



# Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

May 2024

## The YOAC Yammer

Edition 2

### 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

- |                                      |                  |
|--------------------------------------|------------------|
| Open Meeting 1 (Yeovil)              | <b>May 30th</b>  |
| National League (NAL) (West-Swansea) | <b>June 1st</b>  |
| SWAL 2 (Exeter)                      | <b>June 2nd</b>  |
| County Schools (BWAA Yeovil)         | <b>June 8th</b>  |
| NAL 2 (Yate)                         | <b>June 22nd</b> |

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

### South West League Match 1 Success

The First South West Athletics League (SWAL) Match of the year took place on 5th May, the league consists of 12 clubs competing in 4 fixtures spread across the season. Competitors achieve points for their team dependent on places—the aim



to win as many points in order to win the league.

YOAC got off to a flying start in Match 1 taking a win in the very first event, men's pole vault. New Olympiad Roberto Lopez-Smith won the event amidst awful conditions.

Roberto was followed by more than 10 other event winners for YOAC from all age

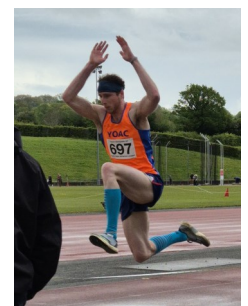
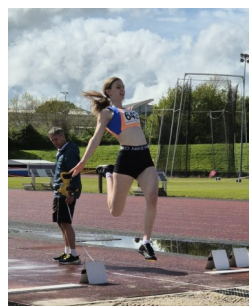
categories. European Masters Champion, Emily Bonnet led the way for the Women with a win in the 400m, she later led the team to a blistering start in their 4 x 400m relay which the women's team won by almost 100m.

Wins in the senior events also came in the form of two doubles. In the men's and women's steeplechase events Laurence Badman took the men's event for YOAC and Lucy Bickerton the women's. And in the triple jump Lewis Guest took maximum points for the men and Lottie Garratt for the women.

There were further wins in the jumps for the Olympiads team with one of the club's youngest athletes Kitty Danner battling to a superb win in the girls under 13 high jump. YOAC also had two winners in the javelin. In the under 15 girls event Rosie Joynes took the win by a good margin, later followed by Jacob Dibble in the men's event winning by 20 metres.

SWAL though is all about team points and every point counts especially when there is such a small team available. The difference is often made by team members competing simply to earn points. Credit goes to U15 girl Ellie Danner trying javelin for the first time and achieving 19 points, Geoff Cole and Paul Guest in the men's discus achieving 34 points between them and Seri-Ann Merrick attempting shot putt for the first time (on her birthday) and achieving 13 points for the team.

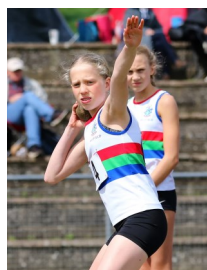
The extra points are crucial when YOAC is only able to field a small team of athletes. Overall, it was not the start to the season YOAC would have hoped for, finishing in overall 8th. However the Senior Women (which includes the U17 women) finished 3rd, the Senior men 4th and the Under 15 girls 5th. Having put out relay teams in every possible age group, the YOAC team finished 3rd in the relays overall.



### YOAC's Champions at County Schools Combined Events



The last weekend in April saw the track and club play host to the Somerset Schools Combined Events Championship. 5 athletes from the club competed across the Minor, Junior and Intermediate age categories. They got to compete with and watch some of the highest ranked multi eventers in the UK including witnessing U18 athlete Thea Brown achieving a World Number 1 ranking. The club had two gold medallists at the event—Rosie Joynes winning the Junior Girls pentathlon and Tabitha Olivier winning the Intermediate Girls heptathlon. Isaac Slight also fought well to gain bronze in the Junior Boys pentathlon event.



Good Luck to all our Olympiads awaiting selection announcements for the Somerset Schools Combined Events Team.



## SWAL League

	YOAC	Place
U13 Girls	141	7th
U13 Boys	33	12th
U15 Girls	170	5th
U15 Boys	23	11th
U17 Men	19	10th
Women (inc U17)	367	3rd
U20M/ Men	316	4th
Relays	86	3rd
Officials	70	2nd
Total	1225	8th

## National League

Our first fixture in the National League takes place on June 1st in Swansea. An update on results will follow in next month's edition.

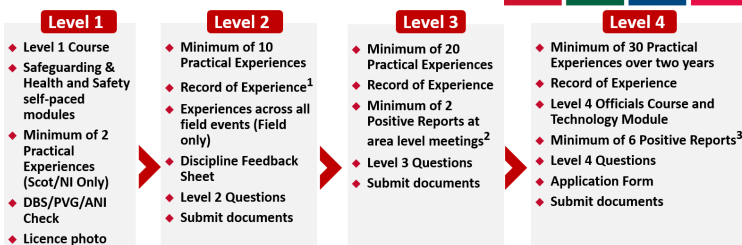
Thank you to Chris Holmes for all our photographs

<https://www.flickr.com/photos/chrisholmes/albums>

## Officiating Pathway

Over the last few years a number of volunteers have joined the pathway in order to support and give back to the sport. If you are interested in taking the same journey to what ever level works for you, please speak to any of the committee, team managers or officials.

