will be addressed with the shift in emphasis of the athlete development programmes that will be delivered from the autumn of 2017 onwards via the Regional and National development programmes. All other KPIs generally showed positive trends.

The increase in the number of qualified coaches continues to show a positive trend (1253 coaches now qualified). The quality of coaching is reflected in the highest ever number of coaches working with Welsh athletes who have achieved the support matrix standards (19) or athletes who have achieved GB representation (16). A decrease in the number of coaches who have engaged in coach development activity this year reflects the saturation of events in this

Table 1

WELSH ATHLETICS ATHLETE PERFORMANCE KPIs	2014/15	2015/16	2016/17
Number of athletes on the WCPP	3	5	4
Annual percentage of support programme athletes with injury affected seasons (Podium)	33%	22%	24%
Annual percentage of support programme athletes with injury affected seasons (Potential)	26%	20%	25%
Annual number of athletes achieving support matrix standards	26	30	39
Annual number of athletes achieving a UK top-10 ranking (U20/U23/Senior)	64	51	66
Annual number of athletes achieving UK top-30 ranking (U17/U20/U23)	126	137	114
Annual number of UK Championship medals won (U17/U20/U23/Senior - Indoor & Outdoor)	38	31	32
Annual % of CWG Podium athletes maintaining season's bests in the "medal zone"	50%	61%	65%
Annual % of CWG Potential athletes achieving personal bests	68%	60%	64%
Number of athletes achieving GB representation	34 by 21	26 by 17*	43 by 32

* Note: not comparable because of differing Championship opportunities.

Table 2

WELSH ATHLETICS COACH DEVELOPMENT KPIs	2014/15	2015/16	2016/17
Number of unique Wales-based coaches	721	946	1253
Number of unique coaches engaged with coach development activity	60	140	116
Number of Wales-based coaches who are the coach to athletes who achieve GB representation	7	9	16
Number of Wales-based coaches who are the coach to athletes who achieve athlete support matrix standards	10	13	19
Number of Wales-based coaches who are coach to athletes who achieve UK top-30 rankings (U17/U20)	40	51	49
Number of coaches / staff achieving GB representation	6 by 4	6 by 5	10 by 7

area and the decrease in demand for standalone coach development activity. Again, this will be addressed by the implementation of the Regional and National Development Programmes that will support both athlete and coach development.

Track and Field

It was fabulous to see a total of five Welsh athletes selected for the home World Championships in London – the most senior representation at a global major since 2012. Bethan Davies (Andi Drake) placing 29th and being the second Commonwealth athlete home in the 20km race walk was certainly a highlight. At age group level, it was great to see Jenny Nesbitt (David Walker) selected for both the European U23 Championships and the World University Games and placing 5th in 10,000m at both events. She was joined at the Universiade in Tapei by Melissa Courtney (Rob Denmark) who contested the 1500m and also placed 5th. Melissa



went on to break the Welsh National record over 3000m on the track (8:43.72) and the 5km on the road (15:28.95) in 2017; unquestionably a breakthrough year for her. Jake Heyward (Paul Darney) stole the show again, winning 1500m gold at the European U20 Championships – his haul of Championship medals continues to grow. Jake was joined at those Championships by Hannah Brier (Steve Fudge) who took home a bronze in the 4x100m relay, and Kristian Jones (Glyn Hawkes) who placed 4th, also in the 4x100m.

Table 3

2017 PERFORMANCE HIGHLIGHTS BY WELSH ATHLETES
WELSH NATIONAL RECORDS 15 National Records in the U17 to Senior Age Groups by 13 Welsh Athletes, including:
Senior – Melissa Courtney, Bethan Davies, Jade Williams, Osian Jones, Rebecca Chapman, Ben Gregory
U20 – Matthew Harding (800m), Jake Heyward (1500m), Amber Simpson (Hammer)
U18 – James Tomlinson (Discus), Sarah Omoregie (Shot)
U17 – Jeremiah Azu (100m), Tom Hewson (Javelin)
UK SENIOR RANKING TOP 3 PLACING (9)
Ieuan Thomas – 3000m Steeplechase
David Omoregie – 110m Hurdles
Gareth Winter – Shot
Brett Morse – Discus
Josh Griffiths – Marathon
Sally Peake – Pole Vault
Carys Parry – Hammer
Bethan Davies – 20km Walk
Heather Lewis – 20km Walk

Team Wales selected five U18 athletes for the Commonwealth Youth Games in the Bahamas. Of those, the highlights were James Tomlinson (Paul Jensen) taking silver in the Discus and Sarah Omoregie (Gareth Lease) also taking silver in the Shot Put. Both athletes also broke the UK bests for the U18 age category in 2017, with distances of 63.48m and 16.74m respectively.

There were also several other Welsh National records set in 2017. Two of the most impressive National records came from Rebecca Chapman (Francis Baker) in the Long Jump (6.54m) and Osian Jones (Carys Parry) in the Hammer (70.00m) – breaking 35 and 33 year old Welsh records respectively.

In 2017, London also hosted the World Para Athletics Championships. Welsh athletes brought home a fabulous haul of six medals. Aled Davies (Ryan Spencer-Jones) won gold in both the F42 Discus and Shot Put, setting a stunning World record in the latter (17.52m). Olivia Breen (Aston Moore) and Hollie Arnold (David Parker) were also crowned World Champions in the F38 Long Jump and F46 Javelin respectively, Olivia setting a personal best of 4.81m to take the gold. The fifth medal came from Kyrone Duke (Anthony Hughes) who won silver in the F41 Shot event. Jordan Howe (Christian Malcolm) also brought home a silver medal, setting a new personal best of 12.52 in the T35 100m.

Although the qualification window remains open until the 30th November, with the main track and field season over, the majority of athletes who will achieve the 2018 Commonwealth Games (CWG) qualification standards are now known. At

the time of writing, 14 Welsh athletes hold a CWG "A" standard and will automatically receive nomination from Welsh Athletics to Team Wales. A further 7 hold a CWG "B" standard and will also be considered for nomination. Team Wales will make the final selections in December and the team for the Games will be announced in January. The athletes who currently hold qualification standards can be seen below.

A further mention should also go to Wales' 4x100m men's relay team who put together a series of great performances in 2017, culminating with a run of 39.50 at the London Anniversary Games. The team of James Griffiths (Tom Meyer), Tom Williams (Tom Meyer), Kristian Jones and Sam Gordon (Matt Elias) ran the second fastest time ever by a Welsh team, second only to the 1998 Commonwealth Games team.



Off Track Endurance

During an extensive season, there were many highlights from a Welsh perspective. Late in 2016 Andrew Davies (Steve Vernon) and Michael Kallenburg (James Thie) contributed to a silver medal for GB at the IAU 50km World Championships, while on the Cross Country, Dewi Griffiths (Kevin Evans) and Georgina Outten (Andrew Walling) both won team golds at the European Cross Country Championships. Cari Hughes (Andrew Walling) was selected for the Great Britain U20 team to contest the World Cross Country Championships and in the same month, Gareth Hughes and Matt Roberts both represented Great Britain at the World Trail Running Championships.

On the Mountain, Heidi Davies and Annabelle McQueen (Steve Livett / Andrew Walling) were selected to the British U20 team for the World Championships. Heidi also contributed to Team gold at the European Mountain Running Championships.

Future Horizons

With the 2017 track and field season now concluded, attention turns to 2018 and the performance of the Welsh team at the Commonwealth Games in the Gold Coast in April. There will be a variety of preparation events over the next six months to ensure selected athletes have the best possible opportunity to perform at their best at the Games. There is also the World Indoor Championships in Birmingham next March to look forward to, before the European Championships in Berlin in the summer season.



Meanwhile, a major new initiative will commence in Wales with the new National and Regional development programme events. These will take place in three event areas; Sprints, Endurance and Field events, with focus on the development of key skills, knowledge and behaviours of coaches and athletes to help the progression of athletes towards senior success. This ongoing programme of activity will assist in the long-term, sustainable development of elite athlete performances in Wales.

While all of this operational activity takes place, there will also be a focus on developing the strategic plan for 2019-2023, including an extensive consultation process with all of the Welsh Athletics membership and its major stakeholders. We welcome any feedback and thoughts on what we are currently doing in the areas of athlete support and development, coach development and international competitions to help continually grow and enhance what is already in place.

Here's to a positive, collaborative, healthy and successful 2018!



James Williams
Head of Operations

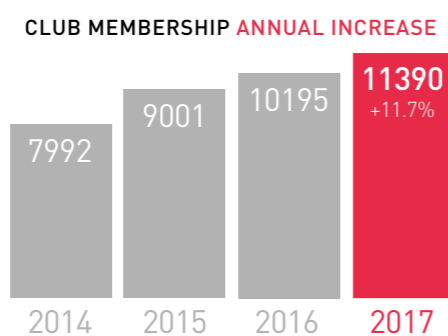
OPERATIONS REPORT

It has been yet another incredibly busy year for Welsh Athletics. The sport has received a huge amount of positive global attention in recent months, with the hugely successful World Para and Athletics Championships in London. This will no doubt lead to even greater demand locally for athletics.

We as a sport must welcome this opportunity and embrace the new generation of athletes of all ages, abilities and backgrounds. We must also celebrate the continued growth, and be conscious of the added pressures this puts on our exceptional volunteer workforce.

There are not many clubs in Wales, in any sport, that can boast membership figures in excess of 700 members, but these are the figures that clubs such as Swansea Harriers & Cardiff AAC now boast. Yet these clubs, like most clubs in Wales, remain driven by a core of volunteers who give up huge a number of hours each week to ensure that these community clubs continue to thrive.

To support this process, Chris Moss and his Development Team are working hard on the new Club Modernisation Programme that will be launched at the end of 2017.



The new programme looks to address many of the challenges that clubs face, with the aim of providing a dedicated resource that works within the club focusing on areas that the club feels is essential for its ongoing development. The partnership approach has been implemented in other Sports and National Governing Bodies across the UK, and has led to significant progress in key areas such as governance, succession planning and the creation of a more customer focused approach.

Competition

Many of the challenges identified last year continue to be at the forefront of our thinking in 2017. As a sport, we now licence over 300 events each year – almost 1 every day! During the Summer months, the track and field season has become increasingly congested, and the pressure on our dedicated volunteer officials is enormous.



Work has begun to explore ways that the fixture calendar can become more streamlined, with the competition day being reduced.

These changes will look to ease the pressure on our volunteers while continuing to make the competition format more engaging to athletes of all ages and abilities. We have received significant feedback and comment on this area over the last 12 months, however it is essential that we continue to engage with all those involved with competitions to ensure that we create a structure that enthruses, excites and enables the sport to continue to flourish.

The recent introduction of Regional Licensing coordinators will enable us to drive up standards of our off-track endurance events, while also providing support to competition providers. We aim to have event adjudicators at every licensed event by the end of 2018, but this will require a significant drive to recruit new volunteers. Our objective is to ensure that all runners have a safe and positive experience.



