



2014 Season

The Yeovil Olympiads Report



Issue 2

TEAM WINS AND MORE

May has seen the club record brilliant team wins in the South-West League, Southern Athletics League and Southern Men's League (*see p. 4*) – and comfortably top the medal table at the Somerset County AA Championships (*see p. 3*). There have been plenty of PBs of course and several Championship Best Performances at the County AA, one of which is also a very high-quality club record. The County Championships also featured some top-class disability competition, with many visiting athletes including Paralympians. Among these we were privileged to see Rob Womack (*below right*) smash a 22-year-old British record in the seated discus. What a good month!

Events Coming Up

31 May	Youth Dev. League U13/15	A
1 June	Youth Dev. League U17/20	A
4 June	Somerset Junior Schools	H
7 June	Men's British League	A
14 June	Somerset Schools Champs.	H
21 June	SW Schools Champs.	H
21 June	Southern League	A
22 June	Southern Men's League	A
28 June	SW Schools Combined Events	H

South West League

Yeovil hosted the first SW League Division 1 match on Sunday 11 May, welcoming Cornwall, Poole, North Somerset, Exeter Harriers, Newton Abbott and Taunton on a bright, sunny day. With hundreds of athletes and supporters lining the track, the athletics arena looked magnificent and the level of competition did not disappoint. With many guest athletes present, all events were crammed full, keeping the results team (Ann Whistlecroft and Barbara Gadd) and our announcer (Ray Tostevin) very busy (*below*)! As the day progressed it was clear it would be a very close match, between Poole, Taunton and YOAC. Once the final results were checked, YOAC were victorious placing us at the top of the league (*more on p. 3*).



New Title

Your newsletter this month has a new title. The British Olympic Association contacted us to say that our old title, *The Olympian*, infringed their legal rights. It's a shame they don't have better things to do with their time than pester us but they're too big to pick a fight with, hence our name change, though we're glad our fame has spread so far!



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Yate U13/U15 Boys

In a very sunny and warm Yate, a small team of U13 and U15 boys competed very well in the 1st YDL for the lower age group. Amongst them they recorded 10 PBs as they battled in this very competitive league. For the U13s, Seth Ennis competed for the first time in the 100m to finish 5th followed by team mate Bertie Miller who finished 5th in the B race; in the 200m Luke MacPherson recorded his first PB of the day with 28.8 to finish 4th. This was followed up by Luke with his second PB in the 800m to finish in 2.26.5

to win by just 0.1 second! Niall McDonnell, also competing for the first time, followed Luke home to finish 4th in the B race. In the field, Bertie secured a PB in the high jump with 1.30 to finish 3rd; Seth finished 6th in the long jump with 3.21; Niall finished 3rd in the shot with an excellent 5.53; and Bertie finished 2nd in the javelin with 17.60.

For the U15s, Toby Sauter started the day with his first PB in the 80mH to finish 4th in 16.5; James Derrick then PB'd in the 200m running 30.2; Josh Thorne ran 2.14.8 in the

800m to secure his first PB and finish 3rd, followed home by Luke Baker in a season's best 2.32.2 to finish 3rd in the B race. The 4 boys showed that getting the baton around legally in the 4x300m relay is all important as they finished 2nd! In the field, the PBs continued as Luke Baker threw 11.11 to finish 5th in the discus and Toby and Josh both threw PBs in the javelin to finish 5th in the A and 5th in the B competitions respectively. We all went home happy, but with a touch of sunburn!

Inclusion Groups

The club is pleased to have excellent disability provision and is able to offer disabled athletes access to all events, in addition to our open competitions which are fully inclusive. This year disabled athletes travelled to our county championships from as far as Essex, Kent & Wales, with many Paralympians amongst them. One athlete – Rob Womack – was overjoyed to break a longstanding British record in the F55 Seated Discus with a throw of over 35m; this record was set at the Barcelona Olympics in 1992. Many of the athletes who had travelled considerable distances to compete at Yeovil complimented the Club and County Committee on the facilities, and high quality officials at the event. They also expressed how much they enjoyed being part of a fully

inclusive competition, which is not a regular opportunity for them.

Yeovilton 5k

YOAC sprint wheelchair athletes have taken part in the first two of the Yeovilton 5k road-race series. Emma Povey represented the club in both April and May and was able to improve on her time by 6 minutes at the May race taking the prize for the fastest female wheelchair athlete. Jamie Edwards competed in the May race and improved on his London Mini Marathon 5k time.

Somerset AA

For some of our athletes the County AA Championships was their first competition of the year and so they were eager to see how

their winter training had improved their times and distances. Robbie Carrick-Smith (*below*), Emma Povey, Lewis Trott, Charlotte Haines & Stephanie Collis all took part in throws event with several PBs. In addition all of them achieved qualifying distances for the DSE National Junior Disabled Athletics Championship in July. Jamie Edwards (*below left*) took part in his first County Championship competing in the 100m, 200m & 400m sprint wheelchair events and has also qualified for the National Championships. YOAC member and Paralympian Maxine Moore also competed in the club throw, Maxine is just getting back into serious training following ill health and it was great to have her competing at the county championship.



South-West League Performances

With a strong YOAC representation in all age groups and with virtually all event covered we can't list every PB or special performance. There was a great effort across the teams to give us our match-winning result, but with special congratulations to the U17 Women and Senior/U20 Men who both won their respective sections.

Individual winners included Ollie Pilton, Ben Gibb and Tom Dukes in the Seniors; Katie Geddes in W400m; Jess Morris in U17SC; Tamsin Miller U15JAV; Elena Sidman 200m and 1500m U13. Well done all of you.

