



# Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

August 2024

## The YOAC Yammer

Edition 5

### Key Club Contacts

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

### Team Managers:

- National League: Jacquie 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

YOAC Evening Open 4 Aug 29th

SWAL Exeter Sept 1st

Yeovil Games Sept 7th

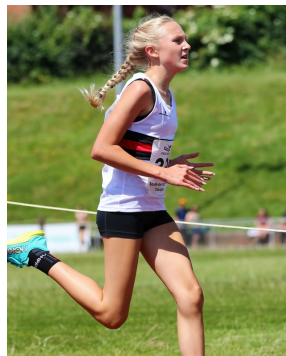
[www.yeovilolympiads.com](http://www.yeovilolympiads.com)

### YOAC's South West Champs Medal Haul

On the last weekend of July down in Exeter the Club really got to show off it's talent with the South West Inter County Championships. YOAC athletes were either selected to represent Somerset or had met the qualifying standard in their event in order to take part and compete for medals.

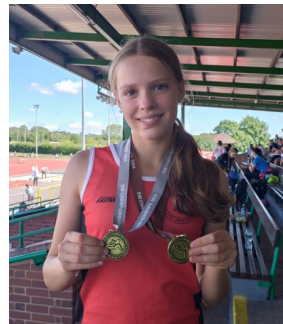
From the youngest age groups right through to the senior athletes YOAC members brought home medals, achieving superb standards along the way.

The club's youngest medal winner was U13 Pollyanna Warman who took an incredible gold in the 1500m. Pollyanna's time of 5.07.86 saw her take the win by over 7 seconds. Pollyanna is on track to finish the season in the top 15 in the UK in one of the most popular events for U13 athletes.

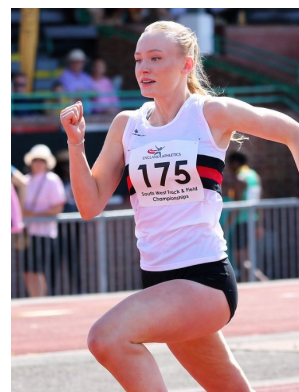


An incredible 5 medals were won by YOAC U15 athletes. Most notable was Isaac Slight's incredible pole vault of 3m 50 to take Gold, which was not only a substantial PB but also a new club record and equalled the Championship Record and saw Isaac take himself to an amazing 6th on the UK rankings. Gold also came from Oskar Beck in the 1500m following a

race to the line to finish with a PB of 4.24.35. Rosie Joynes took the gold in the U15 girls javelin with her very first throw of the competition in a closely fought contest whilst Ellie Daner took a superb two medals with silver in the long jump and bronze in the triple jump in only her 2nd ever triple jump competition.



In the U17 women's there were some incredibly tough sprint races seeing Zoe Huntley just miss out on a medal. Isabelle Whittle ran a superb PB in the 1500m with 4.55.12 to take the

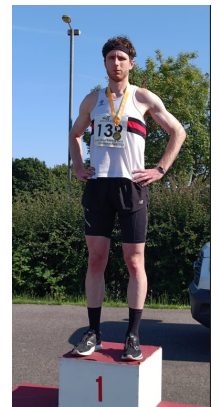


bronze medal. Yet another 1500m medal came in the U20 women's with Sophie Nicholls taking silver with a seasons best performance of 4.35.68.

In the senior age category there were a staggering 9 gold medals by Yeovil athletes with some

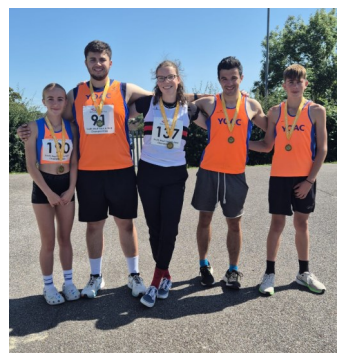
exceptional performances. Emily Bonnet took a double gold in the 400m and 400m hurdles and Luke Prior won the 300m with a new Championship Best Performance.

