









### RITA Four Nations

Three Welsh students traveled to Ireland this year and once again showed what good standards there are in Wales despite our small numbers.

Tom Harris I	Ely		
Conah Prosser I	Ely		
Lanny James I	Ely		



### UKTA Four Nations

Well done to Welsh team for their performance in the recent Four Nations - for a newly formed team they did well, on the night England won with Scotland as runners up.



### UKTA Overall schools

The top three UKTA schools this year were:

Ely	Master Taylor VIII	239 points
RTA Didcot	Master Miller VII	163 points
Fairwater	Master Prewett VIII	133 points



### UK Open - Fenton Manor

A great day out for the ITF Wales schools with representatives from Cardiff uni, Ely, Fairwater, Lisvane, Tywyn - Sophie Collins, Conah Prosser, Beth Pezzack all received overalls from previous Opens as well as what was one on the day.

### Four Nations - Saturday 22nd November, Bryn Meadows, Maescymmer

This years Four Nations saw not only the event and black tie dinner but a new awards ceremony which saw Wales do very well indeed.

Category	Short listed	Winner
Best u13 competitor	Kane Collins, Bethan Pezzack and Ethan Davis	Kane Collins
Best 13-17 competitor	Conah Prosser and Lanny James	Conah Prosser
Best 18+ competitor	Sophie Collins	Sophie Collins
Best Veteran competitor	Leighton Prosser	
Lifestyle Improvement	Rhiannon Parnis	Rhiannon Parnis
Best non member supporter	Tracey Fenton, Sharon Collins, Maggie & Delme Pezzack	Sharon Collins



England	Ireland	Scotland	Wales
Ricky De-Winton IV (Didcot)	John Paul Nestor IV (St Marks)	Dougie Macfarlan IV (Hillpark/SPRA)	Luke Wakely III (Ely)
Carl Davis III (Didcot)	Richard Barber III (Stillorgan)	Alan Rafferty II (Caledonian Uni)	Richard Taylor III (Cardiff Uni)
Kevin Yeo III (Torquay)	Gerard Byrne I (Old Bawn)	Thomas MacMillan II (Wishaw)	Neville Thompson II (Ely)
Greg Bagwell II (Exeter)	Declan McCourt I (Stillorgan)	Graham McDougall II (Caledonian Uni)	Wayne Brooks I (Ely)
Paul Hutchings II (Exeter)	James Mannion I (AIB)	Ryan Murphy II (Elgin)	Tom Harris I (Ely)
Tom Maccabe II (Countesthorpe)	John Egan I (Old Bawn)	Paul McBride I (Hillpark/SPRA)	Conah Prosser I (Ely)

### Patterns

In the knock out Scotland and Wales drew in the semi final with Scotland winning the extra time round and England beat Ireland to set up an England Ireland final with both teams performing well it was England who came out on top to win the event

Then it was onto the main event of the night - the patterns had already been done during the day so the competition opened up with a demonstration only by the winning team England and then moved into the sparring.

**Sparring** (2 points for win, 1 point for a draw first team to 6 wins)

## First semi final England 6-4 Wales

Paul Hutchings	Richard Taylor	
Ricky De-Winton	Tom Harris	
Greg Bagwell	Luke Wakely	
Carl Davis	Wayne Brooks	
Tom Maccabe	Conah Prosser	

## Second semi final Scotland 6-2 Ireland

Thomas MacMillan	John Egan	
Alan Rafferty	Gerard Byrne	
Paul McBride	Declan McCourt	
Graham McDougall	Richard Barber	

## Final England 6-4 Scotland

Greg Bagwell	Thomas MacMillan	
Paul Hutchings	Paul McBride	
Carl Davis	Alan Rafferty	
Rickey De-Winton	Ryan Murphy	
Tom Maccabe	Graham McDougall	

**Destruction** - brick 6 points, board 3 points, cracked board 1 point tile 1 point

## I

Forefist break of brick	Dougie Macfarlan (Scotland)	
	Neville Thompson (Wales)	no break
	Paul Hutchings (England)	1 brick
	Richard Barber (Ireland)	1 brick
Knifehand break of tiles	Tom Harris (Wales)	11 tiles
	Greg Bagwell (England)	7 tiles
	?(Ireland)	no break
	Paul McBride (Scotland)	10 tiles
Turning kick	Carl Davis (England)	2 boards
	Richard Barber (Ireland)	3 boards
	Tom MacMillan (Scotland)	2 boards
	Wayne Brooks (Wales)	2 boards
Side Kick	John Paul Nestor (Ireland)	1 board
	Graham McDougall (Scotland)	3 boards
	Richard Taylor (Wales)	4 boards
	Kevin Yeo (England)	2 boards
Reverse turning kick	Alan Rafferty (Scotland)	3 cracked
	Conah Prosser (Wales)	no break
	Rickey De Winton (England)	2 boards
	Declan McCourt (Ireland)	3 boards

This meant in the end Scotland had 35 points, England 34, Wales 29 and Ireland 24.

