



Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

March 2025

Edition 7

The YOAC Yammer

Cross Country Round Up

YOAC's Incredible Representative Success

Through the winter many of YOAC's distance runners have been competing superbly in cross country which consists of several key competing opportunities. Runners compete under the Wells City



Harrier banner in two leagues—the Gwent league and Wessex League. Wessex being largely based around Dorset and the Gwent League in South Wales and a particularly good opportunity for younger athletes to compete in a high level cross country league. The leagues provide competing opportunities for all age

groups and have seen some superb results and consistent strong performances from YOAC athletes right from U11 to seniors. Besides the leagues there is a championship schedule includ-

ing County, South West and Inter County Championships, the National Championships on Parliament Hill in London and the Schools championship programme of area schools, County schools, South West and English Schools. A staggering number of YOAC's younger athletes achieved positions in the Somerset and Dorset County School



Teams this year, far too many to mention without missing somebody. With such a great season under their belts, we are sure to see this translate to incredible track performances this summer. Well done to all YOACs cross country athletes who have taken part this season.

Key Club Contacts

- President: Noel Frost
- Chairman: Geoff Cole
- Secretary: Jacquie Silcox
- Treasurer: Paul D'Arcy

League Team Managers:

- National League: Jacquie Silcox / Paul Guest
- U20 and Senior Men: Geoff Cole
- U17 and U15 Men: Claire and Olly Slight
- U20 and Senior Women: Chris Huntley
- U15 Boys: Claire Slight
- U17 and U15 Girls: Amy Joynes (U17 with Chris H)
- All U13s Larry Tulett

Contact details on website and in membership email

Upcoming Key Dates

(hyperlinked to entries where applicable)

[Spring Open](#) April 19th and 21st (Yeovil)

[SWAL 1](#) May 5th (Exeter)

[Somerset County Champs](#) May 10th / 11th (Yeovil)

[NAL 1](#) May 31st (Yeovil)

www.yeovilolympiads.com



Behind The Scenes

It is hard to believe that just over a year ago we were in the position of wondering if we would have a track but thanks to an incredible campaign spearheaded by club Chairman Geoff Cole, the track was not only saved but the club house is about to undergo a retrofit by British Gas that will help to secure long term viability of the club's base. Throughout the winter Geoff, Paul and members of the committee have worked with British Gas through various processes including their own tendering for contractors etc. Work is planned to take place in the coming months and

will lead to warmer winters inside and much better energy efficiency. Many of you will have also noticed that the track has undergone a deep clean this month, making an enormous difference to not only the appearance but also the quality of the surface. There is still work to do on the track but the now close partnership with the Town Council is ensuring YOAC is able to work in partnership to maintain our fantastic facility. Thank you to everyone who helped to secure a future with the Town Council that is already proving to be a great step forward.

YOAC Community

Welfare

As with any other organisation involving young people, YOAC has a dedicated team of welfare officers. Steve Faulkner and Fiona Knight are available to support any concerns athletes, parents or coaches raise or would like to discuss in relation to safety and wellbeing. Their details can be found on our website and within the clubhouse. All officials and coaches have undertaken DBS and Health and Safety training.



Supporters

YOAC, like all clubs, is reliant on supporters. Just as with coaches, officials and athletes, supporters enable the club to thrive and are great ambassadors both around the track at training and events and when the club is competing away from home. YOAC upholds strong values of sportsmanship and consistently promotes positive aspects of sport including dignity, self worth, fair play and respect. Working together to collectively display these values and continue to grow YOAC's great reputation is an essential key to the club's success. As everyone approaches the start of the competition season, it is important to remember these values and ensure yet another successful club year.

Volunteering

Yeovil Olympiads is a volunteer organisation and only operates when supported by willing volunteers giving their time to supporting our athletes. Volunteering is incredibly rewarding but also ensures YOAC remains a vibrant club supporting athletes across the region. As the club gears up for a record breaking Spring Open event, we are looking for volunteers to support this incredibly popular fixture—one day or both. To get involved contact Paul D'Arcy or any of our committee.



Training

Training runs throughout the year on Tuesdays and Thursdays. Full details are available on the club [website](#). Although YOAC has superb coaches, the club is always looking to bring new coaches through to enable the club to offer the greatest opportunities possible to athletes. The club provides coaching



across the full range of events so please contact a team manager or member of the committee if you would like to try something new and vary your training or if you are struggling to accommodate all the events you would like to train for.

Gearing Up For Summer Competition

South West League (SWAL)

The South West Athletics League consists of 12 clubs across the South West of England. There are 4 fixtures a year and these are all held at Exeter Arena. The SWAL enables YOAC to enter athletes from U13 right through to senior age groups. It is a competitive but fun league with a very packed timetable and attracting high numbers of athletes. YOAC enters a team through the team managers whose details are on page 1 and in membership emails. Points are awarded for participation as well as result making it the perfect opportunity to simply get involved, try something new or exorcise your competitive streak! It is also a team event and so promotes a real team atmosphere amongst age groups and the club as a whole. YOAC has fared exceptionally well in SWAL over the years with age group and club wins as well as many stand out individual performances.



National League (NAL)

The National Athletics League (NAL) is the highest level competition in which the club competes. The league comprises two levels and 32 clubs. The premiership includes 8 clubs and the remaining 24 are split across 4 regions. It is a seniors competition but athletes aged U17 who qualify for eligibility based on PBs and using senior weights etc can also be considered for the team. Team GB stars frequently compete within the league for their home clubs. YOAC competes in the Championship Division West against 5 other teams stretching from Swansea to Basingstoke. The season culminates in a Championship promotion match for those clubs finishing in the top two in their Championship Division and a Cup Final for the remaining teams. YOAC was well represented in the 2024 cup final with event wins for Jacob Dibble (javelin), Lottie Garratt (triple jump), Matthew Alvarez (100m, 200m) and Roberto Lopez-Smith (pole vault).



Sapphire League

The Sapphire League is the South West's answer to the well known Diamond League. Athletes from U17 upwards can enter the league via the website. They will select the events they wish to compete in for the season and then enter themselves into the range of Open Events where Sapphire League is applicable. Points are awarded for positions within each event—only those entered in the event in the Sapphire League are counted for the points total. Athletes work towards Sapphire League glory and a stunning blue glass trophy. This year the league is sponsored by HHP Limited. Good Luck to all YOAC athletes entering.