Notable in the younger age groups were the many athletes making their competitive

debut for the club. These included Jodie Mitchell, Amy Barlow, Emily Lowe and Victoria McCabe in the U15 Girls and Jack Turner in the U15 Boys. Welcome to the team all of you – and anybody else whose name has accidentally been missed out! And of course there were also plenty athletes chipping in with good team points in events they aren't really familiar with. The U15 Boys did especially well in this way with Toby Sauter, Jake Salter, Harrison Jones and Bradley Seager all doing their bit in various of the throws.

Right: Lauren Rousell with a PB and 2nd place in U15 long jump.



Somerset Championships

A report on the County AA has to start off with this extract from the medal table:

- | | | | |
|------------------------|-----------|-----------|--|
| 1. Yeovil and Wells AC | | | |
| 37 gold | 27 silver | 17 bronze | |
| 2. Taunton AC | | | |
| 33 gold | 13 silver | 11 bronze | |

There were 3 Championship Best Performances among our winners: Sam Bedford in the SM400m with 48.64; Mark Plowman in the SM discus with 52.63m; and last, but very far from least, Elena Sidman with 2:20.04 in the U13 800m, which is also a new club record. Sam Sommerville also beat the old CBP in the U17 1500SC, but unfortunately his Schools National Standard time only gained 2nd place.

Typical of many good team efforts, Elena added a second gold in the 200m and a bronze in the long jump. Other gold-medal successes included 3 for Lauren Rousell in the U15s and 2 for Emma Denham in the U17s – both were entered by their schools and so are not even included in our first-place medal tally above.

And Dorset Too

Our Dorset athletes have also featured in their County AA Championships, led by the Biss and Baker families. Special congratulations to George Biss with PBs in both the 800 and 1500m. And in other competitions Tamsin Miller has added an English Schools Entry Standard in the U15 Shot to the javelin standard she achieved when competing for the club at Yate in the YDL.



Elena Sidman, on her way to her 800m record and CBP.



Elise Thorner, silver medallist in the U15 800m, running here in the 1500m.



Dylan Dukes (186, silver medallist) & Ollie Thorner, U15 1500m.



Jordan Davies, gold U20 shot, with a Schools National Standard distance.

Southern Athletics League

On Saturday 17 May as YOAC prepared to host the Southern Men's League at home, a minibus was being crammed full of athletes plus kit bags, vault poles, javelins and the tent to head off to the 2nd SAL match in Winchester (*see below*). In near perfect conditions the men and women produced an outstanding team performance with many athletes competing in multiple events. From early on in the match YOAC were challenging for the lead against a very strong Winchester team. For the men the pair of Bens (Gibb and Thompson, *cooling off below right*) and Andrew Faulkner were the backbone of the team competing in almost 20 events between them! For the ladies Mel Holmes seemed to spend the whole day on

the track competing in 8 events. One of the outstanding performances was in the High Jump where Steve Faulkner (V60) gained valuable points and jumped 1.50m placing him 8th on the ALL TIME V60 high jump on the Power of 10. It was also great to welcome back Jodie Platt to the womens team, making it a real family day out for the Faulkners! The Priors added to the family feel with Simon, Katrina and Luke competing in 8 events between them. The final result came down to the last few events including the relays. Despite all our athletes being exhausted from their multiple events a good set of relay results left YOAC in first place with 355 points, just 8 points in front of Winchester!

Southern Men's

Although many of our men went to Winchester with the Ladies for the SAL we still managed to put out a strong team at Yeovil and won the match by 14 points. Leading the way were Chris Hewitson in 6 events (39 points + relay) and Paul Guest in 5 (24 points). Six other athletes scored double-figures (and the other 8 all finished in the top 4 of their A string, including many event wins). An excellent 800m saw Rocky Harrison, Sam Harding (PB) and Andrew Mapstone all run sub 2 minutes. An evergreen Nigel Groves dusted off his vest and competed in the A string hammer with a throw of over 30m. The afternoon ran on-time and efficiently due to the large number of officials who, as ever, did a great job.



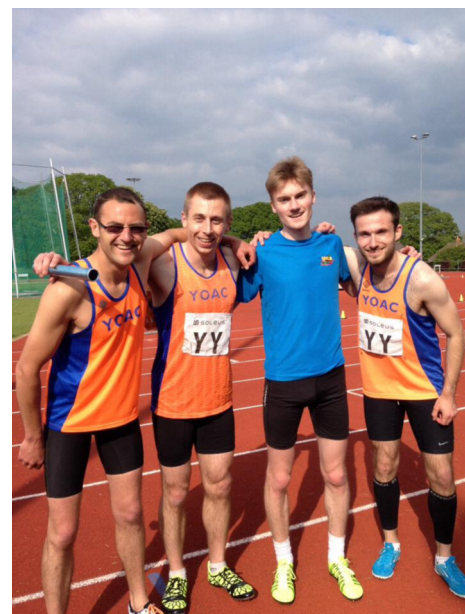
AAA & Schools Standards

Some of our younger athletes especially may not know that every 2 years the Amateur Athletics Association sets 'standards' for each age group in each event in all track and field events. These apply to all athletes but those who are U20 can qualify for an AAA badge and certificate (*sample, right*), normally presented at the YOAC Awards Evening at the end of the track season.

Grades are listed on the englandathletics.org website. There are notices in the clubhouse so those who have achieved the Standards may apply for their badges.

There is a similar pyramid of County, Entry and National Standards for schools competitions. Athletes who attain County Standard and achieve a top-3 place in their County Championships are likely to win their county vest to compete at the South-West Schools. Those who gain Entry or National Standard may win a place at the National Championships.

Several of our athletes have already achieved National or Entry Standards, with more to follow, we hope. We wish them luck in the team selection in a few weeks.



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