



**End of Year Awards- Saturday 26th November - Electricity Club, Cardiff**

A well supported End of Year Awards Presentation Night saw over 200 people turn up to see the Grand Prix overall awards and student of the Year Awards given out on the night. The awards started off with this years sponsor Mr Tony MacWhirter of MacWhirter (Air Conditioning) Ltd. presenting Ryan Davies 2nd place in the under 13 division, winning this for the second year running, then Lanny James was presented the 1st place trophy in the under 13 division for her third consecutive year, and finally Gareth Francis was presented 2nd place in the 13-17 division giving Ely school a very respectable 3 winners out of the two divisions entered.

Next up Master Taylor presented Conah Prosser with the Junior Student of the Year Award for his exemplary year training hard and competing well throughout the year. Then he presented Miss Victoria Phillips I with the Senior Student of the Year for all her hard work not only as a student training but as his assistant instructor deputising for him and keeping up the high standards of instruction for the school. Master Taylor also thanked all the students, helpers and parents for their support throughout the year, without everyone's contribution the school would not be the success it is.

The night then continued on with the raffle and children's fancy dress before everyone hit the dance floor to party the night away. A very well done to who picked up an award and to everyone for sterling efforts throughout the year, if you follow the link on the picture to the left you can see some photo's from the evening and see how much everyone enjoyed themselves.



**British Open - Saturday 19th November - Ponds Forge Sheffield**

Starting off in patterns Under 13 Rhys Thomas was unlucky not to pass the second round in a large yellow belt group, Ryan Davies performed very well to go through to the semi final in the green belt patterns but was narrowly beaten in the final against his Irish opponent, his brother Ethan Davies made it through to the 1/4 finals in the same group. Moving up into the 13-17 division Ben Hull did very well in the yellow/green group to get to the 1/4 final, in the blue belt group Lanny James picked up a bronze and Conah Prosser was pipped at the post in the final and settled for silver, In the red belt group Gareth Francis put in a strong show but unfortunately it wasn't enough to go through on the day. In the black belt division Tom Harris I made it through to the 1/4 finals of the mens group and Cassie Lund I took the gold in the female patterns. Our final patterns competitor was Dave Lund I who put in a solid performance but didn't make it past the 1/4 final - but a very good show by all for the patterns event.

As the day moved swiftly along sparring started, the under 13 division saw Rhys Thomas perform very well to take a gold in the yellow belt sparring. In the green belt category Ethan Davies picked up gold in -125 whilst his brother Ryan Davies took the gold for the +146 group. In the 13-17 division yellow/green belts Ben Hull fought very well to get through to the final but was unable to overcome his opponent and had to settle for silver. In blue/reds Lanny James moved into the teen division for the first time and performed well to take a gold on her first outing, then Conah Prosser fought well to the 1/4 final but was unable to overcome his opponent and had to bow out, Gareth Francis put in solid performances to get to the semi final but advanced no further but could be happy with the bronze he collected. In the black belt category Tom Harris I fought exceptionally well and went through the rounds to the final and put on a superb display to take gold on the day whilst Cassie Lund I fought her way into the female final but was unable to outmatch her Scottish opponent and had to settle for a hard fought for silver. In the adult division Dave Lund I put up a good show against a very fast Irish champion in the 1/4 final but was unfortunate not to advance any further.

A very good performance by all involved and they did well to show what high standards Ely School has and with the national tournaments now over everyone can rest a little and recharge their batteries for next year. See you all at the Awards presentation on the 26th November.



**Irish Open - Saturday 12th November - NUI Maynooth**

This year three of our students traveled over to compete in the Irish Open, setting off at midnight Friday to Fishguard saw them experience their first (not so smooth) ferry crossing but they didn't let the conditions get to them once at the tournament. The day started off well with Conah Prosser and Lanny James both in the 13-17 blue belt category and putting in very good performances which resulted in Conah taking gold and Lanny silver for patterns. In the black belt category Tom Harris I put in some good performances but was unable to get past the 1/4 final losing out to a very good display by a Scottish II dan.

