

Written by Nathan Jones

Saturday, 08 December 2018 16:25

Earlier today (**Saturday 8th December**), Wales' upcoming and established cross country runners took a break from club representation but instead, were on region duties.

Yn gynharach heddiw (**Dydd Sadwrn 8fed Rhagfyr**), fe wnaeth rhedwyr ifanc a sefydledig Cymru gymryd seibiant o gynrychiolaeth clwb ond yn hytrach, roeddent ar ddyletswyddau rhanbarth.

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Welsh Athletics Inter-Regional Championships at a new venue...

The final championship event of the year before Christmas, saw the **Welsh Athletics Inter-Regional Cross Country Championships** head to a brand new venue in Mid Wales. Staged for the 20th time, the Inter-Regionals arrived at **Ysgol Gynradd Trefonnen / Trefonnen Primary School in Llandrindod Wells.**

It returned in 2018 after a year out, due to adverse weather conditions which resulted in the cancellation at Brecon last December. Heavy rain and blustery showers, added on by a strong wind greeted athletes, coaches, officials and spectators on Saturday but was far from Parc Bryn Bach, Tredegar last weekend! As races progressed, the ground cut up easily and this made some parts atrocious including the exit from the large lap, where it ended up being a water

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jump!

The four regions from the West, East, South and North all travelled to the location on the outskirts of the town centre, as the year slowly draws to a close following another action-packed 12 months of competition & success. Teams of 15 were selected by each region with the categories starting at under 13 level and moving through the under 15, under 17 and under 20's at younger ages.

The Senior Men, Senior Women, Master Men & Master Women's races again attracted a large total, which comes as no surprise looking at John H Collins Gwent Cross Country League attendances so far this winter!

Almost 600 competitors wore the red, purple, white and green vests as age group distances varied from 1,240m for the primaries up to the senior men's challenge of 9,940m.

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Testing course over agricultural land...

The course was at the back adjacent to the Trefonnen Primary School and offered testing terrain around a looping and undulating route over agricultural land. There were three sections which consisted of a small lap, medium lap and large lap. It also acted as trials for team selection for Welsh teams competing at two International fixtures in early 2019 - the Celtic Cross Country and Home Countries International in Belfast, Ireland.

As in previous years, the 12-event programme began at 11:00am with two primary school races for boys and girls. This was a great opportunity for those in year 5 and 6 to get involved in this high-quality event and get to see what they'll be up against in years to come once they get to secondary school age. Twenty-eight took part either as an individual or as part of a team.

Welsh Athletics Inter-Regional Cross Country Championships arrives in Llandrindod Wells 08.12.18

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Every individual position counted across all twelve races as presentations were made to the first three individuals and the winning regional teams in all age groups (5 and 8 to score).



Hunt & Beynon-Thomas comfortably win Senior titles...

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In the Senior Races, victories went to Cardiff AAC's James Hunt in the men crossing in 33:54, whilst Alaw Beynon-Thomas, fresh from her win last Sunday in Tredegar, took the women's title in 25:43 over a comfortable margin of 2 minutes. She was backed up by her West Wales teammate Helen Marshall who was runner-up.

South Wales collect overall winning trophy with West in second...

South Wales won the female trophy and following a string of consistent performances, were the overall winners too scoring 221 points. Meanwhile, West Wales were presented with the male trophy, after great team results in particular the under 15 boys. They finished in second place (208pts) and followed by East Wales (197pts) and North Wales (176pts).

Harriers Represent their Region...

HERE'S THE ROUND-UP RACE BY RACE FROM CARMARTHEN HARRIERS ATHLETES. PLUS OTHER TEAM HIGHLIGHTS:

Primary Schools Girls / Ysgolion Cynradd Merched:

No competitors.

Primary Schools Boys / Ysgolion Cynradd Bechgyn:

It's been a great start for the Novice Boys' Gwent League campaign so far and it continued here as four of the youngsters took part. Alex Coles came in second (4:33) and was backed up by his teammates of James Sloyan in sixth (4:52) and William Coles in seventh (4:55) to win team silver. Fourth member Emyr Macrae-Jones was in 14th overall (5:38).

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Under 13 Girls / Merched O Dan 13:

It was another great run from Frances Mackie who also finished in second out of a big field in 8:55. She was supported by Chloe Hale in 14th (9:19) and Erin Morgan in 18th (9:23). Next to cross the line were the duo of Carys Wood 26th (9:31) and Amy Greatrick 29th (9:38).

Under 13 Boys / Bechgyn O Dan 13:

The U13 boys again worked brilliantly as a team with most of the squad coming from the Carmarthen club. Changing hands a few times, Zach Elvy made it onto the podium thanks to his third place finish (8:11) with Jack Thomas 8th (8:17) not too far behind. Ifan Bowen (8:31) and Iwan Thomas (8:34) worked together to place in 15th and 16th.

The other quartet of Ellis Caddick (8:43), Steffan Davies (8:43), Jake Lynock (8:44) and Rogan Cox (8:47) in 21st, 23rd, 24th and 28th helped the West go second in the team result.

Under 15 Girls / Merched O Dan 15:

Tanwen Moon was the sole Carmarthen competitor in the under 15 girls' race. Her effort was rewarded with a 26th place finish with a time of 14:23.

Under 15 Boys / Bechgyn O Dan 15:

The under 15 boys won the first of three region titles with another dominant display of leading cross country running. Following in with Beer and Humphreys in the first three was Dafydd Jones (14:59) in sub 15 minutes. Ioan Cressey-Rodgers (16:04) was the next to arrive 12th followed by Scott Price in 31st (17:18). They contributed towards the team result which the West were first in a close battle with the South.

Under 17 Women / Merched O Dan 17:

Eva Edwards was on the start line of the U17 Women's event and was placed in 9th (18:30) and was the third scorer.

Senior Men & Master Men / Dynion:

All senior & master categories went together with each age group scoring separately. In amongst a good West Wales team, First in for the men was Paul Lynock in 47:36. He was followed by Dafydd Bowen (49:28) and Huw Davies (50:18). Gordon Orme and Jonathan Cox was the fourth and fifth to finish in 53:09.

West Wales were first in the M55 category.

Under 20 Women / Merched O Dan 20:

Ellie Kiff helped West Wales field a scoring team of five for the U20 Women and crossed in 22:01 for 11th.

Under 17 Men / Bechgyn O Dan 17:

Lewis Jones was part of the eight-man team in the under 17 men and came 39th in 18:42.

Senior Women & Master Women / Menywod:

Another good turn out of senior & master women resulting in some good times over a muddy

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course. Wendy Price was one of the top ten ladies to finish (30:33) which saw Kate Lynock (36:34) and Lisa Forrest (39:03) come in behind her.

Under 20 Men / Bechgyn O Dan 20:

The day finished off on a good note as the Under 20 men's team of five helped the West win team gold three. After some excellent early season performances it was more of the same for Ben Thomas in sixth (24:22) with Rhys Davies also amongst the finishers in 14th (26:50).

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[Main article: Welsh Athletics Inter-Regional Cross Country Championships arrives in Llandrindod Wells 08.12.18](#)