

# **Afan Nedd Tawe Schools Athletics Association**

## **Cross Country County Trial**

**Wednesday 18<sup>th</sup> January 2023**

**First race at 12:30pm. Margam Park**



WELSH ATHLETICS  
ATHLETAU CYMRU

**Supported by Welsh Athletics (in partnership with WSAA)**



APOLLO  
TEACHING SERVICES

**With additional support from Apollo Teaching Services**

**Schools are strongly advised to arrive at least 1 hour BEFORE  
the first race starts to allow athletes to walk the course.**



**CHAIRMAN**

**STEVE JONES**

**TREASURER**

**ANDREW JENKINS**

**VICE CHAIRMAN**

**ZANE MAYNARD**

**HON SECRETARY**

**NICOLE EVANS**

The Afan Nedd Tawe Schools Athletics Association has invited all secondary schools and colleges to compete and officiate at the cross country county championships. We thank Margam Park and Neath Port Talbot Council for the use of the facilities, the Association would also like to thank officials from Neath Harriers, Swansea Harriers and Welsh Athletics for their support. Following these championships the Afan Nedd Tawe team will be selected to compete at the Welsh National Cross Country Championships in February at Brecon. Finally, my personal thanks to all teachers, coaches and parents for preparing the competitors we shall see today striving to gain honours, not only for themselves but for their school and county. Thank you and best wishes to all those who compete.

**Mr Steve Jones**

**Chairman**

**TIMETABLE**

|                                       |                           |       |
|---------------------------------------|---------------------------|-------|
| 12:30pm Year 7 Girls                  | 1 small then 1 large lap  | 2100m |
| 12.45pm Year 7 Boys                   | 1 small then 1 large lap  | 2100m |
| 1.00pm Year 8 & 9 Girls               | 2 large laps              | 2600m |
| 1.15pm Year 8 & 9 Boys                | 1 small then 2 large laps | 3400m |
| 1.35pm Year 10, 11, 12, 13 & 14 Girls | 1 small then 2 large laps | 3400m |
| 1.55pm Year 10, 11, 12, 13 & 14 Boys  | 3 large laps              | 3800m |

**Invited Schools**

|              |               |              |                |               |
|--------------|---------------|--------------|----------------|---------------|
| St JOSEPH'S  | GLAN AFAN     | BISHOPSTON   | BISHOP VAUGHAN | DYFFRYN       |
| Y G BRO DUR  | BISHOP GORE   | OLCHFA       | CEFN SAESON    | LLANGATWG     |
| PENYRHEOL    | YG GWYR       | DWR-Y-FELIN  | N.P.T. COLLEGE | GOWERTON      |
| CEFN HENGOED | MORRISTON     | DYLAN THOMAS | PONTARDDULAIS  | FFYNONE       |
| CWMTAWE      | BIRCHGROVE    | BRYNTAWE     | PENTREHAFOD    | YG YSTALYFERA |
| CWM BROMBIL  | GOWER COLLEGE | CYMER AFAN   | YG BRYN TAWE   | BAE BAGLAN    |

