



Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

June 2024

The YOAC Yammer

Edition 3

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

NAL 2 (Yate)	June 22nd
South West Schools Combined events	June 22nd / 3rd
YOAC Evening open 2	June 27th
SWAL 3 (Exeter)	June 30th
NAL 3 (Yeovil)	July 7th
YOAC Evening Open 3	July 25th

www.yeovilolympiads.com

National Athletics League Match 1

The First National Athletics League Fixture of the year took place on 1st June and saw the small YOAC team travelling to Swansea in the newly re-vamped league structure. In the National League YOAC sit in the Championship West division. The NAL is the highest level at which the club competes in.

Seven YOAC members made their debut appearance in Swansea which also saw some superb wins and many PBs. Notable winning performances came from Jacob Dibble in the javelin, Skye Sauter in the 200m, Lottie Garratt in the triple



jump, Matt Lusby in the steeplechase (but who also ran in the 3000m, 1500m and 800m) and Emily Bonnett in the 400m hurdles.



Athletics is a sport that is all about continual progress and improving performance by achieving personal bests. At the league match in Swansea personal bests were achieved by Mikaela Harnett in 800m, Amber Faull in 400m, Laurence Badman in 3000m, Roberto Lopez-Smith in shot put, Emma Greenaway in discus and hammer and Lewis Guest in both 400 hurdles and 110 hurdles.

The team finished overall 5th in this first fixture with the men achieving 3rd place ahead of much bigger teams such as Cardiff and Southampton.

The club cannot compete in league fixtures—NAL or SWAL without also fielding a team of officials to enable the events to run. Team managers Jacquie Silcox and Paul Guest would like to thank the officials who made the journey to Swansea to support the club, many of whom also then travelled to Exeter the following day to provide valuable points to the team at the South West League fixture. Thank you all who enable our athletes to compete.



Open Event Success

YOACs first evening open event of the year took place on the last Thursday in May. With more than 200 entries for the 2 hour event, it promised to be jam packed with excitement.

As always, the open meetings provide a chance for U11s to compete in a range of events. YOACs Rosie Hannell competed in the complete Quad of U11 events, clocking great PBs in the howler throw and 600m, with strong performances also in the 60m sprint and long



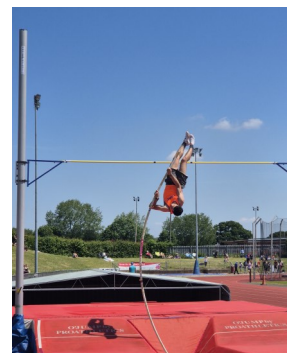
jump. In the U11 boys YOACs Charlie Cook clocked a superb time to win a very hotly contested U11s boys 60m, he went on to take a win in the 600m and placed 2nd in the long jump.

YOAC sprinters dominated the sprint events, the open event providing an opportunity for all to compete. There were 16 YOAC entries in the 100m events for women across the age ranges including 10 Under 15 girls from YOAC—Ellie Danner, Elspeth Perkins and Michael Ralph all clocking times under 14 seconds. There were 11 YOAC entries in the men's equivalent with U20 athlete Ben Huntley leading the YOAC drive, clocking an impressive PB of 11.60.

The field saw YOACs Roberto Lopez clear a season's best in the pole vault of 4m 35 and huge entries across the throws and jumps with YOACs U17 Mimi Woodliffe achieving a new PB in the high jump, U13 Matilda Scorer and U15

Katrina Schmidt with new PBs in the long jump, YOACs Steph Collis winning the women's shot putt and 6 YOAC athletes competing in the mixed javelin to close a very successful evening.

The next event takes place on the 27th June with entries closing on the 25th. Some events have limited entry and so early entry is advisable to avoid disappointment.



