



# Welsh Masters Athletics/ Athletau Meistri Cymru Awards Evening Friday 10th November 2109

WMA/AMC are proud to announce the winners of prizes for the 2019 Season.

A well attended evening began with a fine buffet that prepared all to celebrate the achievements of all WMA/AMC athletes but also to present trophies to those who produced outstanding performances.

Ian Broadhurst (Wrexham) was awarded the John Howe Trophy for his outstanding performances at the European Championships in Jesolo/Caorle where he won the 300m Hurdles in a British record time.  
Ian was unable to attend due to family illness, we all wish them well.





The Dave Williams Trophy was awarded to John Davies for his commitment as Track official. He attended all meetings.

## Team Awards

Women's Team winners were Les Croupiers—John Griffiths accepted the award from Pat Gallagher WMA/AMC vice President.



Men's Team winners were Swansea Harriers—Rod Davies accepted the award from Sean Power WMA/AMC President





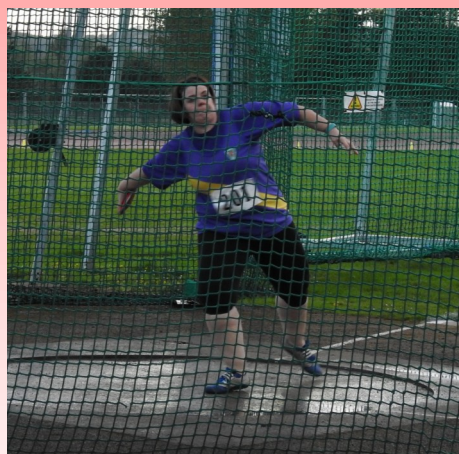


## AGE 35 GROUP

Ladies Champion  
Cath Alford  
(Rhondda)  
receives her  
award from Pat



Men's Champion  
Adrian Lewis  
(Aberdare)  
receives his award  
from Sean Power



Ladies Runner up  
Sasha  
Spottiswoode  
(Bristol) receives  
her award from  
Pat Gallagher.



Men's Runner up  
was Dean Webster  
(3M Gorseinon)







## AGE 50 GROUP

Ladies Champion  
Clare Davies  
(Brecon)



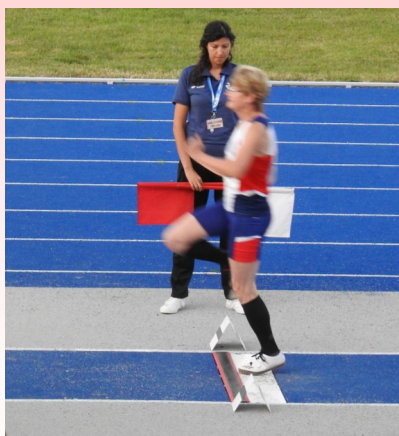
Men's Champion  
Derek Osbourne  
(Brecon) receives  
his award from  
Sean Power.



Men's  
Runner up  
was  
Charley  
Northey  
(Brecon)



Ladies  
Runner up  
Mel Garland  
(Worcester)





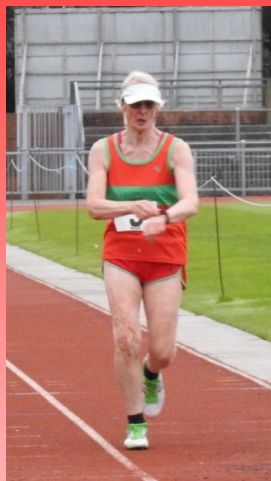


## AGE 60 GROUP

Ladies Champion Eirian Arwyn (Les Croupiers) receives her award from Pat Gallagher.



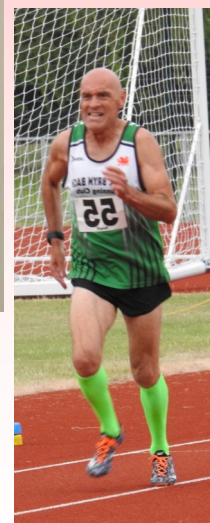
Runner up Daphne Marler (Swansea) receives her award from Pat Gallagher.



Men's Champion Phil Rees (Rhondda) receives his award from Sean Power.



Men's Runner up was Mark Williams receives his award from Sean Power.





Bill Kingsbury shield from  
Rhondda Athletics Club  
Awarded to the WMA/AMC committee

My dad competed in athletics for more than 60 years. He was a former Welsh junior champion and Welsh Senior Champion in the throwing events and regularly represented Wales.

He was encouraged by friend Matt Cullen ( a World Veteran Champion in the discus at that time - who competed for Swansea) to take part in masters athletics. So my dad was involved in masters athletics since the 1970's.

He was also heavily involved in Welsh Masters athletics since it was first formed and regularly competed in the leagues for the Rhondda club (a club of which he was a founder member).

He competed in British Masters Championships and won numerous British titles and set British records (hammer event) at nearly every age group. Ill health forced him to finally stop competing at the age of 82.

He died in 2011 aged 84 and as a family we decided to donate a shield to Welsh Masters Athletics in his memory.

My dad always appreciated everyone's involvement in athletics. Whether it be an outstanding performance by an athlete, or the time given by officials, committee or other volunteers within the sport.

When we award the shield each year, we consider who he would have wanted to win it.

The Welsh Masters committee have worked so hard this year to get the league back up and running. Everyone who has taken part have said how well organised it has been, and how glad we are to have the league back, after having no masters competitions last year.



Committee work can often be a thankless task.....but we have all appreciated the hard work put in by the committee this year.....and the Welsh Masters Committee would definitely have been my dad's choice as worthy winners.

Well done to you all. Xx  
Cath Alford

Brett Davis, Daphne Marler,  
Rod Davies and Chris Pruski