**RULES & INFORMATION**

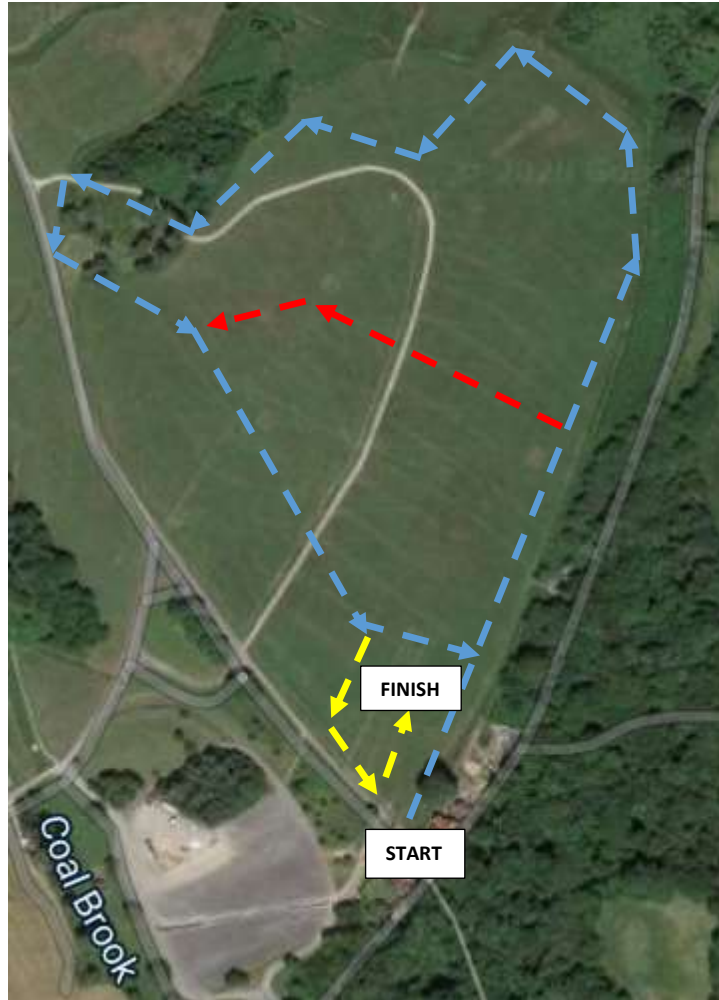
1. Schools and colleges taking part must be affiliated to the County Association.
2. **No athlete is allowed to compete unless accompanied by a member of staff.**
3. Only athletes from affiliated schools will be selected for county teams.
4. The assistance of staff in officiating at the fixtures would be welcomed.
5. The 2022 County Trial is an open event therefore it is not necessary for individuals and school teams to have competed in any of the development fixtures to be eligible to compete on 26<sup>th</sup> January.
6. Results of the county trial form the basis for selection of the Afan Nedd Tawe team for the Welsh Schools Cross Country Championships.
7. Medals will be presented to the top 3 individuals in each race and to the winning teams only.
8. Team medals – 6 athletes to score in the year 7 to 9 races and 4 athletes to score in the year 10 to 14 combined race.
9. Toilets are available, but there are no on-site changing facilities.

**HEALTH & SAFETY**

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

**FIRST AID**

First Aid cover is available on site. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.



|                                       |                           |       |
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**PAST CHAMPIONS**