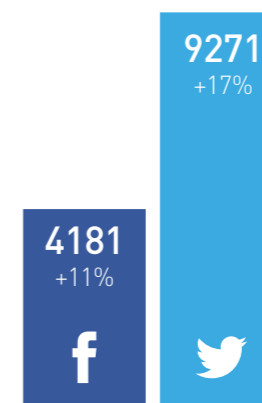
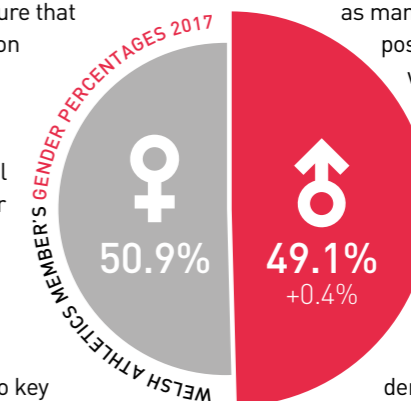
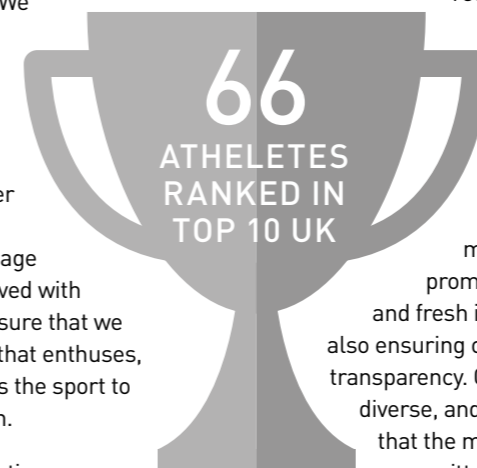
Facilities

The future of many of our Track & Field facilities continues to be an area of focus for Welsh Athletics. We are now an integral part of the Sport Wales facilities collaboration group (joining the WRU, FAW & Hockey Wales). This means we have the ability to safeguard infields at key facilities, and avoid the potential of losing further facilities to artificial infields. The Welsh Athletic facilities grant has attracted £30k of additional investment into facilities across Wales over the last 12 months. We will continue to work with facility operators and clubs to help ensure our athletes and coaches have the best facilities available to support their development.

Governance

The Governance Review carried out in 2016 has gained momentum and key recommendations have been implemented over the last 12 months. We will continue to implement the changes required to ensure we have a modern structure that promotes innovation and fresh ideas whilst also ensuring openness and transparency. Our sport is diverse, and it is essential that the make-up of our committee's is a true representation of our membership.

It is also important that we increase the support provided to key volunteers who lead certain elements of our governance structure – the support and development of our volunteers will be another key focus for Welsh Athletics in 2018.



Communications

We acknowledge that further work is required to improve the way Welsh Athletics communicates with its members. A new CRM system will be launched as part of the Club modernisation Programme, this will hopefully improve our ability to communicate with our clubs. A new Communication and Marketing Manager will be appointed to drive forward additional improvements, including a new website and increased media presence for the sport. It is also vital that we continue to engage with modern communication means and enhance our digital offering to enable enhanced support and direct communication with our membership.

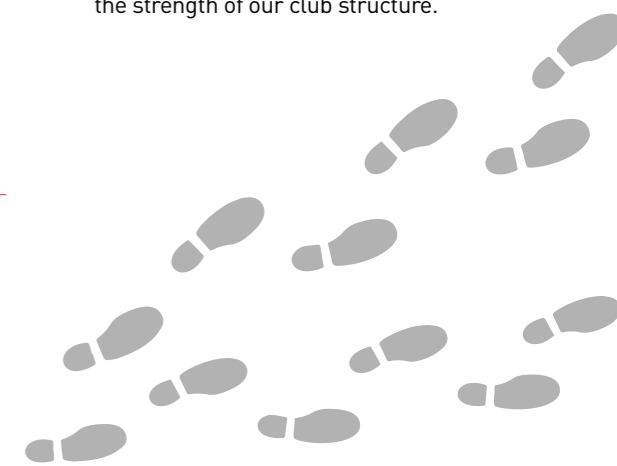
Strategy Consultation

Finally, we are about to enter the final year of current the Strategic Plan. We are keen to ensure that our new strategic objectives reflect the needs of the sport and helps to address the issues and the challenges we all face as a sport. A series of consultation meetings will take place throughout the end of 2017 and early 2018. It is crucial that we gather the views of all sections of our membership, we therefore encourage as many stakeholders as possible to engage with this process.

This consultation is an opportunity for everyone to help shape the future of our sport, to create a plan that meets everyone's demands and that everyone understands the roles they play in helping to further develop the sport in Wales.

What gives this process extra significance is the fact that Welsh Athletics has been chosen by Sport Wales as one of five National Governing Bodies who's new operating model will be used to help shape the whole sporting sector in Wales.

2018 promises to be another exciting year for the sport, and we look forward to continued growth, both in numbers and in the strength of our club structure.



80,000+
PARTICIPANTS IN LICENSED
NON-TRACK EVENT IN
LAST 12 MONTHS



©Mark Shearman

WELSH SCHOOLS ATHLETIC ASSOCIATION

Steve Jones
Welsh Schools Athletics Support Officer

The Schools Association continues to work in partnership with both Welsh Athletics and Run4Wales. What follows is an account of the activities undertaken during the 2016/17 academic year.

GENERAL COUNCIL

Sue Alvey
Chair of General Council

We are living in a time of great change and even the General Council has not escaped this. We started the year with the election of a new Chair and Secretary who will hopefully lead the committee through the changes and challenges ahead in such a way that all committees and regions are kept informed and able to add to discussions relating to the way forward for all areas of athletics in Wales.

It is recognised that most of us are creatures of habit and opposed to change, being comfortable with familiar, existing structures but changes to the length of competition day and the congested event calendar have to be addressed. The society that we live in has already changed and many volunteers (coaches, technical and non-technical officials) are finding that they no longer have as much time to devote to their sport as their predecessors did or that they would like. The General Council has asked all committees to discuss these issues and to feed back their comments and ideas to the Head of Operations so that informed decisions can be made.

During the year General Council has received the following presentations:

- **Safeguarding and the planned future developments.**
- **Performance achievements and the plan for the future.**
- **Endurance and the positive outcomes from the pilot scheme of regional squads together with the concerns regarding the congestion of events.**
- **The plans for the development of regional squad training to be extended to track and field, linking with talent ID but also delivering an educational aspect to those athletes and their coaches.**
- **The introduction of a Club Modernisation programme to assist clubs with aspects that they are struggling with but more importantly to ensure sustainability at club level for all athletes.**

This year the 100th Senior Championships were held in Cardiff. These championships included a well-received parade of previous champions. Sadly many of our top athletes were unable to compete but those athletes who did compete were cheered on by an enthusiastic crowd.

The Welsh Junior Championships took place in Wrexham and whilst some athletes from the South did not make the journey North, these championships acted as a showcase for the next generation of talent. Our task is now to ensure that these athletes have every opportunity to succeed in a professional and welcoming environment. A sentiment that I believe all would agree with.



Domestically, competition began on Sunday, November 6th with the Joint Combined Events Championships, held at NIAC, Cardiff. This led to selection for 16 young athletes to attend the Indoor International which this year took place at the excellent Athletics Ireland facility in Athlone; the event forming part of the Irish Schools centenary celebrations.

The Inter Schools Cross Country Championships returned to Brecon on Saturday, November 26th. There were 377 finishers on the day with an additional 68 taking part in the primary school development races.

Teams representing the eight School Districts were back at Brecon for the National Cross Country Championships on Saturday March 18th. Following this event teams were selected to travel to Margam Park for the SIAB Cross Country

(32 athletes) as well as to London for the Mini Marathon (36 selected). WSAA also selected teams of 6 to participate at the Home Countries International (also at Margam). The Margam event was blessed with great weather and firm underfoot conditions and was an unqualified success.

Swansea University again provided the venue for the Outdoor Combined Events Championships on Saturday, June 25th. This was again in partnership with Welsh Athletics and again saw an increase in numbers.

The Schools summer track & field Championships were again part of the Gemau Cymru festival of sport early in July. Breezy conditions meant that only 6 new championship bests were set compared with 14 in 2015. Following



the Championships, a team of 69 was selected and dispatched to the SIAB International at Santry, Dublin at the end of July and returned a haul of 15 medals. In addition, there were no fewer than 18 personal bests. The Association also accepted an invitation from Welsh Athletics to enter a team in the Under 20 International.

Qualifying events across the 8 School Districts fed into the final event of the domestic programme as a total of 64 teams from 37 schools battled it out in the NASUWT Cup and Plate Final in Brecon on July 13th. Again, quality of performance was evidenced by no fewer than 15 new best performances which punctuated a great day of athletics, a fitting end to another great year of schools' competition.

NEW HIGHS, NEW OPPORTUNITIES

Chris Moss
Athletics Networks Manager

As we look back and reflect on the last 12 months, the trend of growth and development has remained as the sport continues to flourish. Last year's annual report made reference to the fact that membership had exceeded 10,000 for the very first time; 2017 has seen this growth continue has seen this figure surpass 11,000 individual members from 106 affiliated clubs across Wales.

At the start of the year we launched the #Inspiredby2017 programme of events to capitalise on the excitement and enthusiasm that London 2017 and the Summer of World Athletics would bring to the sport. The programme to date has seen us deliver free opportunities across the official, teacher and leader education pathways, providing clubs with the opportunity to develop more volunteers and assistants. It has also seen us support and deliver at a number of community and schools events throughout the year increasing the profile of the sport across the country.



Over the last 12 months the Development Team have worked in partnership to provide opportunities and deliver a variety of events across all age ranges. This community activity supporting; local authorities, districts and regions to



deliver the sport to a varied audience has ensured that athletics remains one of the most accessible sports in Wales.

Quite unashamedly we are still one of the most diverse and inclusive sports in Wales and the participation across the broad range of events that are delivered throughout the year should certainly be celebrated. The increase in running and participation that we are experiencing as a sport has seen clubs across Wales positively respond by offering a wider range of social and recreational opportunities.



As we are well aware, athletics in Wales is underpinned by volunteers. Together, the individual passion, commitment, and dedication that is shown by a workforce that works tirelessly to continually deliver new highs across the sport is to most certainly to be commended. It is without doubt that the thanks and appreciation must go to these individuals for all that has been achieved in the last 12 months.

The Welsh Athletics National Awards programme looks to recognise just some of the volunteers that support the sport on a daily basis. This year the National Awards reached a new high in receiving over 300 nominations across all categories. These awards will be presented at the forthcoming #Inspiredby2017 Welsh

Athletics Conference and Awards Weekend. The Conference and Awards Weekend will, of course feature the 'Clubs Conference' and build on the success of the 2016 event which saw a number of clubs benefitting from the expertise and advice provided. This, the third instalment of the Clubs Conference will see



©Mike Castle

the launch of the 'Club Modernisation' programme; a unique opportunity for clubs to engage in a supported programme of activities.



Much of the background and rationale behind the Club Modernisation programme stems from the challenges that we see on a daily basis. The programme recognises growth whilst acknowledging that in some cases, the structures that underpin club activity have not necessarily developed and evolved at the same rate. As a result, there is a need to focus on establishing more robust and

modern operating models within these structures to ensure that they continue to thrive.

The Club Modernisation programme must ensure that it is focused and targeted at developing modern, vibrant and progressive clubs that have the potential to operate in a competitive environment and continue to offer opportunities for all. As a result, there must be a model of support available to all clubs to enable this development.



This support will include a number of support services and opportunities that are available for all clubs to access. A bespoke model of support including; 1:1 support, a new online 'Clubs Portal', club based officer support, club project support as well as the existing and continued direct support available from Welsh Athletics are all opportunities that form part of this programme.



This is an exciting time for athletics in Wales and the opportunities that we have to grow and develop the sport have never been so central to all that we do moving forward. 2018 will provide yet more opportunity and allow us to 'work with the willing' to excel in developing the sport across Wales.

COACH AND ATHLETE DEVELOPMENT

Neil Wheeler
Track Coach Development Manager

Over the last 12 months, Welsh Athletics have delivered a large number of coach development sessions across Wales.

