



2014 Season

The Yeovil Olympiads Report



Issue 5

DOUBLE PROMOTION & MORE

This issue of *Yeovil Olympiads Report* appears as we celebrate the 2014 track and field season with our annual Yeovil Games – and the formal renaming of the track in memory of Bill Whistlecroft.

Unlike last season, when we had to round up every possible athlete in an attempt to score maximum points and avoid relegation in the final South-West League match, this year we have promotions to celebrate in both the

Southern League (*see p. 2*) and British Athletics League (*see below and p. 4*).

We also have successes to report in a swathe of regional and national competitions – for our junior and parallel success athletes and our veterans.

Finally we rounded off the South-West League season at the two Exeter fixtures in far better style than last year with a solid mid-table position (provisionally 3rd) in Division 1.



The winning 4 x 400m relay team who clinched BAL promotion. From left, Rocky Harrison, Andy Faulkner, Ben Harding and Ollie Pilton.



Jamie Edwards receiving one of the three medals he won at the England Athletics Championships at Bedford last month (*more on page 4*).

Winter Training

Tuesday night training continues as usual throughout the winter, 6.00–8.00 p.m., using floodlights when needed.

Thursday track training ends on 25 September; Thursday indoor conditioning sessions (year 7 and older) begin on 16 October, in the clubhouse.

Family Fun Day

A small group of coaches and enthusiastic helpers from YOAC helped contribute to a very successful inaugural council-run Yeovil Rec Family fun day on 16 August. We welcomed hundreds of youngsters to the track where they were able to try out sprints, long jump and javelin. There was a lot of interest in the club and hopefully we will see more new junior members as a result.



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Southern Athletics League – 2 August, Yeovil

The final fixture of the year in Division 3S saw Yeovil and Wells host the top teams in the division, with both promotion and the league title at stake! After an epic battle all day long it was Plymouth who just pipped Yeovil by 372 points to 362 to win the league but Yeovil gained promotion to Div 2S by virtue of a second-placed finish in the league.

This is a superb achievement by a new combined ladies and men's team and it has been a fun and successful season. Team

managers Mel Holmes and Paul Guest have been delighted by the commitment and performance level of all athletes over the year.

This match saw a number of excellent performances, the best by the men being Ben Gibb's new club record javelin throw of 60.98m. Andrew Faulkner's 400 hurdles time of 53.1 was a new league record and was also judged, by the league, to be the male performance of the whole division over the

year! Personal bests were achieved by Katrina Prior (800), Ila Burton (100H) Natasha Jones (pole vault), Cara Azariah (hammer), Luke Prior (1500), Geoff Cole (steeplechase) and Jordan Davies (shot) and there were many other season's bests during the day. The whole match was contested by all teams with a great spirit and in a friendly atmosphere, contributed to in no small measure by the large number of officials who did a superb job.

South West Championships

The South West Inter-Counties Athletics Championships were held at Exeter on Saturday 17 August with many Yeovil Olympiads/Wells City Harriers athletes representing Somerset. Some excellent performances resulted in 9 club members becoming South-West Champions

The gold medallists were as follows:

Senior Men – Harry Lane (1500m in 4:11.10) and Lewis Guest (Triple Jump with 14.19m a personal best and equal club record, *below, with Natasha Mead*).

U20 Men – Jordan Davies (Shot 15.33m and Discus 45.87m personal best).

U20 Women – Lilly Hawkins (1500m in 5:18.98) and Emily Smith (2000m steeplechase in 7:07.95, a personal best).

U17 Women – Ila Burton (High Jump 1.59m).

U15 Girls – Lauren Rousell (75m hurdles 11.81) and Tamsin Miller (Shot 10.92m personal best).

There were numerous silver medal winning performances from Yeovil and Wells athletes – Ben Gibb, Ziana Azariah, Brett Harrison, Matthew Trickey, Georgia Silcox, Lauren Rousell, Tamsin Miller and Daisy Davies (in the U13G 800m with a time of 2:28.22; *pictured below*).

