



Welsh Athletics - Athletau Cymru

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West Wales Regional Newsletter

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Coach Education



Please note the coach education number at Welsh Athletics has changed. It is now **0870 1622 532**

UK Athletics Conferences

Please note the following

UK Jumps Conference at Brunel University on Sunday 8 October.

Third Spar Sprints Conference at Thames Valley Athletics Centre on Sunday 8 October.

UK Throws Conference and **UK Combined Events Conference** both at Loughborough University on Sunday 15 October.

British Milers' Club Symposium incorporating the **UK Endurance Conference** at Stratford-upon-Avon on Sunday 29 October. In partnership with the BMC the endurance specific element of this conference series will be delivered as part of the symposium, in October. To find out more programme details and to register for this event please either visit the British Miler's Club website www.britishmilersclub.co.uk or contact **Pat Fitzgerald** 01895 811822

UK Race Walking Event Conference on Sunday 29 October at Leeds Metropolitan University organised by UK Event Coach, **Andi Drake**. It will be built into an additional squad camp being run simultaneously and will be free thanks to funding from the British Athletics Foundation and sponsorship from Leeds Met.

Registration forms for all conferences can be obtained by emailing conferences@ukathletics.org.uk or calling 0870 998 6739 or 6774.

Carmarthenshire Primary Schools Indoor Sportshall Athletics Championships

Carmarthen Leisure Centre
Friday, 3rd Nov, 2006 (1 - 3 p.m.)

The events for boys and girls will be as follows:- 1 lap, 2 laps, 4 x 1 lap relay, standing long jump, standing triple jump, vertical jump and shot putt. Each school is allowed FOUR competitors per individual track event and ONE competitor per field event. Competitors are restricted to a maximum of THREE events including the relay.

Dyfed Secondary Schools (years 7/8) Indoor Sportshall Athletics Competition

Carmarthen Leisure Centre
Thur 10 Nov 2006 (12.30 - 2.30 p.m.)

The events will be as follows - 2 laps (152m), 4 laps, 4 x 2 laps Relay, Vertical Jump, Standing Long Jump, Triple Jump and Shot Putt. Each competitor will be restricted to one track event and one field event and the relay. Each competitor will have two attempts in the field event.

Schools qualifying (Carmarthenshire or Dyfed respectively) and interested in these two meetings should contact the organizer Hedydd Davies, 01267 290249 or e-mail hedydd.davies@tinyworld.co.uk

Sportsmatch

There have been recent changes to the scheme. A flyer providing applicants with details is available. If you a copy get in touch with me and I shall forward a copy. The following is from the SCW web site www.sports-council-wales.co.uk

Sportsmatch Cymru

The Business Sponsorship Initiative Scheme for Sport.

The scheme provides a vital link between the commercial sector and the development of grass-roots sport, and offers sports clubs and governing bodies support with projects that increase grass-roots participation, by match '£ for £' investment by the private sector. Awards range from a minimum of £300 (up to three sponsors can make up this amount - normally £100 per sponsor) and to a maximum of £15,000.

What is eligible - Sponsorship agreements that either involve new or additional business investment into grass-roots sport. **Who is eligible** - any properly constituted sports club/association or local authority, which is being sponsored by a commercial organisation.

How to apply - Contact your nearest Sports Council for Wales regional office.

Guidelines on Sponsorship - for advice on attracting successful sponsorship click on [How to Go About Getting Sponsorship](#)

Coach Cymru Workshop

The first of this winters workshops took place in Llanelli's club house on 4th October.

What a stimulating interactive evening lead by Jeremy Moody (ukathletics Performance Manager for Wales). The subject of Preparing a Programme opened many avenues for discussion with sample matrixes providing ideas for implementation Those not there missed an excellent session