As in previous years there has been a range of opportunities offered including; Reflective Practice, Sport Psychology, Physical Preparation, Nutrition and Event Group technical workshops. These opportunities aligned to the 5 key areas of coaching that Welsh Athletics have identified as the pillars for Coach Development activity;

- Coaching Skills
- Physical Preparation
- Sport Science & Sports Medicine (SSSM)
- Event Group Technical
- Training Organisation & Planning

The number of coaches engaged overall with the opportunities provided have stabilised from 2016. However, the range of topics offered in a standalone workshop format were not supported as well as we would have hoped. Therefore, in 2017/2018 the way coach development activity will be offered will be based around the Regional and National event group programmes.

Progressing as a coach and being responsible for providing opportunities for coaches is a process of evolution. If we stand still the opposition will pass us by; we must continue to review and adjust what we are doing and continually ask ourselves – “why are we doing the things we are doing?” This is a relevant question for programme managers and coaches alike to ask themselves and continually self-reflect in order to progress.

Since January 2015 the planning and delivery process has evolved in the following way;

January – September 2015
Make connections and review current offering

September 2015 – August 2016
Implement engagement opportunities

September 2016 – August 2017
Sustain engagement and develop relevant resources

September 2017 – August 2018
Evolve opportunities, develop event group initiatives.

During 2017 a number of resources have been developed for coaches. Perhaps the most significant of these being the Physical Preparation booklets. We partnered with Sport Wales and Cardiff Metropolitan University to produce relevant information and guidance for coaches and athletes of all levels. These resources will expand into the other key areas of coaching over the coming seasons.

The coaching resource section of the WA website contains videos, podcasts and documents. This resource section will be populated with additional content in 2017/2018.



Conference 2016

The Welsh Athletics annual Coaching Conference was held on Sunday 2nd October at the Vale Resort, Hensol. The conference theme ‘Physical Preparation’ was delivered through a series of workshops and keynote sessions.

The conference featured two keynote presentations delivered by Adrian Thomas entitled ‘from Welsh Schools to Olympic Games: My lessons learned from coaching (so far)’ and from David

Faulkner (Director of Sport, Millfield School) about high performing teams and the key drivers for success.

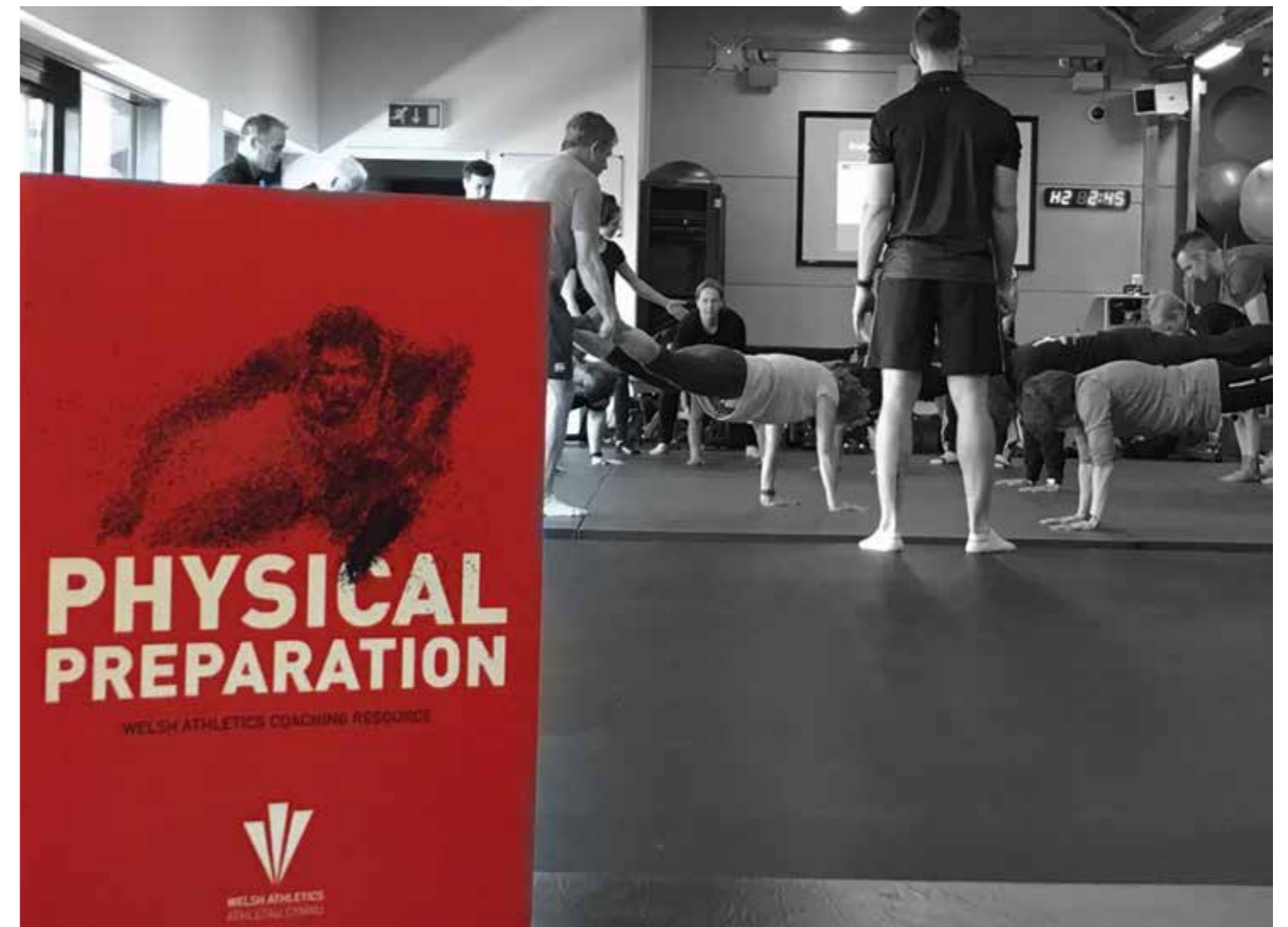
The Physical Preparation themed workshops were hosted by Jason Pedley (Lecturer in Strength & Conditioning, Cardiff Metropolitan University), Matt Archer (Lead Strength & Conditioning Coach, Sport Wales) and Matt Craythorne (Strength & Conditioning Coach, Sport Wales). Jason presented the underpinning science and supporting case studies highlighting the importance of developing strength related training for athletes from a young age.

Matt Archer and Matt Craythorne presented key findings from testing they have undertaken with Welsh athletes attending national initiatives and WA supported athletes. They explained how coaches can interpret data to help reduce performance gaps to help athletes progress.

National Development Programme (NDP)

Building on the success of these days held twice a year since 2012, the engagement of athletes, coaches and parents has grown during this period of time. The NDP day held in November 2016 was the last instalment of a mixed event group format, during the winter of 2017 and the spring/summer of 2018 each event group will develop their own development days and opportunities.

The November 2016 day welcomed athletes ranked in the UK top 30, their coaches and parents. We were delighted to be joined by Goldie Sayers and Rhys Williams. Goldie led a Q&A session and a practical multi throws session. Rhys delivered interactive workshops with



athletes and parents. Thank you to the coaches and practitioners who supported the delivery of the day.



National Performance Programme (NPP)

The 3rd edition of the National Performance Programme (NPP) combined with the Commonwealth Games information day in October 2016. The information shared with athletes, coaches and parents included; the nomination and selection process, the timeline leading towards the Gold Coast Games, and a preview of the 2018 Games provided by Cathy Williams and Nicki Phillips from Team Wales.

The future of the NPP will be event group based, a format that has begun across many of the event groups in different

formats throughout 2017.

Focus 2018

As previously highlighted in this report, coach and athlete engagement will predominately be delivered through event group programmes at National and Regional level in 2017-18. The opportunities provided and means of delivery will vary between the event groups. It is important that each event area is catered for in a way befitting the needs, strengths and areas for development identified.

The Regional and National programmes will commence in the Autumn/Winter of 2017 and continue during 2018. A similar ethos to the previous National Development Programme will still exist, with the engagement of athletes, coaches and parents being at the centre of what we do.

The responsibility for leadership in each event area will be led by the following WA staff;

Neil Wheeler Sprints, Hurdles & Relays
neil.wheeler@welshathletics.org

Adrian Palmer Field Events
adrian.palmer@welshathletics.org

Chris Jones Endurance
chris.jones@welshathletics.org

Please feel free to get in contact if you have any questions, wish to get involved or would like to know more – we would love to hear from you.

A number of regional and national coordinators will also contribute to the implementation and shaping of these programmes during the seasons ahead. 2017/2018 will provide an opportunity to implement different strategies and provide opportunities for athletes, coaches and parents across Wales to help shape the future direction of junior athlete development in Wales. We look forward to working with everyone while providing relevant opportunities to support the future of athlete performance and coach development.

SOCIAL RUNNING RUN WALES

Sioned Jones
Run Wales Programme Manager



2017 has seen Run Wales social running programme take further leaps forward in achieving its objectives to turn Wales into a nation of runners.

2016 saw a further 2% rise in the number of people regularly taking part in running or athletic activities in Wales. 16%¹ of the adult population in Wales now participate in our sport, and our ambitious aim of getting 18% or 550,000 adults running once a week by 2019 seems very achievable.



2017 saw the re-launch of the programmes refreshed, fully bilingual website (www.irun.wales / www.rhedeg.cymru). The programmes' social media platforms of Twitter, Facebook and Instagram are going from strength to strength and are a great engagement tool with members. 2016 saw the recruitment of Run Champions who are advocates of the programme in their communities and provide Run Wales with regular blogs full of real stories of their and their running groups' running expeditions. A section of the programme which is very popular amongst other members and stakeholders alike.

This year an integrated Database Management System will be developed that will allow us to capture key information / data on the running community in Wales, which will be central to future planning and proofing the programme. The aim is to have this system in place by March 2018.

Another exciting development for 2017 was the creation of the Run Wales Activator Roles. These new roles have helped to accelerate the programme, as all three Activators have been fundamental in supporting the establishment of new groups within their areas. In addition, they have worked closely with parkrun and other key stakeholders to create new developments and opportunities. Between the three roles 17 new groups have been established in the last 6 months alone.

We now have over 80 social running groups registered on the website, with a 164 qualified running leaders in place to support those. There is a drive to ensure as many social running groups as possible have qualified run leaders in place and as a result there has been a 41% growth in the total number of attendees on the Leadership and Running Fitness course from 2016. The impact Run Wales is having in this area is substantial.

Our strategic alliance with parkrun has seen a coordinated approach to increasing running opportunities across Wales. Through this work there are now 36 events across Wales, with Run Wales having directly supported the establishment and funded 14 of these parkruns since 2014. This has led to 10,654 more runners taking part in at least 1 run over the past 6 months (Jan to June 2017).

One of our main aims was to re-address the equality balance, and encourage more females to start running. 25% of registered groups with Run Wales are female only groups, with up to 60% of our members being Female². Run Wales received funding from Changing for the Better grant scheme in late 2016³ to support the establishment of a women's only Couch to 5k opportunity in the Llynfi Valley. This opportunity saw 30 women & 1 man complete the programme and progress to the local social running group to continue and improve their running. In addition 8 women were upskilled in their LIRF through the funding.

Another element of the success of the programme is that the number of female run leaders that have been upskilled in 2017 – a 7% growth (56%), meaning more female leaders than male for the first time.

2017 saw the launch of our fully bilingual Group Running pack which has all the information, advice, and resources required for groups to set up their own running groups.

Another success for us in 2017 was the creation of the workplace running programme. The guide was created in association with Healthy Working Wales and we have been working with organisations to offer FREE taster sessions with the hope of encouraging employers to create running groups at lunch time or after work.



With the Welsh Assembly Government and Sport Wales promoting an increase in physical activity across Wales, we are confident that Welsh Athletics (through the Run Wales programme) are in a good position to lead the sector.

Finally, a special mention for the Chair of the advisory group Dafydd Trystan who has helped drive the initial development stages of the programme.

