Welsh Judo Association Independent Directors



Marc Longhurst

Marc has a long history with Welsh Judo having started as a novice with Neyland Judo Club over 30 years ago. He obtained his black belt at 15 and represented both Wales and Great Britain before a period focused on his professional career. Marc joined the Board as a Non-Executive Director in 2018 and became Chair in June 2021.

Outside of Judo, Marc is currently Global Growth Director for AtkinsRéalis where he is leading strategy across global markets and strategic accounts. Previously he held a number of senior roles in Faithful+Gould where he was responsible for business services, strategy and digital across their worldwide operation. His professional background and experience will undoubtedly be of great value to Welsh Judo over the years to come.



Barry Cawte

Barry Cawte is the Chief Executive of Scottish Hockey, the third largest team sport in Scotland, with international teams competing at all levels right through to the Commonwealth Games. Barry is also a director of Great Britain Hockey, which is the entity responsible for ensuring GB Olympic success. Barry led Scottish Hockey to finalists as governing body of the year in Scottish sport in 2022.

Barry previously served as Chief Executive of the Welsh Rugby Players Association (WRPA). His work there throughout the pandemic included trade unionism, negotiating long-term collective bargaining agreements and establishing commercial deals.

In a new era for Tennis Wales, Barry became their first independent Chair between 2018- 2022. Tennis Wales now has record levels of participation and funding and is seen by many as an exemplary governing body.



Laura Samaroo

Laura was appointed as the Finance Director for the Welsh Judo Association in November 2022. After completing her undergraduate studies in law, Laura took a number of gap years, which were spent coaching tennis, surfing and doing gang-rehabilitation work on Chicago's notorious South Side. After post-graduate study in the USA, where she obtained a LL.M in International Comparative Law, Laura worked as a lawyer in a large UK commercial law firm where she specialised in corporate law.

In August 2011, Laura joined Liverpool John Moores University School of Law as a Senior Lecturer where she teaches a range of corporate subjects at both undergraduate and postgraduate levels. Heracademic research area is in sports law, particularly the corporate, regulation and governance aspects of sport. Away from work you will find Laura playing / coaching tennis, running or playing the piano – not all at the same time though!

Welsh Judo Association Independent Directors



Lee Shinkin

Lee Shinkin is accountable for Business Development & Commercial. Lee is currently a Business Development lead for AtkinsRéalis with responsibility for the Digital, Technology and Transformation consultancy business facing into a key Critical National Infrastructure sector. His consultancy experience spans security, defence and aviation sectors.

Lee brings years of experience of being a member of the GB Judo team.



Wyn Griffiths

Wyn is a Welsh speaking farmer's son from North Wales. Judo was an important part of growing up as it was an affordable sport during a tough financial time for farmers. In 1992 Wyn came to Cardiff University to study Town Planning, met his now wife at Uni and has stayed in Cardiff ever since.

At 22 he started Pinnacle Letting Agents and 25 years later still runs the company. He also created and ran a national lettings software company for 10 years before selling it. Wyn and his journalist wife Sarah have three teenagers and also volunteer as school governors.



Chris Emsley

Chris comes to the Welsh Judo Association as a Senior Lecturer and Non-Executive Director with more than ten years of experience in Sport and Leisure, including roles at University of South Wales (USW), Wales Golf, Bowls Wales and Rhondda Cynon Taf County Borough Council.

Chris currently sits as Vice Chair of CIMSPA's Welsh Professional Development Board, consulting with stakeholders, and striving to grow the attractiveness of working in sport and physical activity in Wales. At USW, Chris leads two undergraduate degrees in Sports Coaching and Development.

With a wealth of experience and proven track records, his expertise will no doubt help with the continuous growth of the sport of Judo in Wales.



Kate Howey MBE

Kate has had success at all levels of the sport internationally, both as a coach and as a player having attended 8 Olympic Games. She is a multiple Olympic Medalist and former World Judo Champion who has successfully progressed through the Great Britain Judo coaching pathway from Regional Coordinator through to GB Head Coach and National Centre Coach.

Kate started judo at the age of 7 years old at their father's local club in Andover and has been passionate about judo ever since. Having grown up in the judo community Kate is now at the stage of my life where she wants to give back to it.

Welsh Judo Association Elected Directors



Shaun Davies

Shaun Davies is a coach at Judo Swansea, based at Swansea University and Dunvant Social Centre. He started his judo journey at Sanshirokwai where he won multiple Welsh titles and British medals.

While training at the National Dojo with the Welsh Squad, Shaun also trained at Samurai Olympic Judo Club, where his father, Daniel Davies was Head Coach under the watchful eye of Sensei Alan Petherbridge MBE.

Following a long period away from Judo to focus on academic studies Shaun returned to Judo, qualified as a Coach and set up Judo Swansea. Away from Judo, Shaun holds a PhD in Biology/Nutrition and has professional qualifications in accounting.

Shaun is still active on the competitive masters scene recently winning another British title and taking a bronze at the 2019 Commonwealth Championship.

Shaun hopes to bring his passion for Judo together with his experience and knowledge to the Welsh Judo board to enable Welsh Judo to succeed long term across Wales by supporting clubs, coaches and judoka.



Georgina Bevan

As a retired Olympian and a successful international Judoka, Georgina is keen to give back to the sport that gave her so much. Georgina represented Great Britain for 15 years and during this time she became a European and Commonwealth Champion. She also gained various European Championship medals, placed 5th in the Osaka World Championships and 7th in the Athens Olympic Games.

Georgina currently a volunteer at Irfon Judo Club and have introduced her only children to judo as she believe it is an incredible sport for young children to do and key for child development. She relishes in seeing young children learn and grow both as a teacher and coach. As a coach, Georgina consistently sees the huge benefits judo can bring to the lives of young people. She believes whole heartedly that judo is an incredible sport and believe all children should have the opportunity to develop the skills that judo can offer them.

She is extremely passionate about grass roots development, and as a Head of Education for a Welsh County Council is keen to integrate judo opportunities into school curricula to support the role out of Curriculum for Wales and support schools to overcome the challenges of the Covid-19 pandemic we are seeing in our young people.



Janelle Carter-Jones

Janelle joined the Board as one of the Welsh Judo elected Directors. She is a representative of Imperial Judo and currently has two children actively involved in Judo. Her eldest is a cadet who is emerging on the performance pathway, and her youngest is only just beginning to complete as a minor.

Janelle is also an ex-Welsh competitor, but due to injury and work commitments, had to retire from the sport 20 years ago.

Janelle hopes to bring to the Board her professional knowledge and skill as a practising Solicitor, and encourage a very dynamic, transparent and effective way in connecting with judoka, clubs/coaches, and parents.