In sparring Conah fought in the male 12-14 green-red belts and made his way through to the semi final but was unable to overcome the eventual gold medalist and had to settle for a bronze medal. Lanny James female 12-14 green-red belts also lost in the semi final despite a very good round of attacking sparring so settled for bronze too. Finally Tom Harris I gained experience moving into the 1/4 final but was unable to better his Irish opponent and had to bow out just before the medals. The day was filled out with an Ireland versus Scotland team event for the crowds entertainment and followed by another drive back to the ferry for a much smoother ride home and a long awaited sleep after such a long trip.



**Grand Prix Stage III - Sunday 23rd October - Eastern Leisure Centre**

The day started off with the under 13 division patterns, first up in the white belt category was Jamie Dare who performed well but was unfortunate not to make it past the 1/4 finals. In the yellow/green division Rhys Thomas had a hard first round and was unable to move through, Joseph Powell made it through to the 1/4 finals in his first ever competition, but thank to Jade Cronick (bronze), Ethan Davies (bronze) and Ryan Davies (gold) the Ely school finished really strongly in this group. The under 13 blue/red group saw Rhys Palfrey make it through to the 1/4 finals and lose to one of the eventual bronze medallists and Lanny James go through to the final to take silver after a very close round. In 13-17 newcomer Chris Baker took a bronze in the white belt category, Ben hull made it as far as the 1/4 finals in the yellow/green belts and the patterns ended with Conah Prosser making the 1/4 finals and Gareth Francis taking silver in the blue/red group.

Moving on into sparring in the under 13 division white belts Jamie Dare picked up a bronze medal narrowly losing on point score after two drawn rounds in the semi final. In the yellow/green Joseph Powell had a very hard fight and performed well but found his opponent to had to overcome in the 1/4 final but can be very proud of his first ever sparring competition. Jade Cronick made it through to the semi final but was unable to handle her fellow school opponent Ethan Davies, Jade had to settle for bronze whilst Ethan went on to take gold. Rhys Thomas made it to the 1/4 final of his event but was unable to beat his opponent there and bowed out just before the medals, Ryan Davies dominated his group and went through to take gold. In the blue/red category Rhys Palfrey went through to the semi final and took a well earned bronze and Lanny James put in a solid performance in the final but narrowly lost on points so had to settle for silver. Up in the 13-17 division Chris Baker, in the white belt category, made his long awaited first appearance in sparring and did enough to take silver on the day. In the yellow/green group Ben Hull fought well to take silver in his group and the day finished off with Gareth Francis and Conah Prosser in the blue/red category with them facing each other in the semi final and Conah winning this bout leaving Gareth to collect a bronze Conah moved onto the final but was unable to do enough to take gold on the day but was happy to pick up a

well deserved silver.

The day went well for all concerned and all competitors can be proud of themselves, with a little more experience under their belts and more confidence now we are sure they will be back next year to show how much they have improved in Grand Prix 2006.



### Slovenian Open 2005, Saturday 8th October- Radovljica

Six Ely competitors joined up with seven other ITF Wales members to make the trip to the Slovenian Open. Flying out to Austria first most of the competitors were impressed with the scenic and occasionally worrying trip through the Alps into Slovenia with some spectacular scenery and large drops to either side. Arriving at Radovljica they were soon off exploring the town before settling down to some Slovenian hospitality back at the hotel, where they were made to feel very welcome.