Matt Lusby continued the superb form he has displayed all season in the National Athletics League winning the 200m steeplechase and Lewis Guest leapt to an incredible 15 metres in the men's triple jump to take gold with a new PB.



Golds also came from Roberto Lopez-Smith in the pole vault, Jacob Dibble in the javelin and Emma Greenaway in the discus with a PB at the time of 28,32. Mark Plowman, a long standing former YOAC member also won gold in the men's discus with a throw over 48 metres. Mark is currently ranked 12th in the UK for discus and UK Number 1 for over 35s.

All in all an incredibly successful YOAC day – well done all who took part



## SWAL League

	YOAC Match 3	Place Match 3	Current league position
U13 Girls	72	9th ▼	8th ▼
U13 Boys	81	8th ▼	9th ▼
U15 Girls	179	4th ▼	2nd ►
U15 Boys	206	1st ▲	5th ▲
U17 Men	0	12th ▼	10th ►
Women (inc U17)	396	3rd ▲	3rd ▲
U20M/ Men	326	4th ▲	5th ►
Relays	46	6th ▲	4th ▼
Officials	80	1st ►	n/a
Total	1386	4th ▲	6th ►

## National League

	YOAC Match 2	YOAC Match 3	Current league position
Women	6th	3rd	
Men	2nd	2nd	
Overall	5th	2nd	5th

## National Cup Success

YOAC bravely attended the National League Cup Final in early August where a team of just 10 athletes faced 8 other teams across 34 events. With such a small team, team placing was not going to be possible but some outstanding performances were achieved by all. Four of the ten athletes achieved superb wins with Matthew Alvarez taking the double in the 100m and 200m. Robbie Lopez-Smith took a win in the pole vault with a great leap of 4.62, but also won points for the team in the long jump. Jacob Dibble took an impressive win by almost 10m in the javelin and also achieved additional points by competing in the discus. Lottie Garratt achieved a huge leap in the triple jump to take the event win. The team also achieved 2nd places in the 400 hurdles with Emily Bonnett, and in the 100m hurdles with Georgia Silcox. Skye Sauter took 3rd in the 200m, whilst Sara Henderson achieved the same placing of 3rd in the women's javelin. Emma Greenaway narrowly missed out on a top 3 spot in the discus but threw a great PB of 33.20. Well done to all who travelled to Bedford for the event for YOAC and the officials, without whom the team would not have been able to enter.

## Final Track Competition Opportunities

With a very busy season almost drawing to a close there are still three huge opportunities for athletes to get best performances in and to compete for the club and get YOAC as far up the league table as possible.

Thursday the 29th August sees the final evening open event of the year. The evening events have been incredi-



bly popular and seen some of the clubs best performances this season as well as a number of club records. Entries are open for the event on [Roster Athletics](#) though many events

are filling up fast and spaces are limited.

On Sunday the 1st September is the final league match of the season. A number of the teams and the club overall are sitting in great positions with not too many points needed to move up the table.



Team Managers will be hoping to get their best possible teams out for this last event in Exeter and so if you are available get in touch with your manager (information overleaf) and ensure they are aware of your availability.

Our final fixture of the season is the Yeovil Games. Again another very popular Open Event attracting athletes from across the UK. Entries are open for the event which promises to provide a fantastic finale to what has been a fantastic season for the club that at one point early in the year was threatening to not even start.

## Meet The Athlete

Isaac Slight

Age 14

Time at Club: 3 years

Events: Pole Vault but I will give anything a go and love a steeplechase

## Best Moment In Athletics so far?

Being chosen to represent Somerset at English Schools

## Who do you get your inspiration from

I am inspired by lots of high level athletes but also by my coach and by the other athletes that I train with

## Hopes and Dreams

Short term I would like to achieve the required standard to compete again at English Schools and in the long term I would like to get to the Olympics.

## Top Tip

Try every event possible and take every chance you get given

