



# **TUDO**

## **E L I T E**

### **STATISTICAL ANALYSIS REPORT**

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**JAHDE WILLIAMS  
100m/200m, (GBR)  
2022**

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# ATHLETE BIO

## Personal Details

**NAME:** Jahde Williams

**DATE OF BIRTH:** 14/01/1997 (25yo)

**NATIONALITY:** Great Britain 

**BASED:** London, UK

**CLUB:** Harrow AC

**COACH:** Laura Turner-Alleyne

## Event Specialisations

### PRIMARY EVENT

**PRIMARY EVENT:** 200m

**PERSONAL BEST:** 20.93 (2021)

**SEASONS BEST:** 21.36 (2021)

**WA RANKING SCORE:** 1006

 **NATIONAL RANK:** 26<sup>th</sup>

 **EUROPE RANK:** 206<sup>th</sup>

 **WORLD RANK:** 733<sup>rd</sup>

 **HIGHEST RANK:** 138<sup>th</sup>

### INDOOR

**PRIMARY EVENT:** 60m

**PERSONAL BEST:** 6.96i (2018)

**SEASONS BEST:** -

### SECONDARY EVENT

**PRIMARY EVENT:** 100m

**PERSONAL BEST:** 10.40 (2019)

**SEASONS BEST:** 10.47/10.46w (2021)

**WA RANKING SCORE:** 1030

**NATIONAL RANK:** 45<sup>th</sup>

 **EUROPE RANK:** 248<sup>th</sup>

 **WORLD RANK:** 790<sup>th</sup>

 **HIGHEST RANK:** 455<sup>th</sup>

# CAREER OVERVIEW

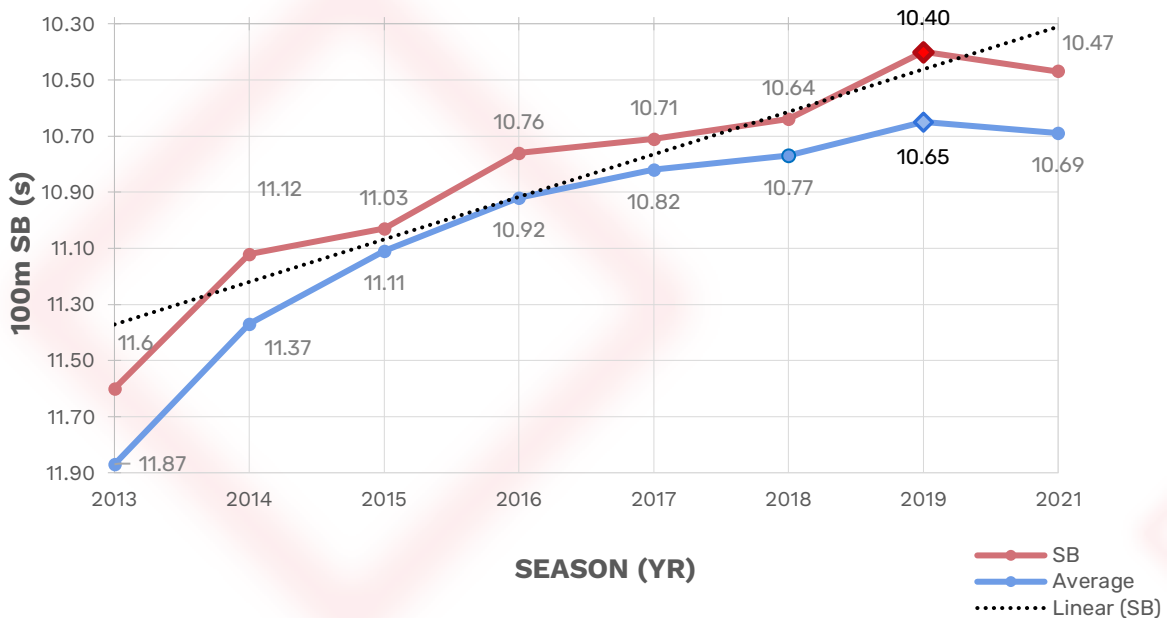
## Summary

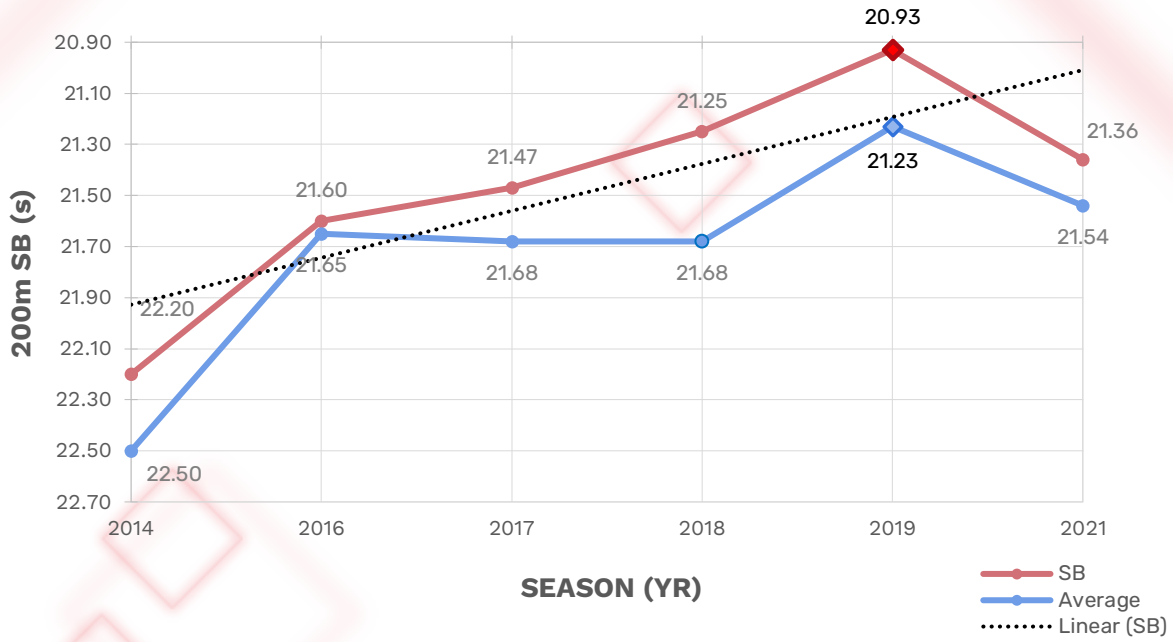
The athlete has had an entirely domestic based competition history. With close to 60% of all race performances being ran at either Lee Valley (33%) and Bedford (26%). The athlete has shown rapid development since the start of their career in 2013 aged 17. The athlete's fastest time of 10.40 and 20.93 supported by other performances also around the 10.4 and 21.0 mark however consistency is an issue for the athlete at times. Performances can vary from 10.4 and 20.9 all the way to 10.8/21.6 and sometimes not even with conditions being factored in.

Rapid development is evidential and omitting the anomalous nature of the 2020 and 2021 season the expectation is for the athlete to break beyond 10.4 into 10.2/10.3 territory in the 100m and from 20.9 to 20.6/20.7 into the 2022 season. One thing is clear however, that the athlete needs competing in more high-class competitions and at faster tracks more often. The vast majority of meetings are either open or club level meetings where the pressure to perform is often off.

The athlete is certainly ready to break into more competitive meetings and look to build consistency going forward, the progress doesn't seem to be stagnating which is a positive sign. A lot of potential in this athlete's future but a level up will be demanded of him in order to compete at a higher level.