Saturday morning started with the weigh in and everyone was happy to make their categories. The day started off as ever with the patterns event and in the under 13 group first up was Lanny James - blue belt, beating a local girl in the semi final to move onto the final where she met Bethan Pezzack from Fairwater school - after two good patterns rounds Bethan was declared winner and Lanny settled for silver position. Then the boys division started and Ryan Davies had a hard 1/4 final and narrowly lost out. In the 13-17 group First up was Ben Hull (green belt) who put in some good pattern work to come away with silver, next up was Conah Prosser (blue belt) who once again performed well and got through to the semi final but unfortunately was unable to move onto the final but picked up a well deserved bronze. Our next competitor was Gareth Francis (red belt) and despite a good pattern in the 1/4 final he was edged out by a sound pattern from the eventual silver medallist in the group. The patterns division was finished with Tom Harris I competing in only his third competition as a black belt - with very solid patterns in each round he went through to pick up gold and finish the patterns event off well for the Ely contingent.

After lunch the competitors moved on into the sparring event. In this open not only are boys and girls split in all divisions but every fights by weight and all belts (yellow through black) are in each group. Our first fighter up was in the under 13 division, Lanny James (female -40kg) who easily moved through the semi final against a local girl before taking gold in the final against a very spirited Czech girl. Next up was Ryan Davies (male -50kg) in the semi final he came up against a very tough opponent from Croatia and on the day found he was unable to overcome him but picked up valuable experience and bronze medal. In the 13-17 division first up was Conah Prosser (male -52kg) who also found that the Croatian sparrers are very quick and was unable to move on from the 1/4 final. Ben Hull (male -52kg) was next up and he faced local lad but was unable to over come him and had to settle for the experience gained and reaching eth 1/4 finals. Gareth Francis (male -58kg) put in a brave performance against a tough opponent in the 1/4 final but was unable to win his way into the next round. Finally Tom Harris I (male -58kg) went up against a Slovene but despite some very lively sparring was narrowly beaten and had to settle for a 1/4 final place. Our final competitor for the day was once again Tom Harris I (male -63kg), this time moving up the adult division Tom put in a very good round against a Slovenian black belt and despite taking a few hard knocks managed to step up and let his opponent know he was going to be no easy fight. Losing on points at the end of the fight he had to settle for a bronze medal but can be exceptionally pleased with himself for his first senior bout.

All in all it was a very good trip and all the students gained valuable experience and made some new friends on the trip. Our Slovenian hosts treated us very well and put on a very good tournament and we look forward to returning next year and performing even better than this year.



### Welsh Open 2005, Saturday 24th September Cogan

Fifteen Ely competitors entered this years Welsh Open and did the school proud with their performances. A few did really well being in their first ever national competition and gained valuable experience. The patterns event started the day off and in the Under 13 division Jade Cronick picked up the bronze in the yellow belt category, over in the green belt category Ethan and Ryan Davies took silver and bronze. In blue belt category Lanny James picked up a bronze. In the 13-17 division Conah Prosser took bronze in the blue belt category and finally in the adult division black belt category Victoria Phillips I won gold and Neville Thompson I took a bronze.

The day then moved into the sparring event and here the school performed very well, Under 13's yellow belts saw Jade Cronick(-146) win silver and Rhys Thomas(+146) also pick up a bronze. In green belt category Ethan Davies(-125) took a gold, Tristan Notley(-135) took gold and Ryan Davies(+146) had to settle for bronze after an injury forced him to retire for the day. In the blue/red belts Rhys Palfrey(-135) was unlucky to go out in the 1/4 final which just kept him out of the medals. Jermain Notley (-146) took gold as did Lanny James (+146). For the 13-137 division Ben Hull fought well to take gold in the yellow/green category, with Conah Prosser picking up a bronze in blue belts and Gareth Francis a silver in red belts. Tom Harris I took a very well deserved silver in the final of the black belt 13-17 category. In the adult division Neville Thompson I and Dave Lund I both took bronze in the black belt sparring.

Moving into the special technique/power rounds saw Ethan Davies and Jermain Notley both pick up another gold each as they won he -125 and -146 (respectively) special technique categories. this left the school with 8 gold, 4 silver and 10 bronze on the day putting the school 2nd overall jus one point behind Meopham the days winners. A great day for all concerned and well done to all who partook, we look forward to seeing you in the next event keeping up the good name of the school.