1. National Survey - stats.wales.gov.wales/Catalogue/National-Survey-for-Wales
2. Data collected from Run Wales Membership Survey March 2017
3. Changing for the Better Programme - wales.nhs.uk/sitesplus/863/page/60278



OFFICIALS

It has been a very successful year for Welsh Officials peaking with the London 2017 IAAF World Athletics Championships and Para-Athletics Championships. 11 Welsh Officials were invited to utilize their skills in both track and field, and endurance with many more Welsh volunteers in attendance. A particular highlight of these competitions is that Dave Jessett performed the duty of the Competition Director for the World Championships. A special congratulations must be extended to Chris Price also who was approved for upgrading to a Level 4 Field Judge. We also have a number of Officials currently going through the process of upgrading to level 4 so the best of luck to them. The continuing mentor programme is proving successful seeing Officials make use of others' knowledge improving their own skill and progressing where desired.



Our gratitude must also go out to the tutors who have helped, continuously bringing through a new crop of Officials to ensure that our events can continue to be successful. 2017 has seen a new look course that possesses a focus of hands on experience compared to its predecessor

that employed presentational information. Wales has already seen most of our tutors go through their own educational process to learn the new format and we have been able to exploit this opportunity to extend our tutoring team. To capture the excitement of the World Championships, Officials education courses have been offered free of charge.



On the Endurance side, we have seen the introduction of the Race Directors course, helping Welsh organisers to produce consistently high quality races. The focus now must look towards increasing the number of adjudicators to all four corners of the country. To fall in line with licensing and insurance procedures, Welsh Athletics will gradually assimilate to UKA's requirement for all road and multi-terrain events to have an adjudicator. Their role will be to ensure that licensing standards are upheld whilst advising and reporting on potential improvements allowing referees, where appointed, to focus on ensuring the rules are followed. Race referees will still be required at championship events as a minimum.

To support this process, 4 Regional Licensing coordinators have been appointed and sit on the endurance officials committee. They will be in place

to support endurance events to uphold the licencing standards while offering advice and support to competition providers.

The officiating landscape continues to be challenging with restraints put on volunteers due to a congested competition programme and what can be long competition days. A working group has been put in place with the task of reducing these pressures by rationalising the current competition calendar and seeking improvements to the competition day.

Officials remain the life and blood of athletics competition and, as always, our gratitude is extended for making the various championships across road, trail, cross country, mountain, and track and field, as well as the various leagues a success. We look forward to the anticipated successes of next year as we support Officials in their role.

The official's committees have been led superbly by John Chidlow (endurance), Jeff Marsden and John Elward (Track and Field).

It is with sadness that we lost John Collins who had been so involved with all aspects of athletics, but particular for his passion for Endurance events, he will be sorely missed.

TRACK & FIELD

Rhiannon Linington-Payne
Competitions Department

Inspired by London 2017, athletes, officials, volunteers and coaches alike have worked to ensure that this season has been the busiest and most successful yet.

The Indoor season once again kicked off with the Junior Open incorporating the South & East Wales Championships. This meeting has gone from strength to strength and this year saw 950 athletes compete across the two days.

Once again we welcomed athletes of an exceptional standard to the Welsh Indoor Senior Championships, both Welsh and British, including the likes of David Omoregie and Andrew Pozzi, the latter of whom went on to win a European Senior Indoor title later in the season. It is hoped that our Senior Championships will continue to attract high-calibre British athletes to provide our Welsh athletes with an enhanced level of competition.

The indoor International this year featured both U20 & U18 teams from England & Wales, providing an excellent development opportunity for younger athletes with the upcoming Commonwealth Youth Games.

England retained their title at this meeting and those in the stadium were treated to no less than seven meeting

records across both track and field and from both Welsh and English athletes.

The annual Junior International in Cardiff again saw a return for the development team from Welsh Schools. A superb team performance saw Wales take the first ever win in the event, helped by performances from three of the Welsh contingent that travelled to the Commonwealth Youth Games just days later.

The Welsh Junior Championships for age groups U13 through to U20 took place this year in Wrexham and although numbers were reduced in comparison previous years, there was still plenty of young talent on show.

The popularity of the Welsh Athletics League continues to increase and this year saw just under 900 athletes take part representing a 14% increase in participation across the four fixtures. The final fixture returned to Swansea and

saw the host club retain the title they won in 2016 ahead of 2015 champions Brecon AC and Cardiff AAC.

The Welsh Junior League continues to provide a hugely successful outlet for the younger generation of athletes in Wales. Across the four qualifying matches, just under 3,700 athletes turned out to compete for their clubs. The Plate and Cup Finals were again held in Newport and were equally well supported. Menai Track & Field were successful in defending their 2016 title in the Plate competition and Cardiff Archers emerged victorious in the Cup competition after a closely fought out battle between themselves and Cardiff AAC, the results of which came down to the relays at the end of the day.

The demand for event-specific competition is ever on the rise and this was reflected in the popularity of the Open Meeting Series. Nearly 270 athletes (161 personal bests) supported the two #RunWithTheWind Sprints Open Meetings, and entries for both



the Jumps & Throws Open (49 athletes) and Endurance Open (120 athletes, 85 personal bests) doubled in comparison to 2016 figures.

As ever, the Summer Championship season concluded with the Inter Regional Championships which returned to Brecon. It was an incredibly well supported day of athletics which saw West Wales defend their overall title with a commanding victory over the other three regions. Individual highlights of the day included a Commonwealth Games 'B' standard (13.48) in the sprint hurdles for West Wales athlete Caryl Granville (Darrell Maynard).

Congratulations must go to the Cardiff AAC & Swansea Harriers British Athletics League teams who both secured promotion into the Premier Division for 2018. Swansea Harriers women retained their Premier League status in the UK Women's League for another year, and the Cardiff AAC women were unfortunate to miss out on promotion by just one point.



Congratulations also to Cardiff Archers, Cardiff AAC and Swansea Harriers who travelled to Birmingham for the National YDL Finals, having all qualified from their Regional Leagues. The future of Track & Field in Wales is certainly bright!

I would like to take this opportunity to thank the officials and volunteers that have worked tirelessly with us for the duration of both the indoor and outdoor seasons.

Whilst every effort is made to ensure that competition days are made more manageable, without the extensive work that our volunteers put in behind the scenes outside of the competition day, we would not be able to provide so many fantastic competition opportunities for our athletes across Wales.

100TH WELSH SENIOR CHAMPIONSHIPS

2017 brought about the 100th edition of the Welsh Senior Championships and with it, a celebration of Welsh Track & Field Champions both past and present.

As the last domestic Outdoor Track & Field Championships before the Gold Coast Commonwealth Games the event attracted many Welsh Commonwealth Games hopefuls, a number of whom already had nomination standards to their name.

The Championships took a new format for this historic year with the first action taking place on Friday evening, giving athletes and spectators a taste of the atmosphere that would follow.

A parade of previous Welsh Champions took centre stage on the second day of competition, featuring the likes of Former World Marathon Record Holder Steve Jones, Olympic Long Jump Champion Lynn Davies CBE, and European, Commonwealth, World and Olympic Medallist Jamie Baulch. In addition, Commonwealth Games Silver Medallist Venissa Head and the 1998 Commonwealth Games Bronze Medallist Shaun Pickering were also present to witness the current crop of Welsh talent that was on display.

"It was an honour to walk alongside so many great Champions from the past".
Shaun Pickering

There were impressive performances across all disciplines including Hammer Thrower Carys Parry (Adrian Palmer) who won her twelfth Welsh Title with a Commonwealth Games 'A' standard throw of 65.32m.

The next generation of Welsh talent was also on show, and those in the stadium were witness to an U20 Welsh Record of 56.43m from Amber Simpson (John Parkin), also in the Hammer Throw.

The ability to reverse the short sprints to run with the wind proved to benefit the



both the athletes and the competition once again as Sam Gordon (Matt Elias) and Tom Williams (Tom Meyer) both produced impressive victories in the 100m and 200m, running 10.32 and 20.97 respectively. With these times Sam boosted himself to sixth on the Welsh all-time rankings, and Tom became the first Welshman to run sub 21-seconds since Christian Malcolm in 2012.

"The 100th Anniversary of the Welsh Championships was a special occasion and provided a great window into the exciting talent that is currently on display in Wales".

Scott Simpson,
Head of Coaching and Performance

Aled Sion Davies (Ryan Spencer-Jones) also showed his dominance in the throws as he recorded a throw of 52.52m in the F42 Discus just over a month before he would go on to take the first of two World Para Athletics titles in London.

Arguably the most hotly contested event of the competition was the Men's 1500m final which included World Championship athlete Ieuan Thomas, Jake Heyward (who

went on to take the European U20 1500m title later in the season), and Jonathan Hopkins, who has a Commonwealth 'A' standard to his name in the steeplechase. The title was clinched by Rowan Axe (Craig Winrow) who just days later went on to post a Commonwealth 'A' standard. Truly, this race was an exhibition of middle-distance running in Wales.

The event provided a memorable experience for all involved and the presence of so many high calibre athletes, both past and present acted as an inspiration to all who took part in the Championships. Thanks must go out to all the officials and volunteers who worked tirelessly throughout the competition to make it such a success.



CROSS COUNTRY

Alex Donald
Event Manager (Endurance)

The Welsh Cross Country season began in October with local leagues giving Welsh athletes a chance to prepare for the Championships and International fixtures which would follow later in the season.

The programme of Welsh Championships began with a successful second edition of the Welsh Cross Country Relay Championships at Monmouthshire Showground in October.

The Welsh Inter-Regional Championships moved to the Penlan Arena, Brecon and the 112th Welsh Cross Country Championships again incorporated the Welsh Masters Championships and took place in Singleton Park, Swansea.

Dewi Griffiths sealed a record sixth consecutive Welsh title at those Championships, leading his club to a successful defence of their team title.

Beth Kidger took the women's honours with Clara Evans leading her Cardiff AAC team to women's title. Cari Hughes and Ciaran Lewis took U20 titles with the remaining honours shared between athletes from Cardiff AAC, Deeside AAC, Menai Track & Field and Wrexham AAC.

The 'Mass Participation Cup' was awarded to Les Croupiers RC who provided the largest number of competitors in the Senior / Masters races.

A contingent of Welsh athletes competed at the Cross De Atapuerca in November in Burgos, Spain where Elinor Kirk finished ninth in the senior women's race and Dewi Griffiths and Charlie Hulson contested the men's race.

Two Welsh athletes gained selection for the Great Britain & Northern Ireland Team at the British Athletics Liverpool Cross Challenge in Liverpool.

The pair then competed at the SPAR European Cross Country Championships in Chia, Italy where Dewi Griffiths finished inside the top 20 and was a part of the Gold medal winning team. Georgina Outten competed in the U23 women's

race, also bringing home a team Gold medal, after an impressive third place at the trial in the senior women's race.



The duo were joined at the Great Edinburgh International in January by Charlie Hulson in the men's race and by Cari Hughes who finished a credible 11th place in the U20 women's race on her Great Britain & Northern Ireland debut.

The British Athletics Cross Challenge visited Bute Park for the last time in January before moving to a new venue and a new Autumn date in October 2017. Dewi Griffiths was the sole Welsh winner but was followed home by Swansea Harrier club mate Kristian Jones.

Onlookers were treated to some impressive performances from young Welsh Athletes including Matthew Willis who was second in the U17 men's race and Cari Hughes as third U20.

The UK Inter-Counties Championships closes the domestic Cross Country season in the UK each year. Cari Hughes ran through a competitive U20 women's race eventually finishing fourth and

earning a place at the IAAF World Cross Country Championships in Kampala, Uganda where she finished 64th.