## Progression Breakdown

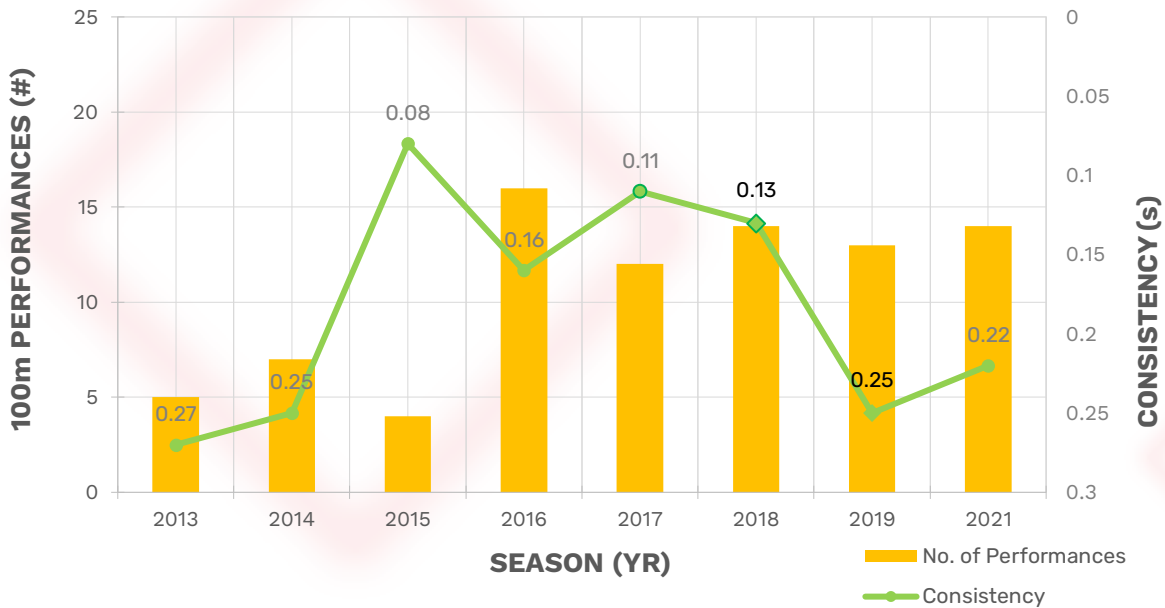


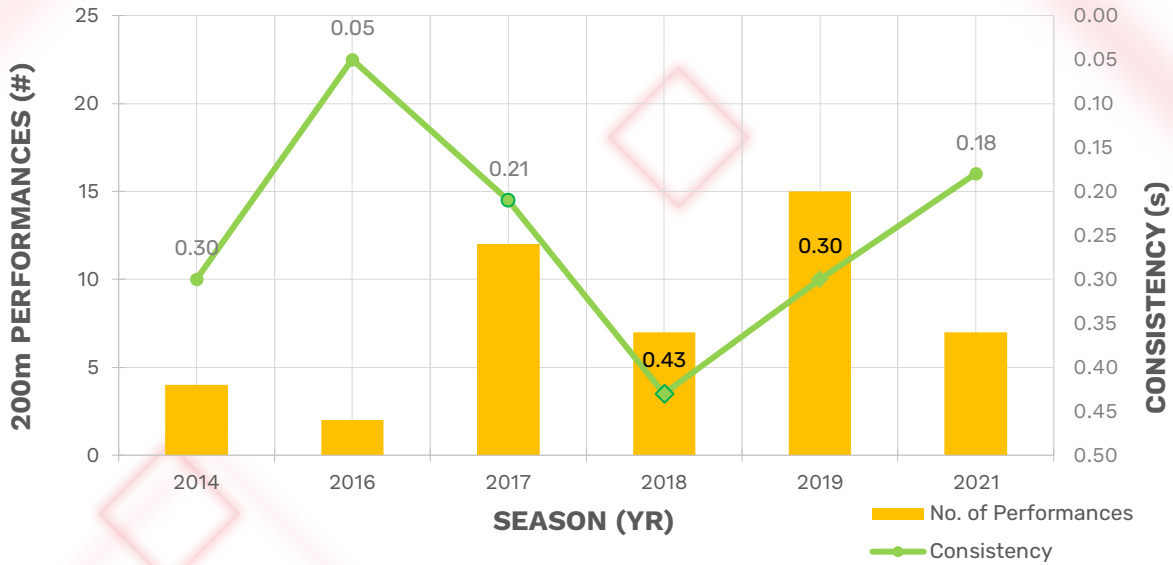


In the 100m the athlete demonstrates an incredibly fast developing profile particularly in the first few years, although this is to be expected. Improvement has been made in ever season except the most recent, however this is to be expected given the impact of the COVID-19 outbreak. Consistency is however maintained in 2021 and is not far off the average mark seen in 2019.

Much is the same for the 200m however there is a much larger drop off than the 100m in the 2021 season. However the average is still above that of seasons pre-2019.

### Consistency Analysis





The athlete has competed a minimal amount in the first few years however has held a relatively consistent number of performances over the years following 2016. Consistency has been very erratic however due to all of the performances being completed in the UK wind conditions may have had an impact. That being said if the athlete wishes to make it to the top, they may require the consistency to be closer to 0.1 as it was in the middle seasons in 2016 and 2018. The years where breakthroughs were made showed considerably less consistency.

## Best Performances

### 100M NON-WIND ADJUSTED

#	MEETING	LOCATION	DATE	RESULT	w/	POS.
1	Lee Valley Sprint Double 100m Open	Lee Valley	17/07/19	10.40	2.0	1 <sup>st</sup>
2	Lee Valley Sprint Double 100m Open	Lee Valley	18/08/21	10.46	3.4	2 <sup>nd</sup>
3	Lee Valley Sprint Double 100m Open	Lee Valley	18/08/21	10.47	2.0	4 <sup>th</sup>
4	National Athletics League Premier 3	Woodford	08/08/21	10.49	NWI	1 <sup>st</sup>
5	National Athletics League Premier 4	Hendon	28/08/21	10.49	1.9	2 <sup>nd</sup>
6	British Athletics League Match 2	Hendon	09/06/19	10.51	1.0	1 <sup>st</sup>
7	South of England Championships	Bedford	01/06/19	10.52	0.8	5 <sup>th</sup>
8	Lee Valley Sprint Double 100m Open	Lee Valley	22/05/19	10.54	2.5	4 <sup>th</sup>
9	British Athletics League Match 4	Birmingham	03/08/19	10.57	0.0	3 <sup>rd</sup>
10	Lee Valley Sprint Open Series	Lee Valley	15/08/18	10/57	2.9	1 <sup>st</sup>