| Individuals | Year 7 Girls             | Year 7 Boys                        | Year 8 & 9 Girls           | Year 8 & 9 Boys                    | Year 10 to 14 Girls        | Year 10 to 14 Boys             |
|-------------|--------------------------|------------------------------------|----------------------------|------------------------------------|----------------------------|--------------------------------|
| <b>2022</b> | Gwenan Griffiths (Gwyr)  | Daniel Board (Gwyr)                | Libby Hale (Bishopston)    | Ethan Vaughan (Dwr Y Felin)        | Mai Davies (Gwyr)          | Morgan Willis (Olchfa)         |
| <b>2020</b> | Mari Stephens (Bro Dur)  | Oliver Patterson (Olchfa)          | Mai Davies (Gwyr)          | Cameron Llewellyn (Bishop Vaughan) | Ashleigh Willis (Olchfa)   | Finley Hines (NPTC)            |
| <b>2019</b> | Kaitlyn Jones (Bryntawe) | Steffan Higgins (Bryntawe)         | Ella Davies (Gwyr)         | Aled Tumelty (Gwyr)                | Darcie Bass (Penyrheol)    | Rhys James (Dwr-Y-Felin)       |
| <b>2018</b> | Mai Davies (Gwyr)        | Cameron Llewellyn (Bishop Vaughan) | Tiffany Rees (Olchfa)      | Charlie Holland (Bishopston)       | Ashleigh Willis (Olchfa)   | Dominic Smith (Olchfa)         |
| <b>2017</b> | Ella Davies (Gwyr)       | Finlay Catling (Ystalyfera)        | Ashleigh Willis (Olchfa)   | Rhys James (Dwr Y Felin)           | Eluned King (Gwyr)         | Elliot Lawrence (St. Joseph's) |
| <b>2016</b> | Elin Murphy (Bishopston) | Kian Evans (Bishopston)            | Eluned King (Gwyr)         | Nathan Jones (Bishopston)          | Bethan Harris (Gower Coll) | Dominic Smith (Olchfa)         |
| <b>2015</b> | Caitlin Gwyther (Gwyr)   | Ethan Lee (Gowerton)               | Eluned King (Gwyr)         | Joseph Lloyd (Gwyr)                | Awen Lewis (Ystalyfera)    | Dominic Smith (Olchfa)         |
| <b>2014</b> | Eluned King (Gwyr)       | Ben Petherbridge (Gowerton)        | Ellie McCormick (Cwmtawe)  | Elliot Lawrence (St Josephs)       | Lara Philippart (Olchfa)   | Jonathan Tobin (Olchfa)        |
| <b>2013</b> | Chloe Hopkins (Gwyr)     | Jacob Young (Cwmtawe)              | Bethan Harris (Bishopston) | Oliver Jones (Bishopston)          | Olivia Gwynn (Bishopston)  | Jac Hopkins (Bishopston)       |

\*Event not held in 2021 due to COVID restrictions.

### TEAM SCORING AND MEDALS:

#### Individuals:

The top 3 individuals in each race will receive a medal including the year 10, 11, 12, 13 & 14 age groups which is a combined race.

#### Teams:

1. There are only team medals for the winning teams i.e. no medals for 2nd and 3rd places teams.
2. You must have a full team to score i.e Year 7 and Year 8/9 races must have 6 finishers and the Year 10, 11, 12, 13 & 14 combined races must have 4 finishers.
3. The team with lowest combined score will win i.e. 1st place is awarded 1 point, 2nd place = 2 points, 3rd place = 3 points and so on, as mentioned in point 2 incomplete teams will not count towards team totals.
4. Presentations of individual medals will be done immediately at the finish. NO TEAM MEDALS (1<sup>st</sup> TEAMS ONLY) WILL BE PRESENTED ON THE DAY. Staff are asked to hand in results sheets and envelopes that you will receive on the day ASAP after every race to Steve Jones, who will be based close to the finish area.

### OFFICIALS

The school district is indebted to the kind support of all our volunteer officials today who have given up their free time to make the event possible.

|    |                              |                   |
|----|------------------------------|-------------------|
| 1  | Referee                      | Andrew Jenkins    |
| 2  | Timekeeper 1                 |                   |
| 3  | Timekeeper 2                 |                   |
| 4  | Timekeeper's recorder 1      |                   |
| 5  | Timekeeper's recorder 2      |                   |
| 6  | Position Judge 1             |                   |
| 7  | Position Judge 2             |                   |
| 8  | Disc Steward 1               |                   |
| 9  | Disc Steward 2               |                   |
| 10 | Starter                      |                   |
| 11 | Clerk of Course              |                   |
| 12 | Course Marshall 1            |                   |
| 13 | Course Marshall 2            |                   |
| 14 | Course Marshall 3            |                   |
| 15 | Course Marshall 4            |                   |
| 16 | Course Marshall 5            |                   |
| 17 | Safety steward in the funnel |                   |
| 18 | Safety steward in the funnel |                   |
| 19 | Scoring, Results & Awards    | Steve Jones       |
| 20 | Scoring, Results & Awards    |                   |
| 21 | Awards Presentations         |                   |
| 22 | First Aid 1                  | St John Ambulance |
| 23 | First Aid 2                  | St John Ambulance |
| 24 | Car Park Marshall            |                   |
| 25 | Car Park Marshall            |                   |