It was a great season for Mia Roberts who was second U15 Girl in the 2016/2017 British Athletics Cross Challenge Series and for Matthew Willis and Oliver Barbaresi who finished 1st and 2nd respectively in the U17 men's category. Cari Hughes finished second overall in the U20 women's series.

The final event of the season came as Wales took its turn to host the SIAB & Home Countries Cross Country International. Margan Park was a fantastic setting for the event which benefited from warm, dry and sunny weather conditions.

It provided an opportunity for the first outing over the Cross Country of the year for European U20 1500m Champion Jake Heyward who placed fourth and led his team to bronze medals. There were further team bronze medals for Wales in the Senior Women's race.



The 2017/2018 season will now start at Llandaff Fields with the Cardiff Cross Challenge on October 14th giving Welsh Athletes a chance to prepare for the first major test of the season at the European Cross Country Championship Trials in Liverpool.

WALES AT THE WORLD CHAMPIONSHIPS



8
Welsh Para Athletes



5
Welsh Athletes



Andrew Davies Marathon
Bethan Davies 20km Walk
Joshua Griffiths Marathon
David Omoregie 110m Hurdles
Ieuan Thomas 3000m Steeplechase

Hollie Arnold F46 Javelin Gold
Olivia Breen F38 Long Jump Gold
Aled Sion Davies F42 Discus Gold, F42 Shot Put Gold
Kyron Duke F41 Shot Put Silver
Sabrina Fortune F20 Shot Put
Jordan Howe T35 100m Silver
Rhys Jones T37 100m
Stephen Morris T20 800m, T20 1500m, T20 5000m



11
Welsh Officials

3
TeamCoaches



Sue Alvey
John Chidlow
Jane Dakin
Bob Dobson
Olive Dobson
Carina Jones

Ceri Jones
Dave Jessett
Sue Maughan
Jeff Marsden
Amy Price

Ryan Spencer Jones
Christian Malcolm
Scott Simpson

ROAD RUNNING

Alex Donald
Events Manager (Endurance)

Paul Brooks
Road Running Secretary

It has been a successful year for Road Running in Wales which has taken advantage of the improvements across endurance running as a whole. The last twelve months has seen some impressive performances by both individuals and teams.



©Mark Shearman

Dewi Griffiths (Kevin Evans) heads the 2017 lists at 10km following a solo run to 28:47 on the streets of Cardiff and for the Half Marathon following a 1:02:53 posting at the Great North Run which saw him move to seventh on the Welsh all-time lists. Elinor Kirk (Steve Vernon) sits at the top of the women's 10km rankings following a win at the Trafford 10k and Caryl Jones tops the Half Marathon lists after a return to racing which included a 74:22 posting at the Great North Run.

The Welsh 10km Championships travelled North this year to Llandudno and saw Rob Samuel (Andrew Walling) and Clara Evans take the Men's and Women's titles in 31:29 and 36:20 respectively. The Welsh 5km Championships took place in Whitchurch where the victors were Tom Marshall (James Thie) in 14:35 and Alaw Beynon-Thomas (Kevin Evans) in 16:58.

A development team was sent to Armagh in Ireland where Josh Griffiths ran a fine



©Mark Shearman

personal best of 14:18 over the 5K; there were another five young athletes that also ran personal bests. Clara Evans was the first Welsh finisher in the Women's 3K race in yet another personal best of 9:48.

Josh Griffiths went on to run the fastest Marathon time by a Welshman in over two decades at the Virgin London Marathon with 2:14:49, taking the British and Welsh titles in the process. Rosie Edwards (Dennis Russell) defended her Welsh Marathon title in a new personal best of 2:40:49.

Shortly behind Griffiths in 2:15:11 was fellow Welshman Andrew Davies (Steve Vernon) taking a bronze medal in the British Championships and a new lifetime best in the process. Both then duly qualified for the IAAF World Championships in the Marathon.

The World Championships in London were incredibly well supported and large

crowds witnessed Griffiths make his Great Britain & Northern Ireland debut. Davies was the first back on that occasion however in 31st place with Griffiths finishing 39th.

It was also a very successful 12 months for Welsh Club Teams. Cardiff AAC won the ERRA Six Stage Road Relay Championships last October and their women placed third. Swansea Harriers Men were the silver medallists on that occasion, going on to win the ERRA National 12 Stage Road Relay Championships in April, for the second time in their history. Their women placed second on that occasion.

The Welsh Road Relay Championships moved away from the spring because of a particularly congested calendar in 2017. The event was well received at Pembrey Country Park near Llanelli in September.

Swansea Harriers dominated in the Senior Races with almost all of their top runners competing, ahead of the ERRA National Road Relay Championships in October.

The children's races were far more open and saw victories from; Cardiff AAC, Menai Track & Field, Newport Harriers and Swansea Harriers.

In addition to the improving senior and junior standards across Wales we are also seeing large increases in participation. Both measures indicate a positive and successful future for our sport.

WALES DOMINATING THE ROAD



MOUNTAIN RUNNING

Arwel Lewis
Mountain Running Secretary

This year's Senior Home Countries International was held in conjunction with the World Championship Trial race in Sedbergh, Cumbria with both the Senior Men and Women's teams finishing on the podium claiming bronze medals.

At this event, despite being unable to compete in her age group, Annabelle McQueen produced a fantastic run in the Senior Women's race to earn her selection to represent the Great Britain (Under 20) team for the first time at the World Mountain Running Championships, alongside pre-selected Welsh team mate Heidi Davies.

Wales fielded both a girls and boys' team at the World Mountain Running Association International Youth Cup in Italy and all athletes conducted themselves to a very high standard whilst dealing with incredibly challenging conditions. The teams finished 11th and 10th respectively.



July brought about the 42nd Jewson International Snowdon Race at Llanberis and saw one of the youngest ever winners of the race in 20-year old Italian Davide Magnini. The first Welsh athlete home

was Gareth Hughes in 9th place finishing ahead of Russell Bentley (13th) and Matt Roberts (16th). Annie Conway of Ambleside AC was a clear winner of the Women's race whilst Bronwen Jenkinson finished a credible 4th place.

At the World Mountain Running Championships in Italy, Heidi Davies managed a superb 8th place finish and GB debutant Annabelle McQueen had a race to remember finishing in 19th. The Junior Women's team finished agonisingly outside the medals in 4th, just 1 point behind the Italians who took bronze.

Devils Bridge, Aberystwyth played host for the British & Irish Junior Mountain Running Championships Trial Race. From this, teams were selected to represent Wales at the Championships in September which saw a number of inexperienced Junior athletes produce notable performances. The U17 Women's team secured bronze led home by Emily Hanlon in 15th place. The first Welsh finisher in the U17 Men's race was Joseph Reardon in 4th who led the team to a bronze medal. Annabelle McQueen was extremely close to a medal in the U20 Women's race, just being edged into 4th place in only her first year in the age group. The U20 Women's team also brought home a silver medal.

The climax of the domestic season came at The Maegswm Muddle, Llanberis, which hosted both the final event of the British Championship series and the one-off Welsh Championships. Bronwen Jenkinson produced a superb run to take both the British and Welsh titles, finishing ahead of a notable field including two-time Snowdon International winner & Irish International Sarah McCormack.

Bronwen also led Eryri Harriers to a team silver medal. The Welsh Senior Men's title went to the ever-consistent Gareth Hughes who finished in 6th overall.

Thanks must go out to all the event organisers and marshalls, who have often braved the elements to ensure that competition opportunities can go ahead.

There is much to look forward to regarding Mountain Running with the standard of competition increasing each year on both the British and world stages. British athletes are taking up the challenge of competing for honours against the rest of the world and we in Wales will be looking forward to producing yet more high quality mountain running athletes, those capable of making the GB teams, competing in international events next year and beyond.

In the coming month, Llanberis will play host to the British Fell and Hill Relay Championships. Bronwen Jenkinson, Annabelle McQueen and Rob Samuel will all represent Wales in the Smarna Gira World Cup race in Slovenia, whilst Russell Bentley, Matt Roberts and Gareth Hughes will be competing internationally, representing Wales in the 60th Trofeo Vanoni (Italian Championships).

Finally, I would like to express my thanks to all the members of the Welsh Athletics Mountain Running Committee who have supported the discipline steadfastly throughout the past year and done their utmost to ensure that all athletes have been catered for, and thank you also to all the race organisers throughout Wales, the coaches and of course, and all the athletes who have taken up the enjoyable challenge of competing on the mountains.

TRAIL RUNNING IN WALES 2017

Matt Ward
Trail Running Secretary

Another year in trail running has passed and the discipline continues to boom.

Anecdotally it feels that everyone, at some point in the year, runs on trails. In fact, the number of trail events in Wales will this year number over 100, and that's just the ones we know about!

Races from the north to the south have seen a big increase in numbers taking part, with trail marathons and ultra-marathons leading the way.

Once again Wales' premier trail marathon events, the Salomon Trail Marathon Wales (Coed y Brenin) and Scott Snowdonia Trail Marathon both drew big fields in superb almost European-like weather, showcasing North Wales at its very best. Mid and South Wales were also catered for with the by now world-famous Man Vs Horse race in June.

The Welsh Trail Running Championships were held at the Welsh Trail Running Festival in Builth Wells back in May, with hundreds of runners taking part in races from 1km to a half marathon. The venue and route was a big hit with all participants.

Our Welsh Athletics Trail Running Committee have once again worked hard this year in helping guide the sport and encourage new events, and we are grateful to all members for their continued efforts.

The last five years of growth in trail in Wales has been fantastic in bringing many new runners to the off-road arena and we hope that these runners will go on to enjoy their running in other disciplines - let's not forget that 2017



IAAF World Championship marathon GB representative Andy Davies learnt his running craft on the hills and trails of Wales before hitting the roads.

It's true that more and more off-road areas of Wales are becoming accessible to runners, so let's hope that 2018 will

see even more of you heading out onto the trails.

Enjoy / mwynhewch!

INDOOR WELSH CHAMPIONS 2017

U13 Girls

60m	Ella WINTLE, Pembrokeshire Harriers	8.67
200m	Ella WINTLE, Pembrokeshire Harriers	28.16
800m	Neisha ROBERTS, Deeside AAC	2:34.16
1500m	Neisha ROBERTS, Deeside AAC	5:09.75
60m Hurdles	Ella WINTLE, Pembrokeshire Harriers	10.21
High Jump	Sophie LISK, Cardiff Archers	1.37
Long Jump	Ellie-Mae WAINWRIGHT, Newport Harriers	3.97
Shot Put (2.72kg)	Amelia FETTIS, Newport Harriers	7.81

U15 Girls

60m	Danai MUGABE, Swansea Harriers	7.97
200m	Macey MORRIS, Newport Harriers	26.20
300m	Macey MORRIS, Newport Harriers	41.51
800m	Aimee CALLOW, Cardiff Archers	2:16.41
1500m	Nia CLATWORTHY, Cardiff AAC	4:58.06
3000m	Aimee CALLOW, Cardiff Archers	10:40.63
60m Hurdles	Saffron MAURICE, Cardiff AAC	9.48
High Jump	Lili CHURCH, Carmarthen Harriers	1.53
Pole Vault	Morgan EDWARDS, Deeside AAC	2.25
Long Jump	Caitlyn MAPPS, Cardiff Archers	5.13
Shot Put (3.00kg)	Jamie HOLLAND, Swansea Harriers	10.00

