



Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

April 2024

Edition 1

The YOAC Yammer

Key Club Contacts

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

Team Managers:

- National League: Jacque Silcox / Paul Guest
- U20 and Senior Men: Geoff Cole
- U17 Men: Kelly Sandford
- U17, U20 and Senior Women: Chris Huntley
- U15 Boys: Claire Slight
- U15 Girls: Amy Joynes
- All U13s Larry Tullett

Contact details on website and in membership email

Upcoming Key Dates

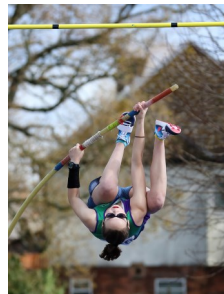
- | | |
|----------------------------------|------------------------|
| SWAL 1 (Exeter) | May 5th |
| County AA Championships (Yeovil) | May 11th / 12th |
| Open Meeting 1 (Yeovil) | May 30th |
| National League (West-Swansea) | June 1st |

www.yeovilolympiads.com

Spring Open Gets Season Off To A Flying Start

Over the Easter weekend, the Bill Whistlecroft Athletics Arena welcomed hundreds of athletes, coaches and spectators from across the UK and the World as the Yeovil Olympiads hosted one of the first World Rankings Competitions of the global track and field calendar.

The event that took place on Saturday 30th March and Monday 1st April included high quality disability events, as well as the very popular Quad Kids event. With over 1000 entries across the weekend, the club and attached officials had their work cut out but produced a thrilling and incredibly high performing weekend of athletics.



One of the most significant results of the weekend came at the start of Day 2 in the pole vault. Hemel Hempstead Athlete Isabella Turner flew to an incredible 3m 90 to claim not only a win in the U17s, but a European Championship qualifying standard.

The competition also welcomed Hong Kong Long Jump National Record Holder Tiffany Yue Nga Yan and fellow National Athlete Ko Hong Long, both putting on incredible displays in the event—leaping to 6.07 and 7.49 respectively.

The Club saw some great performances too, with a new triple jump club record from Lottie Garrett, UK Number 1 ranking performances from Alex Armstrong in the 100m and Daisy Davies in the U17 1500m steeplechase, a UK 4th ranking for U15 Rosie Joynes in the javelin and a whole host of PBs and wins including U17 Lily Jones in the Long Jump and 100m, Lewis Guest in the triple jump, Stanley Ridout in the U15 100m and 200m, Valentin Bala in the U15 javelin, Reuben Cawley in the U17 1500m, Oskar Beck in the U15 1500m and Isaac Slight in the U15 Pole Vault.

Results standing the club in very good stead for the upcoming start of the South West Athletics League where we will be hoping to return to our winning ways in the league—the U15 boys looking particularly strong for the start of the season.

Well done to all who took part—athletes, officials, spectators and volunteers.



Thank you for your support in saving our Rec and The Bill Whistlecroft Arena

The start of this year saw the club go through an incredibly challenging few months as Somerset Council undertook it's budgeting exercise amidst the declaration of a financial crisis—placing our much loved Rec and BWAA at risk of closure. Our petition launched by club Chairman Geoff Cole saw unprecedented support including from some of the UKs most respected and 'decorated' athletes as well as national attention from the media. The wealth of support and awareness raising resulted in our Arena being saved as a Town Council asset. None of that would have been possible without the support of our membership—**THANK YOU** for all **you** did to save our club and facility.

SWAL League

This is for all ages from U13 girls and U13 boys up to senior athletes. There are 4 league fixtures a year and there are many competition opportunities as guests are allowed in this league (e.g. up to 4 U13s can compete in each event). It is a well attended, fun and competitive league between the main clubs in the south west region.

National League

This league was created in 2020 and represents the top level of UK Team Athletics. It has been created by the amalgamation of the Mens British Athletics League and the UK Womens League. We are pleased and proud to be part of this league and look forward to continuing to provide a good level of competition in 2024.

How Can You Get Involved?

The Club operates solely on a volunteer basis and is always looking out for people to help—no matter how much time you can give—minutes, hours, days—it all counts.

If you think you have some time, skills or enthusiasm to keep our club thriving in the way it currently is please speak to any of the committee or managers who can steer you to the right person—whether it is to have a go at officiating or coaching or simply to handout numbers at events or make cups of tea, let us know and we will welcome your help with open arms.



www.yeovilolympiads.com



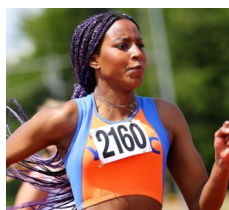
Competition Opportunity

Throughout the season there are a range of opportunities to compete. Not only in the league fixtures with the South West League and for adults, the National League but also the many open meetings available. YOAC will be hosting one every last Thursday of the month but to support that drive for success have also implemented the 'Sapphire League'.

The Sapphire League is a points-based league system (similar to the Diamond League) that athletes (age category U17 and above) can elect to register for specific events held at nominated Open Meetings, defined as the South West Open Series. This is in addition to entering the event with the host club, so an athlete must enter first in the usual

way then elect to register your performance before the event takes place using the form [SW Sapphire Athletics League 2024 \(jotform.com\)](http://www.yeovilolympiads.com)

All SW regional athletics clubs share the information widely on social media to enable ease of entry into the competitions.



Upcoming Dates:

Exeter Devon Open 28th April 2024

Gloucester Brewer Memorial Games 6th May

Plymouth Devon Open 26th May

Yeovil Evening Open 30th May

Yeovil Evening Open 27th June

Meet The Athlete

Jacob Dibble. Age 20

Time at Club: 2 years

Discipline: Javelin (and occasional 800m)

Best Moment In Athletics so far?

Injuring my elbow and needing surgery...the time away fuelled my love for the sport and made me even more eager to get my physio right and get back to my best. It strengthened my mental control over throwing as well and ensured that I could be in the best head space when throwing.

Who do you get your inspiration from

From a multitude of throwers, of any discipline, all aspects of throws come together in a way which is able to push yourself to be the best possible version of yourself... but if I was to say one person it would be Steve Backley.

Hopes and Dreams

To throw the best distance I possibly can... and one day to do Commonwealth and Olympic Games... but hard work is needed to get there and I am willing to do it

Top Tip

Above all else enjoy your discipline... it creates a better attitude to training and wanting to strive to be the best you can be.