### 100M WIND ADJUSTED

#	MEETING	LOCATION	DATE	RESULT	w/	ADJ.
1	Lee Valley Sprint Double 100m Open	Lee Valley	17/07/19	10.40	2.0	10.52
2	South of England Championships	Bedford	01/06/19	10.52	0.8	10.57
3	British Athletics League Match 2	Hendon	09/06/19	10.51	1.0	10.57
4	British Athletics League Match 4	Birmingham	03/08/19	10.57	0.0	10.57

5	Lee Valley Sprint Double 100m Open	Lee Valley	18/08/21	10.47	2.0	10.59
6	National Athletics League Premier 4	Hendon	28/08/21	10.49	1.9	10.60
7	England U23 Championships	Bedford	22/06/19	10.72	-1.3	10.62
8	South of England Championships	Bedford	01/06/19	10.61	0.3	10.63
9	South of England Championships	Bedford	01/06/19	10.61	0.7	10.65
10	Lee Valley Sprint 100m/200m Open	Lee Valley	04/08/21	10.68	-0.3	10.66

## 200M NON-WIND ADJUSTED

#	MEETING	LOCATION	DATE	RESULT	w/	POS.
1	Lee Valley Sprint Double 100m Open	Lee Valley	17/07/19	20.93	0.9	3
2	Lee Valley Sprint 100m / 200m Open	Lee Valley	31/07/19	20.95	1.0	3
3	Lee Valley Sprint Double 100m Open	Lee Valley	14/08/19	21.04	2.1	2
4	England U23 Championships	Bedford	23/06/19	21.05	-0.6	3
5	Lee Valley Sprint Double Open	Lee Valley	22/05/19	21.12	1.8	3
6	South of England Championships	Bedford	06/02/19	21.19	-0.1	2
7	South of England Championships	Bedford	06/02/19	21.25	NWI	2
8	England U23 Championships	Bedford	23/06/19	21.25	-2.3	2
9	British Athletics League Match 4	Birmingham	08/03/19	21.25	-1.5	1
10	British Athletics League Match 3	Bedford	07/07/18	21.25	0.0	3

## 200M WIND ADJUSTED

#	MEETING	LOCATION	DATE	RESULT	w/	ADJ.
1	Lee Valley Sprint Double 100m Open	Lee Valley	17/07/19	20.93	0.9	20.98
2	England U23 Championships	Bedford	23/06/19	21.05	-0.6	21.00
3	Lee Valley Sprint 100m / 200m Open	Lee Valley	31/07/19	20.95	1.0	21.01
4	England U23 Championships	Bedford	23/06/19	21.25	-2.3	21.07
5	British Athletics League Match 4	Birmingham	03/08/19	21.25	-1.5	21.13
6	Lee Valley Sprint Double 100m Open	Lee Valley	14/08/19	21.04	2.1	21.17
7	South of England Championships	Bedford	02/06/19	21.19	-0.1	21.18
8	Lee Valley Sprint 100 / 200m Open	Lee Valley	22/05/19	21.12	1.8	21.23
9	South of England Championships	Bedford	02/06/19	21.25	NWI	21.25
10	British Athletics League Match 3	Bedford	07/07/18	21.25	0.0	21.25