U17 Women

60m	Moli JONES, Colwyn Bay AC	7.73
200m	Moli JONES, Colwyn Bay AC	25.77
300m	Isabel DAVIES, Newport Harriers	42.19
800m	Nia RILEY, Cardiff Archers	2:17.14
1500m	Kiara FRIZELLE, Cardiff AAC	4:38.34
3000m	Mia ROBERTS, Deeside AAC	10:05.66
60m Hurdles	Grace MORGAN, Cardiff Archers	8.88
High Jump	Thea JENKINS, Pembrokeshire Harriers	1.60
Pole Vault	Megan HODGSON, Cardiff AAC	3.30
Long Jump	Emily THOMAS, Cardiff Archers	5.30
Triple Jump	Eliza DURNALL, Cardiff AAC	10.77
Shot Put (3.00kg)	Caitlin ARNOLD, Newport Harriers	12.06

U20 Women

60m	Hannah BRIER, Swansea Harriers	7.37
200m	Amelia REYNOLDS, Cardiff AAC	24.67
400m	Amelia REYNOLDS, Cardiff AAC	56.63
800m	Naomi REID, Cardiff AAC	2:14.31
1500m	Naomi REID, Cardiff AAC	4:37.32
3000m	Martha OWEN, Deeside AAC	11:03.57
60m Hurdles	Lauren EVANS, Cardiff AAC	8.97
High Jump	Abigail BUXTON, Pembrokeshire Harriers	1.63
Pole Vault	Lois HILLMAN, Cardiff AAC	3.30
Long Jump	Lauren EVANS, Cardiff AAC	5.53
Triple Jump	Macey JONES, Cwmbran Harriers	11.14
Shot Put (4.00kg)	Gwennan WILLIAMS, Menai Track & Field	10.09

Senior Women

60m	Moli JONES, Colwyn Bay AC	7.71
60m (Open)	Charlotte WINGFIELD, Cardiff AAC	7.44
200m	Melissa ROBERTS, Birchfield Harriers Harriers	24.56
400m	Rachael SCOTT, Preston Harriers	57.72
800m	Naomi REID, Cardiff AAC	2:13.84
1500m	Isobel PARRY-JONES (U20), Cwmbran Harriers	4:33.08
1500m (Open)	Gemma HILLIER-MOSES, Charnwood AC	4:24.45
3000m	Julia COOKE, Birchfield Harriers	9:54.65
60m Hurdles	Lauren EVANS, Cardiff AAC	8.89
60m Hurdles (Open)	Jade SIMSON, City of Plymouth AC	8.66
High Jump	Becky OWEN, Brighton & Hove City AC	1.68
High Jump (Open)	Amelia JENNINGS-MCLAUGHLIN, Trafford AC	1.71
Pole Vault	Sally PEAKE, Birchfield Harriers	4.15
Long Jump	Rebecca CHAPMAN, Cardiff AAC	5.85
Triple Jump	Sian SWANSON, Swansea Harriers	11.31
Shot Put (4.00kg)	Lucy GRIFFITHS, Cardiff AAC	11.73

INDOOR WELSH CHAMPIONS 2017

U13 Boys

60m	Tomos BROAD, Bridgend AC	8.49
200m	Elliot RIORDAN, Swansea Harriers	28.64
800m	Roman HODGSON, Deeside AAC	2:25.61
1500m	Frank MORGAN, Carmarthen Harriers	4:47.49
60m Hurdles	Zac DAVIES, Swansea Harriers	10.41
High Jump	Toks AKANBI-MORTIMER, Cardiff Archers	1.4
Long Jump	Toks AKANBI-MORTIMER, Rhymney Valley AC	4.50
Shot Put (3.25kg)	Jamie ZYGALDO, Pembrokeshire Harriers	7.70

U15 Boys

60m	Nathan SCOTT, Rhondda AC	7.4
200m	<i>No Competitors</i>	-
300m	Carter STAPLES, Cardiff AAC	38.78
800m	James JONES, Deeside AAC	2:10.24
1500m	James JONES, Deeside AAC	4:28.28
3000m	James JONES, Deeside AAC	9:25.19
60m Hurdles	Ben HILLMAN, Cardiff AAC	9.22
High Jump	Iwan REES, Rhymney Valley AC	1.63
Pole Vault	Dylan WARD, Swansea Harriers	2.50
Long Jump	Ben HILLMAN, Cardiff AAC	5.98
Shot Put (4.00kg)	George DUN, Swansea Harriers	11.89

U17 Men

60m	Jeremiah AZU, Cardiff AAC	6.99
200m	Iwan ROBINSON-BOOTH, Cardiff AAC	22.85
400m	Seth KELLY, Cardiff AAC	52.19
800m	James PENROSE, Cardiff Archers	2:02.11
1500m	Sebastian LEWIS, Neath Harriers	4:07.82
3000m	Remi ADEBIYI, Swansea Harriers	9:24.92
60m Hurdles	Tomos SLADE, Swansea Harriers	8.42
High Jump	Chinua EBEREONWU, Cardiff Archers	1.75
Pole Vault	Mark MELLOR, Cardiff Archers	3.80
Long Jump	Harri WHEELER-SEXTON, Cardiff AAC	6.44
Triple Jump	Kristo ELLIS, Cardiff AAC	12.24
Shot Put (5.00kg)	Thomas HANSON, Dyffryn School	14.98

U20 Men

60m	Callum DAVIES, Swansea Harriers	6.86
200m	Tyler WILLIAMS, Newport Harriers	22.65
400m	Joe BRIER, Swansea Harriers	49.20
800m	Michael PARRY, Colwyn Bay AC	1:57.85
1500m	Michael PARRY, Colwyn Bay AC	4:07.72
3000m	<i>No Competitors</i>	-
60m Hurdles	Rhys HARRIS, Swansea Harriers	8.42
High Jump	William EDWARDS, Carmarthen Harriers	2.05
Pole Vault	Joseph JONES, Cardiff Archers	3.40
Pole Vault (Open)	Kieran APPS, Southampton AC	3.60
Long Jump	Ceirion HOPKINS, Neath Harriers	6.91
Triple Jump	Thomas WALLEY, Wrexham AAC	14.24
Shot Put (6.00kg)	Nicholas YOUNG, Deeside AAC	13.89

Senior Men

60m	Anax DASILVA, Cardiff AAC	6.89
60m (Open)	Leon REID, Birchfield Harriers	6.85
200m	Ben PARIS, Cardiff Archers	22.30
400m	Joe BRIER, Swansea Harriers	48.96
400m (Open)	Ellis GREATREX, Wolverhampton & Bilston AC	49.34
800m	Alex COOMBER, Cardiff AAC	1:50.49
1500m	Rhys GRANVILLE, Swansea Harriers	4:14.17
1500m (Open)	Matt CLOWES, Cardiff AAC	3:54.07
3000m	Oliver BARBARESI, Menai Track & Field	8:38.64
60m Hurdles	David OMOREGIE, Cardiff AAC	7.63
60m Hurdles (Open)	Andrew POZZI, Stratford Upon Avon AC	7.57
High Jump	Jonathon BAILEY, Cardiff AAC	2.04
High Jump (Open)	Tom GALE, Team Bath AC	2.16
Pole Vault	Emyr JONES, Cardiff AAC	4.10
Pole Vault (Open)	Nick CRUCHLEY, Halesowen AAC	5.21
Long Jump	Kellen JONES, Newport Harriers	6.79
Long Jump (Open)	Simeon CLARENCE, Cardiff AAC	6.86
Triple Jump	Osaze AGHEDO, Swansea Harriers	15.13
Shot Put (7.26kg)	Aled SION DAVIES, Cardiff AAC	14.95

OUTDOOR WELSH CHAMPIONS 2017

U13 Girls

100m	Ella WINTLE, Pembrokeshire Harriers	13.70
200m	Ella WINTLE, Pembrokeshire Harriers	27.38
800m	Tiffany REES, Swansea Harriers	2:27.15
1500m	Neisha ROBERTS, Deeside AAC	5:04.88
70m Hurdles	Ella WINTLE, Pembrokeshire Harriers	12.17
High Jump	Emily FRY, Newport Harriers	1.40
Long Jump	Kelsie WEBSTER, Maldwyn Harriers	4.17
Shot Put (2.72kg)	Chloe JONES, Swansea Harriers	9.20
Discus (0.75kg)	Chloe JONES, Swansea Harriers	22.57
Javelin (400g)	Chloe JONES, Swansea Harriers	29.62

U15 Girls

100m	Caitlyn MAPPS, Cardiff Archers	12.89
200m	Macey MORRIS, Newport Harriers	25.63
300m	Macey MORRIS, Newport Harriers	40.60
800m	Nia CLATWORTHY, Cardiff AAC	2:19.13
1500m	Nia CLATWORTHY, Cardiff AAC	4:53.55
75m Hurdles	Carys POOLE, Swansea Harriers	11.96
High Jump	Lili CHURCH, Carmarthen Harriers	1.65
Pole Vault	Evie LAWRENCE, Swansea Harriers	2.60
Long Jump	Caitlyn MAPPS, Cardiff Archers	5.38
Shot Put (3.00kg)	Jamie HOLLAND, Swansea Harriers	10.71
Discus (1.00kg)	Holly COOPER, Swansea Harriers	31.58
Hammer (3.00kg)	Cassey GRIMWADE, Cardiff AAC	43.86
Javelin (500g)	Megan GALPIN, Andover AC	37.72

U17 Women

100m	Moli JONES, Colwyn Bay AC	12.50
200m	Moli JONES, Colwyn Bay AC	25.50
300m	Armarni WILLIAMS, Newport Harriers	41.85
800m	Nia RILEY, Cardiff Archers	2:18.49
1500m	Nia RILEY, Cardiff Archers	4:57.55
3000m	Mia ROBERTS, Deeside AAC	9:57.84
80m Hurdles	Emily THOMAS, Cardiff Archers	12.54
300m Hurdles	Niamh ROBERTS, Llanelli AC	49.32
1500m s/c	Olivia WISEMAN, City of Portsmouth AC	5:40.14
High Jump	Thea JENKINS, Pembrokeshire Harriers	1.60
Pole Vault	Caitlin LEGGETT, Cardiff AAC	2.70
Long Jump	Emily THOMAS, Cardiff Archers	5.36
Triple Jump	Emily THOMAS, Cardiff Archers	11.46
Shot Put (3.00kg)	Gwennan LEWIS, Newport Harriers	11.20
Discus (1.00kg)	Molly GREEMAN, Cardiff Archers	25.56
Hammer (3.00kg)	Bethan GAMMON, Cardiff AAC	50.90
Javelin (500g)	Phoebe BROWN, Blaenau Gwent AC	35.98

U20 Women

100m	Zoe NASH, Newport Harriers	12.59
200m	Zoe NASH, Newport Harriers	25.26
400m	Ffion Mair ROBERTS, Colwyn Bay AC	59.45
800m	Isobel DODD, Bridgend AC	2:19.28
1500m	<i>No Competitors</i>	-
100m Hurdles	<i>No Competitors</i>	-
400m Hurdles	Olivia HAINES, Carmarthen Harriers	82.73
High Jump	Megan DAVIES, Maldwyn Harriers	1.55
Pole Vault	Carys JONES, Carmarthen Harriers	3.40
Pole Vault (Open)	Fiona HOCKEY, Blackpool Wrye & Fylde AC	3.70
Long Jump	Madeleine NEWTON, Neath Harriers	4.92
Triple Jump	Olivia HAINES, Carmarthen Harriers	9.61
Shot Put (4.00kg)	Amber SIMPSON, Deeside AAC	9.86
Discus (1.00kg)	Jenny PYATT, Liverpool Pembroke & Sefton H AC	39.14
Hammer (4.00kg)	Amber SIMPSON, Deeside AAC	53.26
Javelin (600g)	Bethan REES, Cannock & Stafford AC	45.29