### Final results

	Patterns	Sparring	Destruction	Overall
England	3	3	2	<b>8 points</b>
Scotland	2	2	3	<b>7 points</b>
Wales	1	1	1	<b>3 points</b>
Ireland	1	1	1	<b>3 points</b>



### Grand Prix VI stage III

The last GP has gone for this year and it was a good day for all - the results this year went right down to the wire and all three divisions finished with 1st and 2nd tied on points so numbers of golds decided the finishing places

U13	13-17	18+
Beth Pezzack	Sarah Jones	Sarah Farthing
Kane Collins	Stephen Cocks	Sharon Collins
Lewis Brooks	Amy Jones	Adam Gaunt



### Welsh Open

Students from Cardiff North, Cardiff Uni, Ely, Fairwater and Lisvane all competed at this weekends Welsh Open and a great time was had by all. A full day of good performances and even our very own Master Taylor signing the latest copy of UKTA today which cover featured him. - on the day overalls were won by Sophie Collins II (Fairwater) who took 4 gold and Conah Prosser I (Ely). The final results of the day were Ely school winners, Burbage Academy second and RTA Didcot third. [Results](#)






### VIII Junior & III Veteran Worlds - September Tashkent Uzbekistan

Setting out at noon on Monday we eventually arrived in Tashkent at 6am Tuesday and it was here that most experienced their first brush with officialdom as it took more than four hours for the whole Welsh party to get through customs and to the hotel – at one stage Master Taylor was sat on the return flight to Latvia but eventually all was sorted, the hotel was pleasant and we were surprised to see that all teams had been allocated interpreters for the duration of the tournament. With just the opening ceremony before Thursday there was some time to relax and mentally adjust for the competitors which they used well.

On Thursday in the patterns events Wales saw Lauren Robson lose the first round of the junior female I dan patterns to Greenland, next up Conah Prosser also went out in the first round of junior male I dan with one slip being the only difference between him and his Turkmeni opponent. The final patterns for Wales saw Michael Barker keep his composure and perform well in the veteran mal III dan patterns – he saw off two Uzbeki opponents and picked up a well deserved gold becoming world champion. The next events up were sparring and here Delme Pezzack in the male -57kg had a good well controlled first round and defeated Norway to move through, in his second round he came up against an awkward taller Croatian and was unable to break him down to progress any further. In male -63kg Conah Prosser drew the Czech Republic first round but despite a spirited fight was unable to overcome him and ended his run early. In the male -69kg Gareth Francis easily beat his first round South African opponent to progress to the second round, here he faced a very technical Russian who used his space well and took a lead, once Gareth started to put him under pressure he took control of the fight but unfortunately it came a little too late to get a win. In the female -52kg Lanny James drew the Russian current European champion first round, She took a very good lead early on and didn't look out of her depth against this high profile opponent but after a good shot by the Russian giving Lanny a bloody nose she lost concentration and let the Russian come back to take a narrow win. In the female +70kg Lauren Robson drew Ukraine first round and repeated her European success against the same girl defeating her in a close match to move through to the semi-final where she met the Tajiki – with both girls flagging after the first round it was the Tajiki who found some reserves and lifted her tempo to win the bout overall and move through to the final but Lauren was more than happy to pick up a world bronze medal for her efforts. The final sparring events saw Michael Barker in the veteran male -73kg face an Uzbeki in the semi final who despite being very enthusiastic was rather rash and Michael sat back picking points up before raising his game and finishing him off to move through to the final. In the final he faced an Australian with both competitors moving well and countering each other hard work it was no surprise when the final result was a draw – in the extra time bout the Australian just pipped the result leaving Michael with a well earned silver to add to his patterns gold. Final tally was a gold,

silver and bronze from a small inexperienced team and everyone can be pleased with themselves as they performed well and will take away a wealth of experience from the worlds. We would like to give a special thank you from the Welsh team to Nargus Rakhmanova our interpreter who was constantly there to help us out and to answer all our questions.

Michael Barker III	Cardiff North	Veteran male 50-59		
Lauren Robson I	Ely	Junior female	r1	
Gareth Francis I	Ely	Junior male	ne	¼
Conah Prosser I	Ely	Junior male	r1	r1
Delme Pezzack I	Fairwater	Junior male	ne	¼
Lanny James I	Ely	Junior male	ne	r1



National Squad Training


































### National Squad Training

Check out the latest squad training session in pictures - see members of the national team and new talent coming through being put through their paces by Senior Master John Taylor VIII the Welsh national coach.