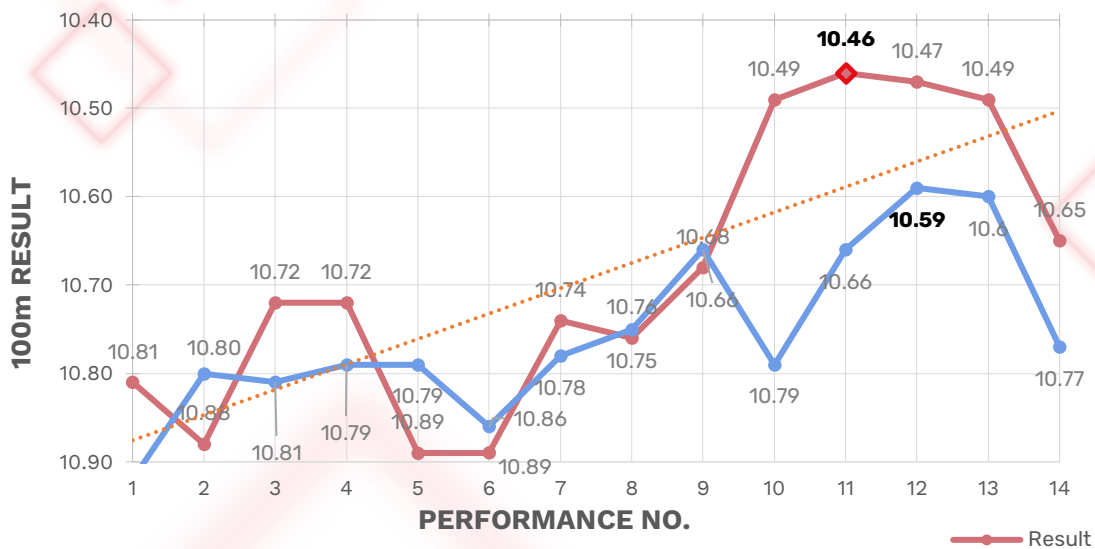
Interestingly wind has played a considerably influencing role in the athlete's career. There is a major difference between the non-wind adjusted and wind adjusted results however this is always expected when predominantly competing in the UK where the wind is a considerable factor. What can be determined however is that majority of the best results come from July to August so it can be said that the athlete typically has his best performances towards the back end of their season. All of the top 5 results in the 100m are under 10.5 and from 2021 which suggests a likely break-through should training and fitness remain consistent into 2022.

# SEASON SUMMARY

## Summary

What is very much clear is that the trend of performance was very much on a climb upwards and unsurprisingly relative to the other season data the athlete improves towards the end of the season. For this reason the first few competitions will likely be relatively far from the peak going into the 2022 season. The aim for the athlete should be to try and get off to a flier from the first few rather than having to wait several weeks for the peak form, especially when the big competitions such as the national championships fall in mid-season in June.

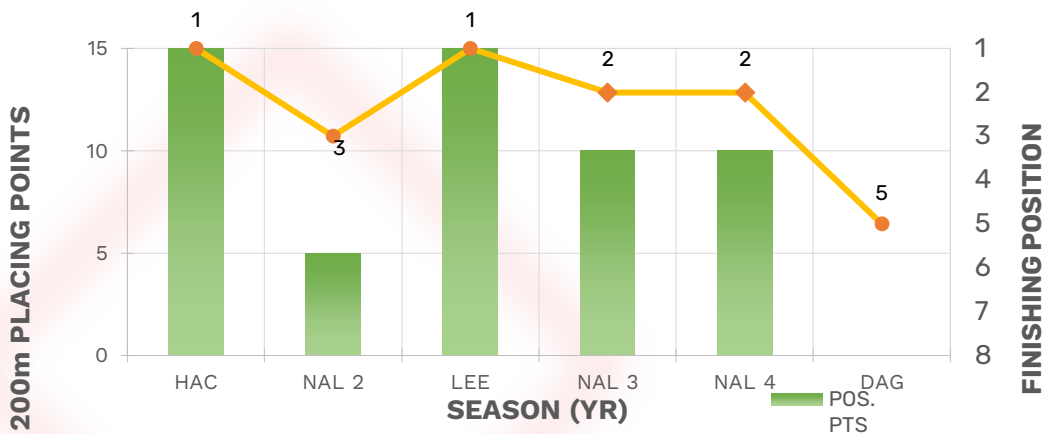
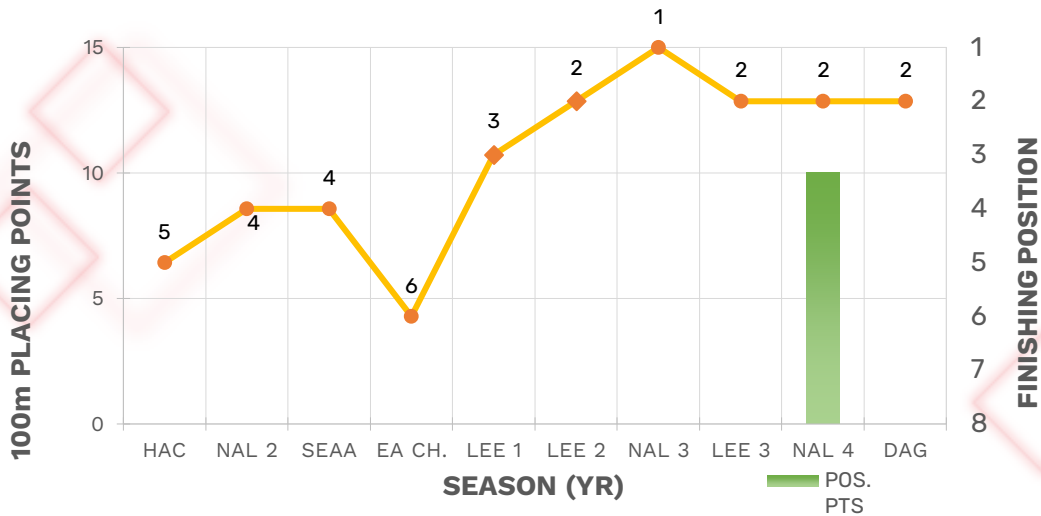
## Result Analysis