### London Open 2005, Sunday 24th July Reading

The grey wet start to the day did nothing to put off the five competitors from Ely School, who meeting up with some of their Fairwater colleagues all cramped into the transport for the day ably driven by Leighton Prosser, a quick dash along the M4 and we were in Reading to start the competition. Loddon Valley leisure is a bijou centre and there was barely standing room left by the time of our arrival with over 250 competitors and then the spectators and fans on top of that but the poor weather outside and the cramped conditions inside did nothing to perturb our competitors all of whom were in their first ever London Open. First of our competitors up were Ethan Davies, Ryan Davies and Lanny James in the Under 13 green belt patterns section, the group having over 30 in it meant a long wait to whittle it down to the finals, with all three making the quarter finals it was a good show, unfortunately Ryan was closely beaten in the quarters leaving Lanny up in the first semi final which she won convincingly with a 5-0 vote, Ethan put in a good pattern in the other semi but was narrowly squeezed out 3-2 but left him to guarantee a bronze medal - so the final saw Lanny pick up our first gold with a very sound display taking the final 4-1. Next up was Ben Hull in the 13-17 yellow belt patterns, easing through the semi final Ben performed well in the final but was unable to produce the power of his opponent and settled for picking up silver and lifting out tally to 3 medals. In the last patterns event for us Conah Prosser 13-17 blue belt performed very well throughout the rounds easily putting himself into the final, he then went on to perform his best pattern of the day and although we thought he had done enough to win he had to settle for silver as he was pipped 3-2 for the gold medal by his opponent. Moving into Sparring first up was Ethan in the Under 13 -125cm green belt category, he performed well throughout the rounds to get himself to the semi final, unable to keep his hard work going all the way through Ethan was closely beaten but picked up his second bronze of the day and the

schools first sparring medal. Next up were Ryan Davies and Lanny James in the Under 13 146+cm green belt section, managing to avoid each other through the rounds they both moved through each bout with their hardest job being to remember to keep contact low. This set up a final with Lanny against Ryan and everyone who watched the fight was in agreement it was the best Under 13 fight of the day - congratulations to both of them for a good display of what sparring should be like - you did the School and yourselves proud with that display. The fight ended in a draw so it went to a rematch and Ryan did enough to narrowly snatch victory and take gold, leaving Lanny with silver. Our penultimate fighter was Ben Hull 13-17 yellow belt who had a very difficult semi final, learning the value of a good guard when it comes to protecting your nose, but putting in a fair performance against a higher grade opponent he was content to pick up bronze. Last but not least was Conah Prosser 13-17 blue belt, going from strength to strength in this new category for him he had a difficult fight against a black tipped opponent but held him to a draw, a good extra time bout from Conah left the fight still even we thought but some wayward decisions seemed to disagree and Conah unfortunately lost but can take consolidation from the fact his opponent went on to take gold and no one else took him to a draw. So overall the five students performed great on the day and bringing home 2 gold, 3 silver and 3 bronze is an achievement to be proud of - This left the school 4th overall on the day (53 schools competing) a really great achievement considering the small number of competitors we took, well done all of you.



### World Championships, Queensland Australia

The competition is under way and on the first day of patterns the two ITF Wales representatives were both in action. Mr Wayne Brookes I had a good quarter final round against his Canadian opponent but was unfortunately beaten by him ending his participation in the patterns event. Mr Dean Matthews IV had a first round draw against last years European champion from Bulgaria and beat him to move through to the quarter final, in the quarter final he came up against the Argentinean and winning this round moved him into the semi final against the home competitor Australian, putting in a good solid performance won the round for Dean and moved him forward into the final for the IV Dan patterns against the North Korean. At the end of a close run final Dean narrowly lost out to the North Korean meaning he picked up the silver medal - a great achievement it has to be said. Both competitors have done well in the patterns event and are looking forward to tomorrows sparring events. we shall keep you posted as soon as more news is available. As the competition moved into it's next stage our two representatives have gone on to prove themselves well again. Mr Wayne Brookes I in the -80Kg section started off with a good round against the Turkmenistani winning this to move through to the second round where he faced Scotland once again he secured victory in this round to move into the quarter final where he now met the Norwegian, a good fight was had to move him onto the semi final and face the Czech. This was a very hard round and he was narrowly beaten - the Czech going on to take gold. So Wayne finished with a bronze medal which is no small feat for someone having just stepped up to world senior competition. Mr Dean Matthews IV had a good first round event against Greenland and went through to the second round where he narrowly lost to his opponent ending his run in the sparring event. All in all we can say a very good performance by both competitors with Dean winning his silver in patterns and Wayne the bronze in sparring at a world event and we look forward to their return - congratulations from us all to the both of you.