OUTDOOR WELSH CHAMPIONS 2017

Senior Women

100m	Mica MOORE, Birchfield Harriers	11.64
200m	Hannah THOMAS, Cardiff AAC	24.67
400m	Rachel DONNISON, Cardiff AAC	55.87
800m	Rachel MCCLAY, Brackell AC	2:11.29
1500m	Cari HUGHES, Swansea Harriers	4:25.56
5000m	Bronwen OWEN, Scarborough AC	16:36.50
3000m S/C	Melanie WILKINS, Winchester & District AC	10:43.73
3000m S/C (Open)	Katie INGLE, Royal Sutton Coldfield AC	10:22.89
100m Hurdles	Caryl GRANVILLE, Swansea Harriers	13.91
400m Hurdles	Caryl GRANVILLE, Swansea Harriers	58.79
High Jump	Emily STEER, Cardiff AAC	1.53
High Jump (Open)	Belen SIMARRO DE PASCUAL (U23), Cardiff AAC	1.57
Pole Vault	Jessica ABRAHAM, Cardiff AAC	3.65
Pole Vault (Open)	Lucy BRYAN, Bristol & West AC	4.25
Long Jump	Rebecca CHAPMAN, Cardiff AAC	6.31
Triple Jump	Sian SWANSON, Swansea Harriers	12.08
Shot Put (4.00kg)	Adele NICOLL, Birchfield Harriers	15.64
Discus (1.00kg)	Awen ROSSER, Swansea Harriers	40.96
Hammer (4.00kg)	Carys PARRY, Rhondda AC	65.32
Javelin (600g)	Bethan REES, Cannock & Stafford AC	46.01

U13 Boys

100m	Arthur POWELL, Maldwyn Harriers	12.54
200m	Arthur POWELL, Maldwyn Harriers	24.94
800m	Roman HODGSON, Deeside AAC	2:12.65
1500m	Roman HODGSON, Deeside AAC	4:49.72
75m Hurdles	Toks AKANBI-MORTIMER, Rhymney Valley AC	13.22
High Jump	Samuel DAVIES, Swansea Harriers	1.45
Long Jump	George SAVAGE, Deeside AAC	4.28
Shot Put (3.25kg)	Michael JENKINS, Pembrokeshire Harriers	9.27
Discus (1.00kg)	Toks AKANBI-MORTIMER, Rhymney Valley AC	23.35
Javelin (400g)	George SNAITH, Barry & Vale Harriers	33.64

U15 Boys

100m	Carter STAPLES, Welsh Schools	11.41
200m	Joseph REYNOLDS, Pembrokeshire Harriers	23.54
300m	Benjamin MATTEY, Rhymney Valley AC	38.05
800m	Benjamin REYNOLDS, Cardiff AAC	2:05.01
1500m	Benjamin REYNOLDS, Cardiff AAC	4:26.70
80m Hurdles	Iwan REES, Rhymney Valley AC	12.83
High Jump	Iwan REES, Rhymney Valley AC	1.66
Pole Vault	Dylan WARD, Swansea Harriers	2.80
Long Jump	Thomas PAYNE, Swansea Harriers	5.53
Shot Put (4.00kg)	Lloyd CLARKE, Cardiff AAC	12.22
Discus (1.25kg)	Lloyd CLARKE, Cardiff AAC	39.40
Hammer (4.00kg)	<i>No Competitors</i>	-
Javelin (600kg)	Elliot Odunaiya, Wrexham AAC	47.12

U17 Men

100m	Owain LLOYD-HUGHES, Neath Harriers	11.42
200m	Owain LLOYD-HUGHES, Neath Harriers	22.43
400m	Seth KELLY, Cardiff AAC	53.66
800m	Morgan Glyndwr JAMES, Cardiff AAC	2:00.09
1500m	James PENROSE, Cardiff Archers	4:12.98
3000m	James PENROSE, Cardiff Archers	9:03.92
100m Hurdles	Tomos SLADE, Swansea Harriers	13.53
400m Hurdles	Guto TEGID, Menai Track & Field	60.35
1500m s/c	Owain EDWARDS, Cardiff AAC	4:49.06
High Jump	Chinua EBEREONWU, Cardiff Archers	1.80
Pole Vault	Mark MELLOR, Cardiff Archers	4.10
Long Jump	Tomos SLADE, Swansea Harriers	6.47
Triple Jump	Thomas ATKINSON, Cardiff AAC	13.11
Shot Put (5.00kg)	Jay MORSE, Cardiff AAC	14.54
Discus (1.50kg)	Jay MORSE, Cardiff AAC	47.37
Hammer (5.00kg)	Marcus DICKINSON, Neath Harriers	44.95
Javelin (700g)	Tom HEWSON, Andover AC	65.18

OUTDOOR WELSH CHAMPIONS 2017

U20 Men

100m	Arron OWEN, Cardiff AAC	11.32
200m	Arron OWEN, Cardiff AAC	22.28
400m	Joe BRIER, Swansea Harriers	49.94
800m	Owen HIBBERT, Deeside AAC	1:59.76
1500m	<i>No Competitors</i>	-
110m Hurdles	Gethin HUGHES, Menai Track & Field	17.07
400m Hurdles	Iwan JAMES, Cardiff AAC	59.99
High Jump	William EDWARDS, Carmarthen Harriers	1.95
Pole Vault	Thomas WALLEY, Wrexham AAC	4.43
Long Jump	Ceirion HOPKINS, Neath Harriers	7.01
Triple Jump	Thomas WALLEY, Wrexham AAC	13.94
Shot Put (6.00kg)	Nicholas YOUNG, Deeside AAC	13.56
Discus (1.75kg)	Nicholas YOUNG, Deeside AAC	46.59
Hammer (6.00kg)	Jonathan JONES, Gloucester AC	62.48
Javelin (800g)	Max HOLLAND, Wrexham AAC	47.95

Senior Men

100m	Sam GORDON, Cardiff AAC	10.32
200m	Tom WILLIAMS, Barry & Vale Harriers	20.97
400m	Owen SMITH, Cardiff AAC	47.41
800m	Alex COOMBER, Cardiff AAC	1:50.75
1500m	Rowan AXE, Cardiff AAC	3:47.46
5000m	Dewi GRIFFITHS, Swansea Harriers	13:50.35
110m Hurdles	Glen ELSDON, Carmarthen Harriers	14.93
400m Hurdles	Paul BENNETT, Cardiff AAC	54.49
3000m S/C	<i>No Competitors</i>	-
High Jump	William EDWARDS, Carmarthen Harriers	2.00
Pole Vault	Ben GREGORY, Birchfield Harriers	4.85
Pole Vault (Open)	Max EAVES, Newham & Essex Beagles AC	5.25
Long Jump	Curtis MATTHEWS, Cardiff AAC	6.98
Long Jump (Open)	Simeon CLARENCE, Cardiff AAC	7.06
Triple Jump	Osaze AGHEDO, Swansea Harriers	14.98
Shot Put (7.26kg)	Gareth WINTER, City of Sheffield & Dearne AC	16.98
Discus (2.00kg)	Brett MORSE, Cardiff AAC	59.76
Hammer (7.26kg)	Osian JONES, Liverpool Harriers AC	66.90
Javelin (800g)	Jason COPSEY, Cardiff AAC	64.77

3km

Senior Men	Michael WARD, Cardiff AAC	9:03.32
Senior Women	<i>No Competitors</i>	-
U20M	<i>No Competitors</i>	-
U20W	<i>No Competitors</i>	-
U15B	James JONES, Deeside AAC	9:09.22
U15G	Rheagan EDWARDS, Deeside AAC	10:39.68

10k

Senior Men	Glyn FLETCHER, Les Croupiers RC	33:07.50
Senior Women	Alaw BEYNON-THOMAS, Swansea Harriers	35:05.70

2016 ANNUAL AWARD WINNERS

2016 Club Awards

Track & Field	Cardiff AAC
Off Track	Cardiff AAC
Junior	Cardiff AAC
Development	Caerphilly Runners
Inclusivity	Menai Track and Field

Volunteers

Club Volunteers	Debbie Bull, Cardiff AAC
Club Development	Dean Turner, Blaenau Gwent AC

Officials

Newcomer Officiating	Jess Stone, Cardiff AAC
Track & Field	Jeff Marsden
Off Track	John Collins, Swansea Harriers
Junior	Ffion Jenkins, Swansea Harriers

Coaches

Track & Field Participation	Alistair Griffiths, Llanelli AC
Endurance Participation	Pete Freeman, Pembrokeshire Harriers
Track & Field Performance	Neal Merry, Swansea Harriers
Endurance Performance	Kevin Evans, Carmarthen and District Harriers AC
Athletic Partnership	Carmarthen Harriers / Dyfed Primary Schools / McDonalds

Athletes

Male Junior Track & Field Athlete of the Year	Jake Heyward, Cardiff AAC
Female Junior Track & Field Athlete of the Year	Hannah Brier, Swansea Harriers
Male Junior Endurance Athlete of the Year	Ciaran Lewis, Cardiff AAC
Female Junior Endurance Athlete of the Year	Heidi Davies, Brecon AC
Male Track & Field Athlete of the Year	Rhys Williams, Cardiff AAC
Female Track & Field Athlete of the Year	Seren Bundy-Davies, Trafford AC
Male Endurance Athlete of the Year	Dewi Griffiths, Swansea Harriers
Female Endurance Athlete of the Year	Bethan Davies, Cardiff AAC

COMBINED EVENTS 2017

Indoor – Quadrathlon

U13 Girls	Jennifer EMEZIE, Cardiff Archers	1589
U14 Girls	Carys POOLE, Swansea Harriers/YGG Gwyr	2286
U13 Boys	Jamie ZYGALDO, Pembrokeshire Harriers	997
U14 Boys	Fraser KING, Cardiff Archers/Cardiff High	1328

Indoor – Pentathlon

U15 Girls	Caitlyn MAPPS, Cardiff Archers	2844
U16 Girls	Grace MORGAN, Cardiff Archers/Radyr Comprehensive	3025
U17 Women	Grace MORGAN, Cardiff Archers	3198
U18 Girls	Lauren EVANS, Cardiff AAC/Cardiff High	3281
U20 Women	<i>No Competitors</i>	-
Senior Women	Becky OWEN, Brighton & Hove City AC	3387
U15 Boys	Ben HILLMAN, Cardiff AAC	2911
U16 Boys	Luca CONTINO, Cardiff AAC/St Martins	2960
U18 Boys	Kellen JONES, Newport Harriers/Coleg Gwent	3164

Indoor – Heptathlon

U17 Men	Harri WHEELER-SEXTON, Cardiff AAC	4345
U20 Men	<i>No Competitors</i>	-
Senior Men	Harry DALTON, Marshall Milton Keynes	3899

Outdoor – Quadrathlon

U13 Boys	Jake MINSHULL, Coventry Godiva	1513
U13 Girls	Cariad NORRIS, Guildford & Goldaming AC	1922

Outdoor – Octathlon

U15 Boys	Ben HILLMAN, Cardiff AAC	4336
----------	--------------------------	------

Outdoor – Hexathlon

U15 Girls	Jamie HOLLAND, Swansea Harriers	2981
-----------	---------------------------------	------

Outdoor – Decathlon

U17 Men	Thomas BRITT, Cardiff AAC	5399
U20 Men	Kellen JONES, Newport Harriers	5383
Senior Men	Curtis MATTHEWS, Cardiff AAC	6736

Outdoor – Heptathlon

U17 Women	Grace MORGAN, Cardiff Archers	4175
U20 Women	<i>No Competitors</i>	-
Senior Women	<i>No Competitors</i>	-

Walks – 1000m

U13 Boys	<i>No Competitors</i>	-
U13 Girls	Seren GRIFFITHS, Cardiff Archers	6:19.94
U15 Boys	<i>No Competitors</i>	-
U15 Girls	Bethany GOULD, Cardiff AAC	7:00.72
U17 Men	<i>No Competitors</i>	-
U17 Women	Jeri-Lynne GRABHAM, Neath Harriers	18:44.68
U20 Men	Jordan PRICE, Brecon AC	15:38.68
U20 Women	Amy PHIPPS, Neath Harriers	17:57.48