### Track & Field Official's Pathway

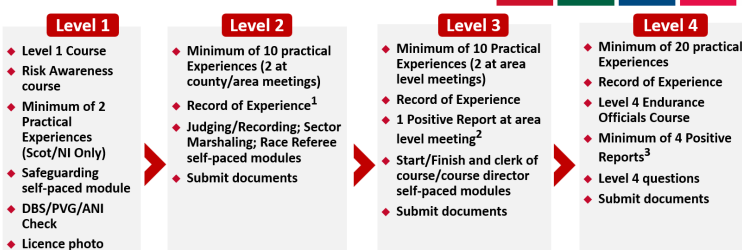


1. 'What did I learn' section (optional) and evidence of shadowing an event leader/chief judge/referee at a league/county meeting

2. From a Level 4 Official or a Level 3 Official of 2+ years experience – including 1 report as a team leader/chief/referee (except Photo-Finish and Starter) and 1 report as a team member using technology (field).

3. From a Level 4 Official active at national level and has been a level 4 with 2+ years experience. Must include (1) Team Member, (2) Team Member (3) Out of Area, (4) Technology report - EDM or Photo-finish, (5) Referee or Chief Report, (6) Clerk of Course

### Endurance Official's Pathway



1. 'What did I learn' section optional.

2. Level 3 report (by a Level 4 Official or a Level 3 Official with 2+ years experience) OR Level 4 report (by a Level 4 Official with 2+ years experience)

3. Must include the following duties: (1) Referee/Assistant Referee (2) Start Area Coordinator/Start Director (3) Finish Area Coordinator/Finish Director (4) Clerk of Course/Course Director.

## County Champs Round Up

The Bill Whistlecroft Arena hosted the Somerset AA Championship on the 11th and 12th May—the first medal opportunity of the year for many athletes. Yeovil Olympiads put on a great display over the two days seeing no fewer than 30 event gold medalists—a number of athletes coming away with multiple medals and multiple golds.

The youngest of YOACs double gold medallists came in the sprints with Willow Pearce winning gold in both the 100m and 200m sprint. The same double was achieved at the opposite end of the age ranges with YOACs Matthew Alvarez taking the titles in the senior event with a PB of 10.72 in the 100m and a seasons best in the 200m. There was a superb battle in the masters men's event with Ian Allen taking the gold in the 100m by a very slim margin over fellow Olympiad Paul Guest.

A number of events saw YOAC dominate—the javelin being one with Esme Burdge winning the U15 girls with an enormous PB of 35.27 exceeding her previous best by more than 5m. Valentin Bala won the U15 boys also with a PB, Ellie Roe took U17 girls title and Jacob Dibble the senior mens. The 1500m steeplechase was a solely YOAC affair with every athlete coming from the club. Lucy Bickerton took the U20 title, Daisy Davies the U17 girls and Isaac Slight the U15 boys. In the senior women's 2000m event YOAC's Lizzy Ingram took the title.

There were further wins in the sprint hurdles

with Georgia Silcox winning the senior women's 100m event with a new meeting record of 14.58. Rosie Joynes won the U15 hurdles with a new PB and Isaac Slight the U15 boys, YOAC European Masters champion Emily Bonnet won the hurdles over the longer distance of 400m with a season's best time of 1.00.35.

There were doubles in the middle distance events too with Oskar Beck taking titles in both the U15 800m and 1500m with exceptional times of 2.12.16 and 4.28.88, and Pollyanna Warman taking the U13 girls titles in both events.

Further wins for YOAC athletes came from Emma Greenaway (SW discus), Isaac Slight (U15B pole vault), Rosie Joynes (U15G pole vault), Lily Jones (U15 Long Jump), Tilly May (U13G Long Jump), Kitty Danner (U13 high jump), Elspeth Perkins (U15 300m), Finley Goddard (U15 200m) and Rowan Kelly (U11 600m).



Well done to everyone who took part and to our officials helping to make the event such a success.

## Meet The Athlete

Daisy Davies

Age 16

Time at Club: 6 years

Discipline: 1500m Steeplechase



### Best Moment In Athletics so far?

After having three months off with an ankle injury, I headed into last year's track season, not anticipating anything exceptional. However as the season progressed, I managed to improve my timings and I was selected to represent Somerset at English Schools Nationals. Not only qualifying with a national time but also winning the bronze medal.

### Who do you get your inspiration from

I've always been taught hard work and dedication pays off, this is prominent in the athletes I aspire to be such as: Keeley Hodgkinson, Laura Muir and Jessica Ennis. These athletes and their achievements fuel me to train physically and mentally most days of week.

### Hopes and Dreams

Obviously in my head I imagine continuing to progress in a sport that I love, which will enable me to compete around the world. I'm not naive to the fact that this is a dream, but I'm willing to put in the hard work and the hours to make this a reality.

### Top Tip

Number one rule in steeplechase is to learn to spot the barrier earlier, otherwise you will stutter and lose speed as you hurdle. You also need to learn how to hurdle with both legs, not just your favoured leg.