### Scottish Open Saturday 28th May - Clydebank, Glasgow

This year only two of the schools competitors were able to travel up to Clydebank and take part in this years Scottish Open but they did their best and represented the school well. After an early but pleasant trip up they arrived to the not so wonderful rainy welcome of Glasgow weather but young Lanny didn't let this put her off and insisted on some pre tournament shopping training - after all we do have a party coming up! Arriving at the venue early Saturday morning they caught up with friends from other associations and settled their nerves before the competition started. First up was Lanny in patterns and she kept a cool head and put in very good solid performances throughout the rounds taking her to the final which she won 3-0 to take gold. Conah followed this with up with just as cool a performance winning each of his rounds unanimously and picking up gold in the final. A very good start we thought as they sat down to wait the commencement of sparring, as the groups were so big they had to wait until after lunch before their own bouts were up. Firstly Lanny went through to the final to fight a much bigger opponent giving away about 5 inches and around 15Kg, after a hard fought round it was called as a draw and she dug deep to pick up her fight in the extra time and came out on top picking up the gold. This was then followed by some great performances by Conah, despite being caught and floored on one occasion he kept his composure to come back and win his way through the rounds to the final, taking out some red belts along the way. In the final both boys gave it their all and put on a great display to entertain the crowd and Conah only narrowly lost out but can be very proud of his silver in such a hard group. The day then finished really well as Lanny took overall junior for her two gold medals, so congratulations to the both of them for very good tournament and representing the school so well.



### Grand Prix Stage II, Eastern Leisure 24th April

Students from Ely school continue their good form from the first event and win 3 gold, 2 silver and 5 bronze between the ten competitors at this weekends event. In the junior division white group new comer Jamie Dare (silver sparring) did really well in his first ever competition, in the yellow/green group another newcomer Kieran Barry put in two very good performances in his first ever competition and after a recent promotion to yellow belt. Rhys Thomas (bronze sparring), Ethan Davies (bronze sparring), Ryan Davies (gold sparring) and Lanny James (gold patterns, bronze sparring) all put in good performances and improve their positions on the overall ladder for the Grand Prix. In the blue/red group Rhys Palfrey (silver sparring) had a good first competition. In the 13-17 year old division yellow/green group Ben Hull (bronze sparring) did well and finally in the blue/red group Conah Prosser (gold patterns) and Gareth Francis (silver patterns) faced each other in the final of the patterns event and both had hard fights and continue to improve in experience since their recent step ups to this age group. With around 150 competitors from more than 20 schools the standards were even higher this stage so all our students can be very proud of their performances. Well done to everyone and we look forward to seeing you all do it again in the final stage of the tournament in October. A final word of thanks to all the parents and fans who turned up to support them on the day.