Walks – 3000m

Senior Men	Jordan PRICE (U20), Brecon AC	15:59.18
Senior Women	Bethan DAVIES, Cardiff AAC	12:26.45

ROAD, MOUNTAIN & CROSS COUNTRY CHAMPIONS 2017

Road Running Marathon

Senior Men	Josh GRIFFITHS, Swansea Harriers	2:14.52
Senior Women	Rosie EDWARDS, Rotherham	2:40.49

Road Running Half Marathon

Senior Men	Dewi GRIFFITHS, Swansea Harriers	61.33
Senior Women	Jenny NESBITT, Worcester AC	73.23

Road Running 10km

Senior Men	Rob SAMUEL, Eryri Harriers	31:29
Senior Women	Clara EVANS, Pontypridd Roadents	36:20
U23 Men	Benjamin HARRISON, Prestatyn RC	44:08
U23 Women	Aime BAGNALL, Prestatyn RC	40:02
U20 Men	Jack TURNER, Stroud & District AC	36:32
U20 Women	Bronwen JENKINSON, Eryri Harriers	38:40

Road Running 5km

Senior Men	Tom MARSHALL, Cardiff AAC	14:35
Senior Women	Alaw BEYNON-THOMAS, Swansea Harriers	16:58
U23 Men	James HUNT, Cardiff AAC	14:44
U23 Women	Lauren COOPER, Parc Bryn Bach RC	18:35
U20 Men	Alex PRICE, Swansea University	16:11
U20 Women	Phoebe PENNELL, Pencoed Panthers	35:01
U17 Men	Joseph REARDON, Aberdare Valley	16:04
U17 Women	Alanah HILL, Cardiff Archers	19:19

Cross Country

Senior Men	Dewi GRIFFITHS, Swansea Harriers
Senior Women	Beth KIDGER, Phoenix AC
U23 Men	Adam BULL, Aberdare VAAC
U23 Women	Lauren COOPER, Parc Bryn Bach RC
U20 Men	Ciaran LEWIS, Cardiff AAC
U20 Women	Cari HUGHES, Menai Track & Field
U17 Men	Matthew WILLIS, Wrexham AAC
U17 Women	Carys BILL, Cardiff AAC
U15 Boys	Mike SPILL, Menai Track & Field
U15 Girls	Mia ROBERTS, Deeside AAC
U13 Boys	Jacob REYNOLDS, Cardiff AAC
U13 Girls	Eden WILLIAMS, Cardiff AAC

Trail Running

Men	Daniel Bodman, Aberdare Valley
Women	Natasha Cockram, Mickey Morris Racing Team

Mountain Running

Men	Gareth Wyn Hughes, Mercia
Women	Bronwen Jenkinson, Eryri Harriers



ROLL OF HONOUR

Lifetime Achievement

2007	Ken Harris
2008	Lynette Harries
2009	John H. Collins
2010	Alan Currie
2012	Ivor Adams D. Hedydd Davies
2014	J. Barrie Owen
2016	David Alun Williams

Life Members

1989	Raye Evans* Ken Harris* Ron Evans*
1991	Bill Evans* Margaret Elgie*
	Frank Ireland*
2001	Lynette Harries
2002	D. Hedydd Davies Ivor Adams
2003	Gwilym Evans*
2004	Alan Currie
2005	David Alun Williams
2007	John H. Collins
2009	Jan Evans Keith Matthews
2015	J. Clive Williams

Award of Honour

1952	Eddie O'Donnell* Frank Liddington Johns* William E. Fisher* A. Jack Pound*
1953	Arthur E. Williams* Frank Duggan* Cyril Howell Ted Hopkins*
1954	Welsh Schools AA
1956	Rev C.P. Hines* Jack Williams*
1964	Lynn Davies
1975	Bernard Baldwin*
1984	Ron Evans*
1989	Reg Snow*
1995	Alan Currie Charlie Hughes* Frank Ireland* Bill Kingsbury*
1996	Ivor Adams John H. Collins Raye Evans* J. Barrie Owen Dave J. Williams* (Cardiff AAC)
1997	Gerry Batty*
1998	D. 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	T. 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 J. Clive Williams Colin Davies Richard Jenkins
2011	David Greene Derek Williams
2012	Bernard Harris Roy Adams John Elward Bob Frost
2013	Mary Jones Sue Sayer* Tom Jones David Alun-Williams
2014	Haydn Tawton
2015	Keith Adams Graham Finlayson Gareth Hughes
2016	Derek Crowder Arthur Davies Kath Elias Gordon Johnson Rose Johnson Steve Perks Rhys Williams

Meritorious Award

1954	Jim Alford* Bill Cook* Rev C.P. Hines* Ken Jones* L. Roy Jones* Charles Radford* David J.P. Richards* Major G. D. Taylor* Ray Thomas* Jack Williams* Alf Yeomans*
1955	Jack Meyrick* Harry Lewis* John Disley* Bob Shaw Tom Richards* Will Johnson*
1956	Matt Cullen* Harry King* Tom Mogford*
1957	Jack Collard* Charles Wright*
1958	Ken Cooper* Ron Evans* Jim Guy* Ken Harris* D. Owen
1959	P.E. Jones* Harry Keene* G. F. Young
1960	J. Harris R. G. James Jack Morgan* Jim Thomas* Sam Williams
1961	Len Colledge George Hapgood* Ernie Jones* Jack Jones*

1962	Ron Franklin Llewelyn Harrison Jones* Derek Lakin* H. V. W. Robinson* Reg Snow* Nick Whitehead*
1963	Maurice Bingham* Hubert Gorvin* Percy Irwin* Bill Kingsbury* Ernie Virgin* Dave J. Williams (Hendy & Birchgrove H)
1965	Frank Brown* J. Donoghue Alan Radford
1966	Phil O. Davies* J. H. T. Mason J. Barrie Owen Robert Tawton* R.C. Townsend H. Owen
1967	Tom Wood*
1968	Capt. George Crump* L. Jones Alun Jones* Graham Fraser* Norman Moses*
1970	Ivor Adams Joe Carvell* John H. Collins Gilbert Legge* Jim O'Brien Hywel Williams*
1971	John Flook* John Griffiths Terry Notman Huw Williams
1972	Doug Davies Brian Jones J. Clive Williams

1973	Bill Allen Ann Batty Brian Palmer David L. Phillips Berwyn Price Dave Jenkin Roberts* Dave J. Williams* (Cardiff AAC)
1974	George Boardman Bob Sercombe
1975	Brian Adamson* Alan Currie Les Davies* Charlie Hughes* Gordon Rayner Pat Wallace*
1976	Roy Jones (Brecon AC)
1977	Raye Evans* Clifford Guy*
1978	John Davies
1979	Bill Brian* Bill Evans* C. Harrison Norman John D. John Jones T. Thomas
1980	Gerry Batty* Eric Eynon* Mike Rowland
1981	Dave Hopkins Rose Johnson
1982	Ivor Arnold Steve Barry Kath Evans* <i>see note 1</i> Viv Thomas*

ROLL OF HONOUR

1983

Frank Ireland*
see note 1
Irene Lisle*
Viv Pitcher*

1984

D. J. Owen Edwards
Margaret Elgie*
Ken Griffiths*
Irene Jenkins*
John Sammons

1985

Gwilym Evans*
Steve Jones
(RAF & Newport H)
Wyndham Smith*

1986

T. Peter Morris
John Walsh*
Robin Ganz
Les Baldwin*
see note 1

1987

John Elias
Paul Darney
Andrew Ireland*
Colin Jackson
Sean Power
Alun Roper
Nigel Walker
J. Eirwyn Walters*
Graham Webb

1988

Hedydd Davies
Edwin Llewellyn Eaton*
Cen Stokes*
Derek Tayler*

1989

Arwyn Evans

1990

Lynette Harries

1991

Kath Evans
see note 1

1992

Colin Davies
Frank Ireland*
see note 1
Richard Jenkins

1993

Arthur Bebbington
David Phillips
Ken Thomas*

1994

David A. Jones*
David Williams

1995

Bill Powell*

1996

Sally Blake
Brenda Currie
Arthur Davies
John Penny

1997

Bernard Harris
Dave Llewellyn

1998

Will Burrows
Kay James*
Ann Notman*
Tony Simmons
Jean Lochhead

1999

Frank Stringer
Averil Williams

2000

Terry Davies
David Jones

2001

Sam Davies*
Graham Finlayson
Keith Matthews
Gwilym Jones*
Sue Sayer*
Mary Jones
Eric Pennington*

2002

Derek Williams
Delyth Davies
John Hartley*
Hilary Thomas
Roy Adams
Tom C. Jones

Bob Frost

Ken Bennett
Ken Bray*

2003

Jan Nugent
John Loney*
Haydn Tawton

2004

Steve Perks
Joyce Tomala
Les Baldwin*
see note 2

Ron Freeman
Dennis Nugent
Mick McGeoch
Philip James

2005

Alistair Griffiths
Gareth Hughes
Graham Coldwell
Keith Adams
Iola Adams

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

2007

Peter Walton
David Peters
Denise Harris
Brian Davies
Dave Hawthorn*
Dave Walsh
Gwyn Williams
D. 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
Russel 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
Gill Brandrick

Cath Alford
Glyn Pugh
Eileen Rees
Kevin Corcoran
Owen Hedges
Philippa Roles
Charles Ashley
Frank Williams
Reg Burke

2012

Gareth Prothero
Enfys Hawthorn
Tracey Hinton
Sue Hooper
Rob Hooper
Joan Goldsmith
Martin Bell
John Townsend
Ken Goodger
Tony Lewis
Hilary Goodger
Stephen Hatfield
Dave Jessett
Marian Williams
Ed Thompson
Nick Fisher
Amanda Wale
Ian Broadhurst

2013

Steve Jones (Neath)
Debbie Bull
Carol Jones
Caroline Sayer
Dave Stokes
Phil Banning
John Griffin
Dave Griffin
Arwel Jones
Bob Grenter
Kim Griffiths
Neal Merry
Peter Roberts
Judith Gooding
Phil Gooding
Helen John
Jeremy Evans

2014

Terry Alcock
Brian Alvey
Sue Alvey
Jo Davis
David James
Beth Jones
Dawn Kenwright
Arwel Lewis
Nigel Lewis

Fred Malkin
Margaret Matthews
Sue Maughan
John Messum
Gareth Oldham
Carys Parry
Lyn Rees
Martyn Rees
Adrian Thomas
Jack Thomas
Jim Whelan
Brian Williams

2015

Tony Curry
John Gough
Jeff Marsden
Keith Owens

2016

Arwyn Davies
Bernie Plain
Rob Glaves
Phil Lewis
Jenny Cook
Stephen Leach
Darryn McAtee
Keith Powell
Jean Rogers
Phil Cook
Darran Williams
Marilyn Davies
Christine McCoubrey
Ann Owen
Mary Davies

Full information on all awards can be found on the [welsh athletics website](#).

*deceased

**awarded posthumously

Note 1:
received award twice, firstly from the Welsh AAA and subsequently either the Welsh CCA, Welsh Women's AAA or Athletics Association of Wales (AAW). The latter replaced the first three bodies as the governing body in 1990 until the formation of Welsh Athletics Ltd in 2007.

Note 2:
received award twice, firstly from the Welsh CCA and subsequently the AAW.



WELSH ATHLETICS
ATHLETAU CYMRU

welshathletics.org

Welsh Athletics | Cardiff International Sports Campus
Leckwith Road | Cardiff | CF11 8AZ