

## NEWSLETTER

[www.nhac.org.uk](http://www.nhac.org.uk)

Issue No. 2 July 2010

### **48 Gold Medals for Newport Harriers across 3 Regional Championships**

8<sup>th</sup> May 2010

It wasn't the best of conditions but that didn't stop Newport Harriers athletes taking 48 gold medals across the East Wales & South Wales Regional Championships & over the bridge in the Avon County and West of England Championships.

In the U13 girls despite the wind Amelia Reynolds broke 2 records in the sprints, with Danielle Morgan taking a gold in the Javelin. Whilst in the U15 Girls Katie-Jane Priest was dominant in the sprints and Emma Hennessey took golds in both the 300m and 75m Hurdles. Beth Hill-Howells completed the gold tally for the Junior Girls in both the High and Long Jumps.

In the U13 boys the Bryant Brothers took 1 gold each Jordan in the Shot and Jamie in the discuss. The U15 boys came away with an impressive 8 gold medals between them, Ryan Morgan in the 100m, Jack Fear in 1500m in the field Kyle Arnold won the Long Jump competition and Heddwyn Loudon the discuss. Steven Russell and Oliver Hudson were both double gold winners, Steven in the High Jump and Javelin and Oliver the 200m & 300m

In the U17 women's competition Hannah Griffiths continues her dominance of the sprints taking triple gold in 100m, 200m & 300m, with Melissa Arthur again winning in the Javelin. There were 4 golds from the U17 men Curtis Goodger in 800m, Elliott Hardee inevitably winning the 1500m, new member Evan Wynne taking the 1500m steeplechase and Ben McEwan the 400m hurdles.

In the U20s Emrys Penny and Chris Carpanini did not disappoint, Emrys winning the 2000m Steeplechase and Chris the 3000m. In the women's competition Antonia Yorkshire won both the 100m & 400m hurdles races with Sian Jordan taking gold in the discuss.

The Senior's also produced some great results with the men coming away with 7 golds between them; Carl McEwan in both 100m & 400m, Craig Russell in 200m, Lee Richards 800m, Stuart Pearce 1500m & Jon Morgan 300m. Whilst out in the field Keith Powell came away with a gold in the Pole Vault. For the Senior Women Lindsay Badman won both the 100 & 200m sprints with Georgie Parnell winning the 1500m. In the field Chloe Thorne in the shot and Lisa Boswell in the Hammer brought more Newport success.

Over in Yate West Country recruits Bethan Wakefield & Megan Coe added to Newport Harriers successful weekend with 4 gold medals in the Avon County & West of England Championships; Bethan in the 100m, 200m & Long Jump with Megan continuing last year's success with a win in the Javelin.

So all in all a brilliant set of results across all the age groups which promises a strong future for the club.

---

## **Congratulations!**

to Lisa Boswell who set a new Senior club record in the hammer at Burton at the Midlands League on 6th June.



# Juniors Section

## WELSH JUNIOR LEAGUE

There have been 2 rounds of the Welsh Junior League since our last Newsletter

### 22<sup>nd</sup> May, Hereford

Numbers were up on the last fixture but the opposition also turned up in strength, highlighting our gaps in each age group. This meant we finished 4<sup>th</sup> in the match which dropped us to 3<sup>rd</sup> in the league.

Under 11 Lisa Scafi showed she has a range of events competing well in the sprints and the 800m, whilst Amiee Wallace also showed versatility covering a sprint, a jump and a throw. We also saw a couple of debut athletes. Elinor Wilkins-Jones had a brave run over her first 800 and followed that with a great run at 150 just fading at the end.

For the U13 girls there was a double first from Amelia Reynolds in the sprints and with U13 boys very thin on the ground the Bryant Brothers continued their domination of the Shot & Discuss.

In the U15 age group there was a 1<sup>st</sup> for Melissa Roberts in the 200m In the boys competition Ryan Morgan and Andrew Williams took 1<sup>st</sup> in both the A & B string Long Jump with Steven Russell winning the B String Javelin.