### XXth Senior & XIth Junior European Championships - Dublin April 2005

Welsh Team members return from Euro 2005, having won a bronze medal in the team power event in the AETF European Championships this year. The senior male team : Mr Dean Matthews IV, Mr Richard Taylor II, Mr Stuart Wordingham II, Mr Wayne Brookes I, Mr Dave Lund I and Mr Neville Thompson I, the latter three representing the school in the Welsh team worked hard throughout the tournament closely being knocked out by England in Team patterns, then defeating Greece (the previous European Champions) before succumbing to the Russians in team sparring who went on to win the gold in this event, but they bounced back well to take a bronze in the team power event. Although no individual medals were won everyone can be proud of their performances which took them to the 1/4 finals in almost all cases with good work either being beaten by very strong opposition or occasionally to curious judging and the few novices on their debut international appearances can take nothing but positive ness from their debuts. All our competitors gave their best and represented Wales well, so congratulations to Miss Phillips I, Mr Brookes I, Mr Thompson I, Mr Lund I, Miss Lund I and Mr Harris I for a great tournament.

### English Open 2005, Ponds Forge Sheffield



The school sent 12 competitors along with four more from the Fairwater school to represent ITF Wales at the English Open this year and all competitors acquitted themselves well at the competition bringing home 7 Gold, 7 silver and 6 Bronze pennants between them (this year to mark the 50th anniversary of Taekwon-do in the UK medals had been replaced with anniversary pennants). In the junior division Ryan Davies (gold patterns, gold sparring) and Ethan Davies (bronze patterns, gold sparring) dominated in the Yellow belt category, Lanny James (1/4 final patterns, gold sparring) fought well in the Green belt Category, in Blue belt category Kane Collins (1st round patterns, bronze sparring) did well in the new -125cm category and it was finished off with George Crews (1st round patterns, silver sparring) in Red belt category sparring soundly to reach the final. In the 13-17 division Ben Hull (1st round patterns, silver sparring) started well in the yellow belt category. In Blue belt category Conah Prosser (silver patterns, 1st round sparring) and Sean Maloney (1/4 final patterns, bronze sparring) both competed well. In the Red belt category Tom Harris (gold patterns, bronze sparring) Lee Burrigge (1st round patterns, 1st round sparring) and Gareth Francis (1st round patterns, 1st round sparring) all put in good performances but were unlucky not to go through further in the rounds. Finally in this division in the Black belt category Cassie Lund I (gold patterns, gold sparring) and Sophie Collins (bronze patterns, 1st round sparring) both did very well. In the adult division Victoria Phillips I (silver patterns, silver sparring), Dave Lund I (silver patterns, silver sparring) and Neville Thompson I (Bronze sparring) all performed very well to round of a very good day for the club and the ITF Wales.

This meant Ely finished the day on 36 points and in 3rd position after all the events, once adjustments were made for the overall awards Ely school finished 4th, RTA Didcot leapfrogging them to 3rd position. Fairwater finished a respectable 25th with just four students competing. With more than 39 Schools and 200 competitors taking part both schools did very well and the ITF Wales can be proud of the representation they had at the event. Despite a very long day with a 4:30 start for most people, everyone enjoyed the day and can be proud of their performances, which given the introduction of the new low/non-contact rules for sparring at short notice, were as good as our competitors always give and deserve full credit. Once again a very well done to all competing and thanks to all the supporters who travelled too and a final word of thanks to Mr Leighton Prosser for arranging the transport for the day.



#### Grand Prix 2005 Stage I, Eastern Leisure

The school had ten students enter the event and all students acquitted themselves very well, taking 8 Gold, 2 Silver and 6 Bronze between them. In the junior white division new comers Rhys (Gold in sparring) and Jade (Silver patterns, Bronze sparring) did excellently for their first ever competition, In the Yellow/Green junior Division Ethan (Gold sparring) and Lanny (Gold patterns, Gold sparring) continued to improve themselves. In the 13-17 Yellow/Green division Ryan (Gold patterns, Gold sparring) and Ben (Bronze patterns, Silver sparring) both did well with Ryan only just stepping up to this level. In the Blue/Red Division Tom (Gold patterns, Gold sparring), Sean (Bronze Patterns), Conah (Bronze sparring) Gareth (Bronze patterns, Bronze sparring) all did so well that they ended up knocking each other out of the events at various stages. So a big well done to all and thank you to all the supporters who turned up to cheer them on in their success.