Based on this data as a result of the blue line featuring wind adjustment being predominantly higher than the red line demonstrates that wind was of benefit to the athlete particularly in the later stages of the season. However the athlete may have believed their performances in the earlier stages of the season to be inadequate relative to their standards however a large factor at play was the poor conditions, where actually in the 100m some consistency around the 10.6/10.7 mark was maintained.

### Competition Assessment



For the athlete is the biggest concern is the lack of placing points. Their competitive calendar is very much unoptimized for world ranking points. Only one competition has awarded points for placing in the 100m. This is because of many being open meetings or B-string performances where position points are not awarded, regardless of finishing position. This data however does suggest that the athlete is pushed by racing against athletes and tends to perform well against them with many top 3 finishes particularly towards the end of the season. In the 200m is much more success, with points awarded in every competition aside from Dagenham.

# TARGET ANALYSIS

## Estimated Target Points

The athlete's targets are to improve to 9.85 in the 100m and 19.75 in the 200m by the 2026/2027 season. In order to achieve this these are the improvements to be made:

### 2026

Current	2022	2023	2024	2025	2026
10.40	10.25	10.12	10.02	9.93	9.85
-	-0.15	-0.13	-0.10	-0.09	-0.08
20.93	20.60	20.33	20.10	19.92	19.75
-	-0.33	-0.27	-0.23	-0.18	-0.15

### 2027

Current	2022	2023	2024	2025	2026	2027
10.40	10.27	10.17	10.07	9.99	9.92	9.85
-	-0.13	-0.10	-0.10	-0.08	-0.07	-0.07
20.93	20.66	10.43	10.23	20.05	19.90	19.75
-	-0.27	-0.23	-0.20	-0.18	-0.15	-0.15

It should be noted that the estimates above are not an exact science but general targets to aim for as improvements don't typically follow a linear path. For example it is expected for it to be as hard for an athlete to go from 10.40 to 10.27 as it is to go from 9.92 to 9.85 despite there being a smaller margin.

The target therefore is for the athlete to aim for 10.26 and 20.63 for the 2022 season in order to be on track to achieve their goal within 5 to 6 years. Should the athlete run sub 10.2 or 10.6 then it would be expected that they would be able to run their target within 3 to 4 years.

Missing out on these targets doesn't mean they won't achieve their goal but are a rough estimate for what you may wish to aim for. Given the athlete's past data 10.26 and 20.63 isn't an unrealistic goal and they should be aiming to get 5-6 performances under 10.40 and 21.90.

## Competitive Targets

A massive target for the athlete is to perform at championship events and also get the opportunity to run at and perform at higher class meetings. If the athlete can perform at 10.40/21.90 or faster more regularly, they will be likely to make the finals of many championships. In order to be within a clearer shout of making it into World Athletics Continental Tour Meetings they should look to be aiming for 10.35 to 10.30 and 20.80 to 20.70 early season to open the door for these opportunities. An indoor season may help prime the athlete for this cause.

Some international experience will benefit the athlete considerably and so should be something the athlete sets their sights on, COVID permitting naturally.