### 6<sup>th</sup> June, Newport

With home advantage we had hopes of a big turnout and strong performance, but there was stiff competition from the other teams to push Newport into third place. We had too many gaps where our rival teams had cover, and this slip up has dropped us into a three way tie for the last two qualifying spots for the Cup Final behind Cardiff who are the run away leaders.

Pick of the individual performances were Amelia Reynolds 1<sup>st</sup> in the U13 100m and 200m, Jordan and Jamie Bryant winning A and B in both shot and discus in the U13s, an U15 sprint double for Katie-Jane Priest, and Jack Fear collecting lots of team points by covering the U15 200m, 400m and 800m.

Hereford Match Result		Newport Match result	
1. Cardiff	1084	1. Cardiff AAC	1004
2. Cwmbran	742	2. Hereford	732
3. Hereford	705	3. Newport	692
4. Newport	598	4. Cwmbran	619
5. Aberdare	319	5. Aberdare	347
6. Rhondda	276	6. Rhondda	263
7. Blaenau Gwent	159	7. Blaenau Gwent	159
8. Chepstow Harriers	0	8. Rhymney Valley	12
9. Rhymney Valley	0		

---

## UKYAL

### Bath, 16<sup>th</sup> May

There was a better turn out for this round 2 match, however the opposition was stronger and Newport did well to finish 2<sup>nd</sup>.

Amelia Reynolds was once again the star of the U13 Girls Sprints with 1<sup>st</sup> place finishes in both the 75m and 150m. There was also a 1<sup>st</sup> place for Danielle Morgan in the Long Jump. It was once again down to the Bryant Brothers and Carwyn Penny to fly the flag for the U13 Boys, Jordan & Jamie again proving to be unbeatable in the Shot & Discuss. With 1<sup>st</sup> place finishes in both the 800m and Long Jump for Carwyn

In the U15 competitions there were first place finishes for Beth Hill-Howells in the Girls High jump and Brownwyn Satterley in the B String 800m. The Boys faired much better with a total of 10 firsts, Oliver Hudson and Jack Fear in both the A & B 400m with Jack also winning the 800m, Rhys Norris the B 1500m, Kyle Arnold was a double winner in the 80m hurdles and B Long Jump, with Ryan Morgan winning the A long Jump and Javelin the wins being completed by Stevan Russell in the B Javelin. Liam Bradley, Rhys Norris, Jack Fear, Stevan Russell finished off a good day for the U15 boys with a win in the 4X400m relay.

The U17 Women representation was down to Bethan Wakefield & Melissa Arthur, but it was a case of quality not quantity with both girls winning all their events. The U17 Men were a much bigger and quite formidable force. There were 1<sup>st</sup> places from Evan Wynne in both the A 1500 and 3000m with Tyrone Fowler, completing Newport dominance in these 2 events, winning the B races. Ben McEwan was another double winner in the B 800m and A 400m

hurdles. In the field Connor Harte came away with a brilliant win in the Triple Jump. The boys then won both the relays Curtis Goodger, Connor Harte, Ben McEwan, Declan O'Brien in the 4X100m and Evan Wynne, Curtis Goodger, Ben McEwan, Tyrone Fowler in the 4X400m.

### Neath, 20<sup>th</sup> June

Round 3 in Neath and again we had large gaps in the team especially in the U13 age group, with the boys being solely represented by Carwyn Penny as he continued his dominance of the 800m with another win. In the U13 girls Jessica Bradley took the 800m with Danielle Morgan jumping to victory in the Long Jump.

The U15 boys age group saw wins for Jack Fear A and Liam Fear B 1500m and Kyle Arnold giving the Javelin a try won the B competition. For the U15 girls Amy Chorley & Beth Hill-Howells won both the A & B long jump competitions.