SWAL League 2

	YOAC Match 2	Place Match 2	Current league position
U13 Girls	117.5	6th ▲	6th ▲
U13 Boys	123.5	6th ▲	8th ▲
U15 Girls	232	1st ▲	2nd ▲
U15 Boys	148	4th ▲	9th ▲
U17 Men	17	10th	10th
Women (inc U17)	310	6th ▼	4th ▼
U20M/ Men	284.5	5th ▼	5th ▼
Relays	64	7th ▼	3rd
Officials	80	1st ▲	n/a
Total	1376.5	5th	6th ▲

National League

	YOAC Match 1	Place Match 1	Current league position
Women	136	6th	6th
Men	213	3rd	3rd
Overall	475	5th	5th

Major Team GB Sponsor investment in YOAC

Over the last 2 months the YOAC Committee have been working with Team GB sponsor British Gas and WING, a production company to support an exciting project to be released on media channels during the 2024 Paris Olympics. The



production company contacted the club to share their ambition to include YOAC in their work which would see the British Gas funding improvements to the club facilities. Those members who attended the Evening Open Meeting in May will have spotted the film crews undertaking their first session of filming. A second session took place on 20th June, with a final filming and celebration event on 2nd July which will include the unveiling of the initial phase of work to the Clubhouse. It is hoped that as many members as possible attend the event on 2nd July, a normal training evening, and show the level of support existing for the club which played a crucial part in saving the facility earlier this year. The Reveal Party will be at 6.30pm and there will be a very special guest appearance from a Gold Medal Winning Team GB Olympian!



Moving up the league table after SWAL Match 2

The first weekend in June saw the 2nd South West Athletics League (SWAL) fixture where the YOAC team were looking to improve on their 8th place in match one. With the SWAL fixture in Exeter being immediately after the seniors competition the day before in Swansea, it was always going to be a tall order to get a full team together but the age groups teams (U13 and U15) led the way on the day with some superb performances.

The Under 15 girls team came away victors in Exeter beating all other 11 teams, many of whom were much larger. The key to their success coming from athletes having a go at events for the very first time enabling the team to fill the team sheet across every event. Notable performances from the U15 girls making a huge difference to not only the U15 team but the overall YOAC score were Ellie Danner in her first ever triple jump competition coming away 2nd with a superb 9m 46 – placing her in the top 35 in the UK, Rosie Joynes with a 3rd in the pole vault with a new club record and Seri-Ann Merrick competing in her first ever hammer competition and placing 5th.

Although the U15 girls won their age group, there were many individual winners across the squad providing the club with plenty of points to move them two places up the league table after the 2nd fixture. In the U13 girls Pollyanna Warman put in a superb performance to win the 800m, in the U15 boys

Isaac Slight won the Pole Vault with a new PB and Valentin Bala took the win in the javelin. In the seniors Emily Bonnett won the 400m just the day after competing in Swansea for the seniors. In the senior men's Rueben Cawley (an U17 athlete) won the 5000m by a considerable margin and Roberto Lopez-Smith took maximum points in the pole vault. Overall YOAC moved up the table from 8th to 6th. Athletes across all age groups ensuring their teams gained as many points as possible by filling as much of the timetable as possible, for example Lily Jones competing in her first javelin to gain points for the team, club Chairman Geoff Cole leading by example competing in all four throws disciplines for the men and gaining 68 points and U15 boy Valentin Bala achieving points in his first 200m. The next league fixture takes place at the end of June where the team will hope to continue moving up the table.



Meet The Athlete

Lewis Guest

Age 30

Time at Club: 14 years in total

Discipline: Triple jump and hurdles

Best Moment In Athletics so far?

Achieving a bronze medal at the British Universities Championships in 2020

Who do you get your inspiration from

I would say I am largely self motivated and very process orientated.

Hopes and Dreams

My targets for the near future are qualifying for and competing at Nationals, achieving multiple personal bests and achieving world rankings.

Top Tip

Training with intensity that closely matches that of competition. This will mean training hard and often (for the skill repetition) but never doing too much work.

