



# Yeovil Olympiads Athletic Club

Quality Facilities and Expert Athletic Coaching

September 2024

Edition 6

## The YOAC Yammer

### Final Flourish to the South West League

#### 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

- |                                   |                         |
|-----------------------------------|-------------------------|
| Wessex X Country—Bryanston School | <b>3rd Nov</b>          |
| Awards Night                      | <b>9th November</b>     |
| Gwent League X Country            | <b>9th and 30th Nov</b> |
| SW Indoor Champs                  | <b>1st Dec</b>          |

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

The final South West League fixture where YOAC compete against 11 other clubs across the South West saw 5 of the seven age group teams finish in the top 5 with the U15 girls winning the fixture and claiming a superb second place in



the league overall.

There were some great individual performances and wins at the fixture down in Exeter from U13s Tilly May (long jump) and Max Reason (200m), in the U15s from Oskar Beck (800m) Isaac Slight (pole vault) and in the seniors with Emma Greenaway (pole

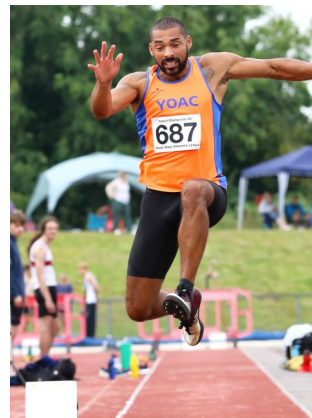


vault) and Lottie Garratt (triple jump).

The league though is all about points with competitors gain-



ing points for their placings and all points adding to establish team standings. Credit must go to the athletes competing across a wide range of events and therefore gaining crucial points for their teams.



Stand out team performances came from Ruby Shaw in the U13 girls (220m, 800m, long jump), Harrison Skuse in the U13 boys (100m, 200, long jump), Rosie Joynes (pole vault, discus, hammer, relay) and Elspeth Perkins (triple jump, 200m, discus and relay) in the U15 girls, Mason Deegan (100m, javelin, high jump) and Isaac Slight (pole vault,

high jump, hammer) in the U15 boys, Emma Greenaway (shot putt, hammer, discus, pole vault) in the senior women's and Andrew Faulkner (100m, 200m, 400mH), Geoff Cole (High Jump, shot putt, discus, hammer) and Dan Brown (High jump, long jump, Triple jump, pole vault, hammer, discus, shot putt, javelin) in the senior men's.

After a slow start in the very first fixture with significant absences across the teams, the club managed to finish the season in an admirable 5<sup>th</sup> place in the league and hope to continue the momentum gained in the latter stages of the season, and capitalise on growing membership to improve on this position in 2025.

We'll do to all our athletes who have competed for the club in the league this year and ofcourse to all the officials without whom the club would not be able to enter the league.



## SWAL League

	YOAC Match 4	Place Match 4	Final league position
U13 Girls	133	5th ▲	7th ▲
U13 Boys	99	8th ►	8th ▲
U15 Girls	236.5	1st ▲	2nd ►
U15 Boys	159	4th ▼	4th ▲
U17 Men	0	12th ►	10th ►
Women (inc U17)	377	3rd ►	3rd ►
U20M/ Men	317	4th ►	4th ▲
Relays	45	5th ▲	6th ▼
Officials	80	1st ►	n/a
Total	1446.5	4th ►	5th ▲

## National League

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



## The YOAC Awards Night

The Annual Awards night takes place on Saturday 9th November at the Westlands Entertainment Centre, Yeovil. The evening provides a great opportunity to celebrate the many achievements of the club over the track and field season as well as serving as an opportunity to see one another socially and of course play to everyone's competitive nature with the traditional quiz. Tickets must be purchased in advance to allow for catering needs and are available at [YOAC Awards Evening 2024 \(jotform.com\)](https://www.yoac.org.uk/yoac-awards-evening-2024). We look forward to seeing as many of you there as possible and to look back on another great and momentous season.



## Winter Opportunities

The track and field season might be over for this year but there is still plenty to get involved in.

### Winter Training

Training continues throughout the winter on Tuesdays. On Thursday evenings there is an indoor conditioning session for anyone aged U15 or over (athletes or parents) wishing to focus on strength and fitness through the winter. If you are unsure of your winter training talk to anyone on the committee or coaches who can advise.

### Cross Country Training

The endurance coaching team hold cross country training sessions at Ninesprings Country Park every Saturday morning at 10am. If you wish to take part speak to Geoff Cole and complete the form to book your place. [YOAC XC Training 2024/25 \(jotform.com\)](https://www.yoac.org.uk/yoac-xc-training-2024/25)

### Cross Country Competition

Throughout the cross country season YOAC athletes compete under the Wells City Harrier banner. There are two leagues to compete in—the Wessex League and The Gwent League.

Both provide an excellent standard of competition across all the age groups. As the season progresses there will also be schools competitions for age group athletes and tri county competitions against counties across the region. For more information or to get involved, talk to Geoff, Darren or Annette. Full list of fixtures available on the fixtures page of the website—link in next section.

### Indoor track and field

There are a number of open competitions at indoor locations across the country include South West Championships which is held in Cardiff. For details about all indoor opportunities visit the YOAC website for information and links to registrations. [Yeovil Olympiads Athletic Club - Fixtures](https://www.yoac.org.uk/yeovil-olympiads-athletic-club-fixtures)

### Officiating and Coaching

Opportunities to get involved in supporting the club and its athletes continue throughout the winter. If you would like to learn more about coaching or about starting your officiating journey speak to any of the committee or team managers. Every small bit of support is very welcome regardless of how much you can commit.

## Meet The Athlete

Rosie Joynes

Age 14

Time at Club: 4 years

Events: Combined—Javelin is my main event



## Best Moment In Athletics so far?

Getting selected for English Schools for u15 girls javelin and coming 7th.

## Who do you get your inspiration from

Over the year I have been inspired by KJT and Jess-Ennis-Hill because they have both over come injuries at different moments in there careers.

## Hopes and Dreams

To compete internationally in the heptathlon and to one day get to the Olympics.

## Top Tip

Try lots of different events because it will also help your team to gain points at competitions.