The U17 Boys again turned out in force and with James Morgan making his first appearance this season James and Connor Harte fought it out in the 100m and were given exactly the same time the story then repeated in 200m when Declan O'Brien and James given exactly the same time. There were 1<sup>st</sup> place finishes for Ben McEwan in 400m hurdles and the 1500m steeplechase with Luke Hale on his debut winning the 400m. After his battles in the sprints there followed another win in the Javelin for James Morgan. The U17 Women's team only had 3 athletes with Hannah Griffiths the definite star of the show winning the 200m 2 secs ahead on the rest of the field and even more impressively in the 300m 4.4secs in front. In the field there was a win for Chloe Powell in the discus.

# Seniors Section

## Midlands Athletics League

Match 2 – Burton 6<sup>th</sup> June

2 victories in a row sees Newport firmly at the top of the table

### Senior Women

Lisa Boswell was definitely the star of this match setting a new club record in the hammer. Kirstie Milne returned to the team to gain an easy win in the B competition. Antonia Yorkshire picked up three individual victories (hurdles and 400m), while the 4 x 100m squad set a new Division 6 record.

### Senior Men

On the track Emrys Penny set a new Division 6 record in the 3000m steeplechase. In the 200m Carl McEwan and Lemarl Freckleton scooped a brace of victories, while young Connor Harte continues to make a name for himself slotting into the triple jump, B 100m and sprint relay

### Match result

1.	Newport	382
2.	Burton AC	296
3.	Hereford & County	270
4.	OWLS	265
5.	Sutton-in-Ashfield	263
6.	Nuneaton	211

## National Junior League

Round 2 – 23<sup>rd</sup> May 2010 Leamington Spa

There were fewer Newport Harriers in the South East Wales team in the National Junior League this time. The SEW Team finished 4<sup>th</sup> out of 7 teams

### Men

Whilst there were no victories for the Newport members of the team there were some good 2<sup>nd</sup> and 3<sup>rd</sup> placed performances. From the U17s Ben McEwan in the 2000m S/C and Curtis Goodger in 800m gave good 2<sup>nd</sup> placed performances. With 3<sup>rd</sup> places coming from Tom Morgan long Jump and Javelin, Connor Harte another U17 in triple jump and finally Lewis Jones in Shot and Hammer.

### Women

Hannah Griffiths and Antonia Yorkshire were Newport's representation in the Womens' Team with Hannah coming 5<sup>th</sup> in 100m and 3<sup>rd</sup> in 200m. Antonia competed in both hurdles races coming 5<sup>th</sup> in the 100m and 2<sup>nd</sup> in 400m.

## WELSH SENIOR LEAGUE

MATCH 3 – Newport 29<sup>th</sup> May

Round 3 and a home fixture saw the Senior Women particularly short on numbers with just Kirsty Crane competing in the 100m & 200m. The U20s were not a much bigger team with just Antonia Yorkshire and Sian Jordan. Antonia opting to run the sprint 400m and not her usual hurdles. The U17s had a larger turn out. Bethan Wakefield was just edged out of the 100m but went on to win the B 200m and Long Jump. Melissa Arthur had 2 good 2<sup>nd</sup> place performances in the Javelin and B Long Jump. Megan Coe completed Newport's Javelin performances with a win in the B competition. Hannah Griffiths was in her usual brilliant form over 200 & 300m winning both competitions The girls finished the day with a 2<sup>nd</sup> in the 4x100m relay.

The Men's Teams had a much better turn out. In the Seniors there were wins for Dave Goodger and Abdi Tulu in A & B 1500m followed by another win for Abdi in 3000m. Newport dominated the Hammer with Mark Boswell & Rob Eales winning both A & B competitions. Form the U20s there were 7 victories. Elliott Hardy & Emrys penny continued their dominance of middle distances winning the 800m and 1500m respectively with Chris Carpanini winning the 3000m. In the field Tomos Morgan won the Long Jump and Javelin, Tom Avis both B Shot and Hammer with Lewis Jones taking the A Hammer competition. In the U17s the 1500m Steeplechase saw victories for Newport in both A & B races from Evan Wynne & Ben McEwan.