Bronze medals were won by Ben Gibb, Ben Thompson, Andrew Mapstone, Georgia Silcox, Skye Sauter, and Tamsin Miller.

Well done to all those who competed and represented their county.



South-West League and Cup

The much-postponed South West Cup finally took place at Yeovil on 3 August. We finished a close second but won the U15G trophy and the U17W/SW trophy. Well done girls and ladies, showing the men how it's done!

The U15 girls also did the club proud in the 3rd SW League match later last month. There were great wins for Lauren Rousell in the 75m hurdles and long jump and Tamsin Miller in the javelin. The 1500m race was

dominated by Yeovil, with 1st, 2nd, and 3rd places going to Elise Thorner, Harriet Fox and Caitlin Carnegie. The final victory was the 4 x 300m relay with a record time of 3:09.79, an exciting way to end a very good day for the YOAC girls. Overall the YOAC team finished 3rd in the match with both the senior/U20 men's and senior/U17 women's teams scoring particularly well.

In the final SW League match the U15 girls again provided the star turn, with Lauren,

Elise and Caitlin all winning events and being well backed-up by Ellen Parry, Amy Barlow and Katie Lloyd.

Among our other teams the men/U20 men and women/U17 women were both 2nd in the final match and overall for the SW League season and the U15 boys were 3rd. There were also numerous excellent performances throughout the season from a very enthusiastic U13 girls team.

Well done everyone!



Top left: Ben Thompson winning the men's javelin at the SW Cup.
Above: LtoR, Harriet Fox, Elise Thorner and Caitlin Carnegie, U15 G 1500m, SW League match 3.

Top right: Ella-Mae Wright in action for the U13 G, SW match 3.
Right: George Mallinson U17 3000, SW match 4.

British Athletics League

YOAC can now boast one of the country's top 32 men's athletics teams following our promotion to British Athletics League Division 3. We needed victory over Bournemouth in the last match of the season to clinch the title.

The day was sealed with a dramatic final event, the 4 x 400m, before which we were trailing by 3.5 points in the match. Our quartet's fine victory saw us home by 0.5 points for the narrowest of wins.

The day was packed with PBs and other excellent performances. Three U17 debutants – Luke Prior, Brett Harrison and Jordan Davies – all came through with valuable points for the team and stalwarts Ben Gibb and Ben Thompson made their usual substantial contribution across a range of field events, including several PBs. Ollie Pilton, Brendon England-Frost, Andy Faulkner and Lewis Guest all scored well in the hurdles and jumps.

In Other News

Two club athletes gained selection for the South-West team at the prestigious Sainsbury's UK School Games earlier this month. Matt Trickey (*right in photo below*) was 7th in the U17 shot and Robbie Carrick-Smith 2nd (with a PB) in the U20M F37 shot.

And as well as her successes on the track with the club, Daisy Davies has won gold medals in the GB Biathlon series and the Inter-Regional Triathlon Championships.



British Masters

YOAC had 3 athletes competing in the British Masters Championships held in Birmingham on 9/10 August.

Dave Richardson ran a season's best in the M50 400m, Steve Faulkner won a bronze medal in the M60 high jump, despite being hampered by an injury, and Paul Guest won bronze in the M50 200m and came home with gold in the long jump with a season's best of 5.58m.

English Athletics Championships

We had 2 medallists at the English Athletics U15/U17 and Disabled Championships at Bedford last month. Jamie Edwards won gold in 100m (*above left*) and bronze in both 200m & 400m with PBs in all three events. This is a fantastic finish for Jamie's first year of wheelchair racing which has included medal-winning performances at the National Junior Disabled Athletics Championship and the Coventry Godiva Classic.

Sam Sommerville (*above*) won bronze in the U17 steeplechase, finally shaking off the 4th place curse that has plagued him in major championships.

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*The Yeovil Olympiads Report is prepared and published by
Donald Sommerville Publishing Services
01935 829115*