# WORLD RANKING ASSESSMENT

## Current Breakdown

The World Ranking is an average of an athlete's top 5 performances in the recent 12-month period. Here is the breakdown of the athlete's performances in the last 12 months:

### Overall 100m Ranking Score: 1031

#	Meeting	Location	Date	Result	w/	PTS	CAT.	POS	P. PTS.	RES. SC	PERF. SC.
1	National Athletics League Premier Match 4	Hendon	28th August	10.49	1.9	0	F	2	10	1043	1053
2	Lee Valley Sprint Double 100m Open Series	Lee Valley	18th August	10.47	2	0	H	4	0	1050	1050
3	Lee Valley Sprint Double 100m Open Series	Lee Valley	18th August	10.46	3.4	-20	H	2	0	1033	1033
4	National Athletics League Premier Match 3	Woodford	8th August	10.49	5	-30	F	1	15	1013	1028
5	Be Fit Today Track Academy Open	Dagenham	30th August	10.65	2	0	H	2	0	993	993
6	Lee Valley Sprint 100m/200m Open	Lee Valley	4th August	10.68	-0.3	1	H	2	0	984	984
7	South of England Championships	Bedford	12th June	10.72	1.5	0	H	2	0	971	971
8	South of England Championships	Bedford	12th June	10.72	1.2	0	S	4	0	971	971
9	Lee Valley Sprint Double 100m Open Series	Lee Valley	21st July	10.74	0.7	0	H	3	0	965	965
10	Lee Valley Sprint Double 100m Open Series	Lee Valley	21st July	10.76	-0.1	0	H	2	0	959	959
11	Harrow AC Sprint Open	Harrow	27th May	10.81	1.9	0	F	5	0	943	943
12	National Athletics League Match 1	Lee Valley	6th June	10.88	-1	6	F	4	0	928	928
13	England Athletics Championships	Bedford	17th July	10.89	-1.2	7	H	4	0	926	926
14	England Athletics Championships	Bedford	17th July	10.89	-0.4	2	S	6	0	921	921

### Overall 200m Ranking Score: 1006

#	Meeting	Location	Date	Result	w/	PTS	CAT.	POS	P. PTS.	RES. SC	PERF. SC.
1	National Athletics League Match 4	Hendon	28th August	21.36	0.5	0	F	2	10	1015	1025
2	National Athletics League Match 3	Woodford	8th August	21.43	1.7	0	F	2	10	1005	1015
3	Be Fit Today Track Academy Open	Dagenham	30th August	21.45	0.4	0	F	5	0	1002	1002
4	Lee Valley Sprint 100m/200m Open	Lee Valley	4th August	21.46	0	0	F	1	0	1001	1001
5	Harrow AC Spring Open	Harrow	27th May	21.48	4.2	-25	F	1	15	973	988
6	England Athletics Championships	Bedford	18th July	21.79	-1.3	7	H	3	0	961	961
7	National Athletics League Match 1	Lee Valley	6th June	21.82	-0.4	2	F	3	5	952	957

Based on the world ranking system the athlete has had a much more successful season over the 100m than the 200m. Especially considering in past seasons the athlete has been higher ranked over 200m, this is interesting. That being said the number of performances for both events are so different that this is expected. There are twice as many 100m performances. Typically more performances = more opportunities to put down faster marks.

Given the time periods that these performances were registered however it does seem that the athlete elected to do 200m races when he was in good form especially based on their 100m performances for similar dates.

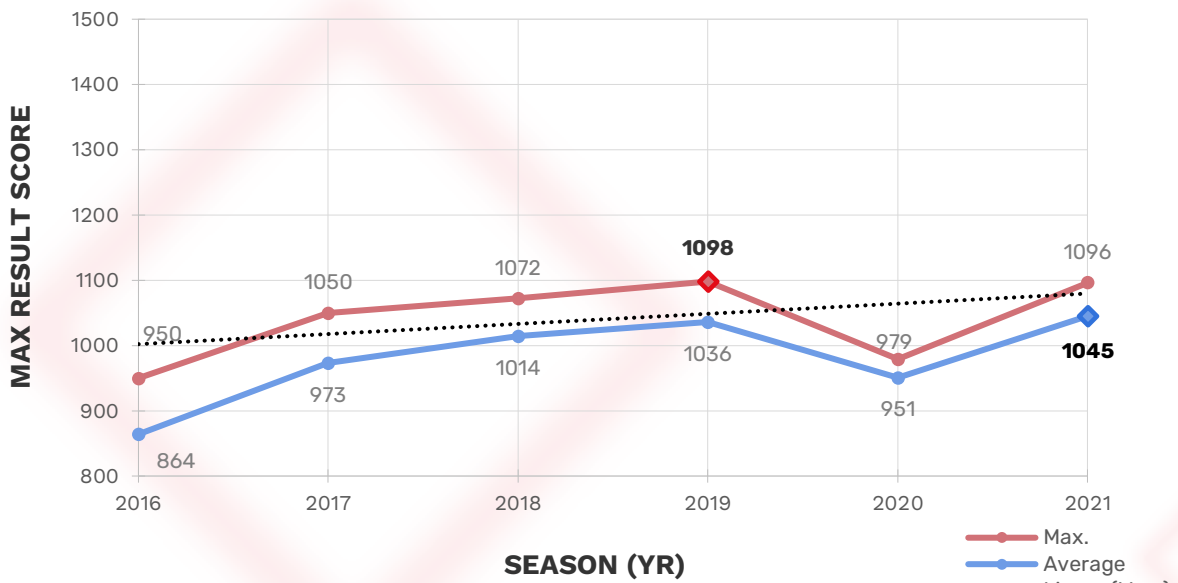
In order to qualify for major championships the athlete should look for 1160+ as this typically is within the selection athlete period.