### Match Results

#### Men

#### Women

1	Cardiff	627	1	Swansea	638
2	<b>Newport</b>	<b>508</b>	2	Cardiff	528
3	Swansea	456	3	Carmarthan	206
4	Wrexham	390	4	<b>Newport</b>	<b>199</b>
5	Carmarthan	191	5	Wrexham	129
6	Deeside	109	6	Deeside	99

## MASTERS SECTION

Masters Athletics is for all athletes 35 and over, and is structured into 5-year age categories. There are Masters competitions at local, national and international level, and in 2005 Newport's Glyn Sutton proved himself to be the fastest 60-year-old in the world when he completed the sprint double at the World Championships in Spain. As a team we compete on road and country but our main focus is the South Wales Masters League.

### South Wales Masters League

#### Round 2 – Cardiff June 9<sup>th</sup>

##### Men

Round 2 saw another great victory for the Newport Men. Craig Russell and Nick Taylor went head to head in the sprints. In the 200m it was Nick who was victorious, but Craig managed to just edge a win in the 100m with both of them being awarded the same time. There was a double sprint victory for Glyn Sutton in the M50 races. Andrew Hole made his debut for the club with a 2<sup>nd</sup> in the 800m B whilst in the M50 800m & 1500m Dave Profit came away with 2 3<sup>rd</sup> places. In the field a seasons best for Rob Eales gave him victory in the Discus. Glyn Sutton & Martin Davies were unchallenged in the M50 Pole Vault with Keith Powell coming 2<sup>nd</sup> in the M40 competition.

##### Women

Rhian Loudon returned to the team with 3<sup>rd</sup> place finishes in the 800 & 1500m. Jane Goode had a very busy and successful evening with 3 1<sup>st</sup> place finishes in the 100, 200m & Javelin and a 3<sup>rd</sup> in the discuss.

#### Match Results

##### Men

##### Women

1	Newport	249	1	Les Croupiers	146
2	Rhondda	120	2	Rhondda	142
3	Les Croupier	106	3	Newport	72
4	Port Talbot	103	4	Cardiff	40
5	Cardiff	102	5	Pembroke	26
6	Swansea	82			
7	Yeovil	50			
8	Pontypridd	36			
9	Bridgend	26			
10	Brecon	22			
11	San Domenico	14			
12	Bournville	6			

### Featured athlete – Emrys Penny



Under-20 athlete Emrys Penny is one of Newport's brightest prospects. Emrys had a successful 2009/10 cross country season, winning the U17 Gwent League title, gaining a silver medal in the Welsh XC Championships, and receiving a Welsh junior vest for the Home Countries International in Mansfield. On the road Emrys anchored Newport's U17 team to gold medal position in the Welsh Road Relay Championships, and

was selected for the Virgin Mini London Marathon. Moving up to the U20 age group on the track, Emrys competes in the junior leagues but is also making his mark in the Midlands Senior League where he is unbeaten in the steeplechase and set a new Division 6 record. Stepping up a standard, Emrys entered the Welsh Senior Championships for the first time and finished 4<sup>th</sup> in the 3k steeplechase to confirm his potential. Emrys has also marked 2010 with his first ever Welsh Schools Championship gold medal.

Emrys is totally dedicated to his training and unflinching in his aim to continually improve. He holds the U17 club record for the 2k steeplechase. He is also a popular member of the club, assists with coaching the U11s, and has even achieved Honorary Veteran status following his numerous guest appearances in the Welsh Masters League.

### CALLING ALL JUNIOR ATHLETES

#### FINAL UKYAL LEAGUE OF THE SEASON

18<sup>TH</sup> JULY - CARDIFF

With Newport currently in 6<sup>th</sup> place out of 9 teams and this a local fixture come on all you U13, U15 and U17 athletes join in and compete for your team – please see you Team Managers Deb Hill-Howells, Sharron Bessant, Juliet Coe & Jane Wakefield.

Coming soon.....

Championships Special covering both the National and Schools Championships

Something missing? Someone you feel should be mentioned – contact [janewakefield960@btinternet.com](mailto:janewakefield960@btinternet.com)