### London Open - 13th July, Guildford Spectrum

The following are the results for the ITF Wales competitors from the recent London Open - a few are still to be collected and will be updated once known. A good set of results as ever despite some very odd officiating the two oddest of which saw James Taylor lose his first patterns round then win two rounds (which should have put him in the semi final in a group of 8) and then the person he beat went on to the semi-final and in the Veteran dan grades Dave Lund and three other males performed against each other in knock out stages until Dave made it to the final whereas the female in their group had byes right through to the final. But an ok day over all and plenty of new opponents for everyone to face with 330+ competitors from almost 60 schools. 20 students picking up 15 gold, 9 silver and 9 bronze so far between them is a good return for all your hard work - well done all of you.

Competitor	School	P	S	ST	Po	Competitor	School	P	S	ST
Sophie Collins II	Fairwater					Bethan Pezzack	Fairwater			
Cassie Lund I	Ely					Rebekah Alexander	Cardiff Uni	r1		
Dave Lund I	Ely					Kane Collins	Fairwater			
Tom Harris I	Ely		ne			Sarah Jones	Ely	r1		
Lee Crews I	Fairwater					Lewis Brooks	Ely	r2		¼
George Crews I	Fairwater	¼	ne			Sarah Farthing	Cardiff Uni			
Lauren Robson I	Ely					Ingram Weeks	Cardiff Uni			
Conah Prosser I	Ely			r1		Jonathon Cole	Fairwater	r1		
Delme Pezzack I	Fairwater	r2				James Taylor	Ely	¼		
Lanny James I	Ely			r1		Claire McIver	Cardiff Uni			



### Scottish Open - 21st June, Kelvin Halls Glasgow

This weekend saw around 30 Welsh travel to Scotland for the Open worst journey award goes to Valerie and William Barrett who had their flight delayed so didn't get in until about 2am Saturday morning! The competition kicked off about 10am and for a change had a timetable that was pretty much kept to working through patterns and sparring in the afternoon fitting in special technique where possible and ending the day with power. The Welsh contingent were on fire on the day as was shown with no less than 5 out of the 6 categories that had 2 or more Welsh in seeing all Welsh finals -

Veteran kup patterns	Leighton Prosser (Ely) vs Valerie Barrett (Fairwater)
u13 red belt patterns	Bethan Pezzack (Fairwater) Vs Kane Collins (Fairwater)
13-17 male I dan patterns	Conah Prosser (Ely) Vs Lee Crews (Fairwater)
18+ green belt patterns	Sarah Farthing (Cardiff Uni) Vs Ingram Weeks (Cardiff Uni)

18+ male I dan patterns

Tom Harris (Ely) Vs Wayne Brooks (Ely)

With 23 gold and 13 silver medals won on the day you can see plenty of the others made the finals too and that is with a quarter of our competitors at their first ever Scottish Open. At lunch time there was a breaking display by Scottish club members and a brief but impressive display of breaking from some of the Masters. Kane Collins received his individual overall award from the English Open and Ely school were presented with the trophy for overall school at the English Open. At the end of a long, eventful and thoroughly successful day everyone headed back to their hotels for a well deserved rest, relax and maybe drink or two. Congratulations to everyone who competed you did yourselves, your clubs and Wales proud and yet again showed what great standards there are in Welsh Taekwon-Do. Quote overheard from local competitor which sums up the day was "Aren't those Welsh noisy with that silly oggy song it is so annoying - why can't they sing something with a melody like we will rock you, but they are very well trained aren't they."

Competitor	School	P	S	ST	Po	O	Competitor	School	P	S	ST	O
Sophie Collins II	Fairwater						Ryan Davis	Ely				
Wayne Brooks I	Ely						Valerie Barrett	Fairwater				
Tom Harris I	Ely						Leighton Prosser	Ely				
Lee Crews I	Fairwater						William Barrett	Fairwater	r2			
George Crews I	Fairwater						Daniel Anderson	Fairwater	r1			
Gareth Francis I	Ely	r1					Sarah Jones	Ely	¼			
Conah Prosser I	Ely						Sarah Farthing	Cardiff Uni				
Delme Pezzack I	Fairwater	r2					Lewis Brooks	Ely	r2			
Lanny James I	Ely						Jonathon Cole	Cardiff Uni				
Bethan Pezzack	Fairwater						Ingram Weeks	Cardiff Uni				
Rebecca Alexander	Cardiff Uni	¼					James Taylor	Cardiff Uni	r2			
Kane Collins	Fairwater						John- Michael Chidwick	Cardiff Uni				



### Congratulations

The Welsh team has returned from Porec, Croatia after a very successful tournament with 1 silver and 2 bronze medals, with everyone else putting in good performances and everyone can be proud of their performances. Well done to you all.