### Performance Scores



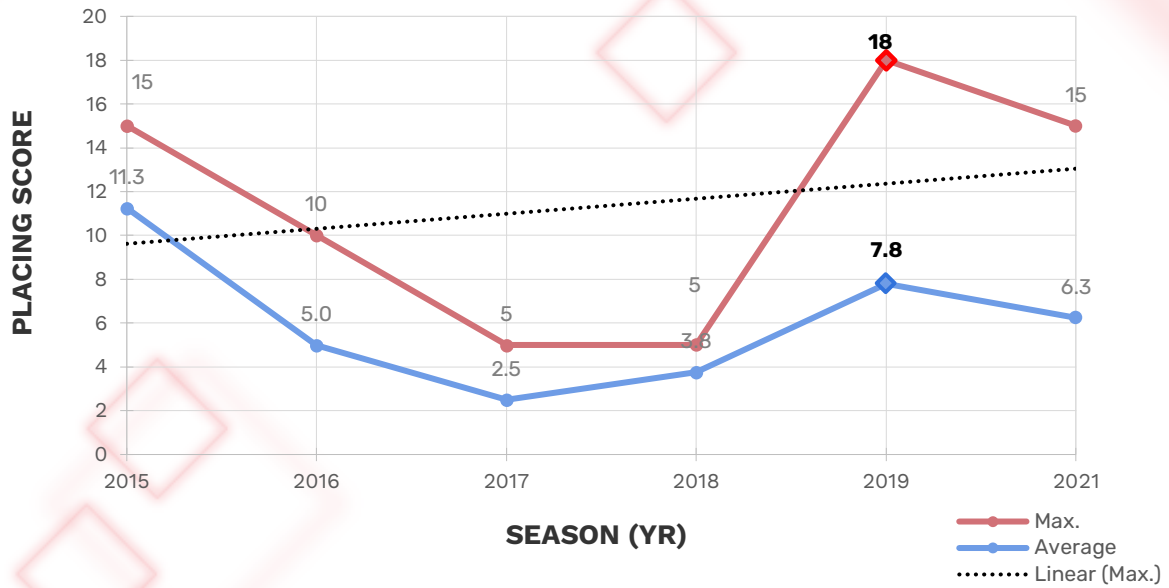
As expected, the performance scores show steady increase, particularly in the 100m. The clear stand out is the breakout year in 2019 for the 200m where a big performance score of 1072 was recorded for the season. The target has to be 1100+ into 2022.

### Result Scores



Result scores are based off two metrics, your performance itself and also any influencing wind. Just because you have run your fastest time doesn't necessarily mean you will be awarded more points for that performance than others as wind is an important factor, which has played a role in your career considerably.

## Placing Scores



The placing scores are generally consistent although what can be seen is a clear transition into senior ranks from junior ranks in 2015 where winning races was much simpler. The data shows that generally the athlete is picking up placing points in most competitions however ultimately, they will need to get into competitions where they could get 25+.

## FINAL THOUGHTS

Jahde, you will benefit considerably from being exposed to competition in other countries where you will be out of your comfort zone but will also be gaining experience and crucially will be on faster tracks.

The biggest thing that perhaps holds you back is that the vast majority of your competitive experience is solely on two tracks which are both notorious for their unpredictable wind conditions.

By getting experience on the European circuit and racing against faster athletes more often you may get beaten at first but as is evidential from your data you are pulled along by higher class opposition.

Coming last in a high-class race won't matter if you walk away with a new personal best that will ultimately enable you to get into higher class competitions across the world. Domestically you will be able to use the right competitions to help fix technical issues and get the rust off the chains.

You can then go into international meetings and look to really put down some incredible times! The main focus has to be success at British Athletics Championships in late June and so the competitions you plan will need to be centred around that.

If you can get into 20.7-20.8 shape by that time, then there is a real opportunity to make the final and contest for medals. There is considerable potential and very little evidence to suggest your progress will stagnate, so we just need to facilitate the opportunities for you to be able to push on!



**Miguel Perera**

Director of TUDO Sport

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