Tom Harris I (Ely) - BRONZE - Senior I dan male patterns

Conah Prosser I (Ely) - BRONZE - Junior I dan male patterns


















































Lauren Robson I (Ely) - SILVER - Junior female sparring +70kg



### English Open - 15th March, K2 Crawley

29 Students from 6 different Welsh Schools made the trip to the K2, Crawley for the English Open this year, due to minibus problems the 10 students from Cardiff University were unable to get up on the day. The day was slow to start but soon picked up momentum as the patterns groups were worked through, the standard for the day being set with the first medals won being Kane Collins gold, Bethan Pezzack silver and Ethan Davis bronze in the under red belt patterns. From this point on the tally just kept racking up with some very good displays from all our competitors and plenty of hard work especially in the sparring after lunch. As the seniors entered power the Welsh contingent were one eye on the results for the day and one eye on the TV as the Wales-France match kicked off and despite the centre closing they were allowed to stay and watch the match to completion and round of a great Taekwon-Do day with the the national team winning the Grand Slam. With some having to head off back home straight away and other staying on to celebrate the day everyone finished the day in fantastic spirits and all the competitors can be very pleased with their achievements. The overall results for the day showed Kane Collins taking the under13 colour belt individual award and Ely school winning overall on the day with 69 points - this is the third year running that a Welsh school has won the English Open so congratulations to you all for once again showing Wales' strength in Taekwon-Do.

Competitor	School	P	S	ST	O	Competitor	School	P	S	ST	O
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Luke Wakely III	Ely	  				Kane Collins	Fairwater		¼	 
Jenna Wakely II	Ely	 				Bethan Pezzack	Fairwater	 		
Sophie Collins II	Fairwater	 				Daniel Kilford	Cyncoed	¼		
Victoria Phillips II	Ely	¼				Ben Hull	Ely	 		
Cassie Lund I	Ely	 				Ethan Davis	Ely	  		
Lee Crews I	Fairwater	¼				Lucy Hope	NCSD	ne		
Tom Harris I	Ely	 				Stephen Cocks	Lisvane		r1	
George Crews I	Fairwater	¼				Joseph Searle	Lisvane		ne	
Lauren Robson I	Ely	 				Daniel Neale	Ely	r1	¼	
Simon Furneaux I	Tywyn	r1				Leighton Prosser	Ely	 		
Gareth Francis I	Ely	 				Sarah Jones	Ely	 		
Conah Prosser I	Ely	 				Thomas Jenkins	Ely	 		
Delme Pezzack I	Fairwater	r1				Daniel Jenkins	Ely	r2	 	
Lanny James I	Ely	 				Sharon Collins	Fairwater	 		
						Daniel Anderson	Fairwater	r2		



#### GP I Sunday February 24th

GP VI kicked off this weekend with more than 100 competitors entering and to everyone's credit they all performed very well. One of the best GP's yet with lots of good Taekwon-Do and plenty of enthusiasm from all. Well done to you all.



#### ITF Wales Umpire Course - Sunday 10th April 10:00-12:00 - MAFC, Newport

Senior Master Michael Prewett VIII ran the umpires course for ITF Wales and covered etiquette, behaviour and scoring for patterns and sparring finishing the day with a general Q and A for everyone. Well done to the following who are all now qualified to officiate in ITF Wales events.

Master Gary Gassor VII	Newport	Lauren Robson I	Ely
Leanne Gassor IV	Newport	Gareth Francis I	Ely
Michael Barker III	Cardiff North	Conah Prosser I	Ely
Christopher Black III	Lisvane	Delme Pezzack I	Fairwater
Luke Wakely III	Ely	Lanny James I	Ely
Jonathan Bright III	Newport	Simon Collington I	Newport
Richard Taylor II	Cardiff University	Emma Peart I	Newport
Emma Bonar II	Cardiff University	Cerys Watcyns I	Newport
Shakira Bayley II	Newport	Aaron Gassor I	Newport
Claire Flagg II	Newport	Cassie Lund I	Ely
Jenna Wakely II	Ely	Tom Harris I	Ely
Gregory Smith II	Newport	Amy Mansfield 1st kup	Newport
David Sherlock II	Newport	Sophie Mansfield 1st kup	Newport
Sophie Collins II	Fairwater	Elizabeth Prescott 2nd kup	Fairwater