

**All the club and schools events results will be posted on this page as soon as they are available: Please check this page for the latest results from club and school competitions: [Seasons Results](#)**

You can also follow the latest results from West Wales by searching for "West Wales Athletics" on Facebook and Twitter!

**Bydd holl canlyniadau digwyddiadau clwb, ysgolion a chlybiau lleol yn ystod 2018 yn cael eu postio ar y dudalen hon cyn gynted ag y maent ar gael**

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Gallwch hefyd ddilyn y canlyniadau diweddaraf o Orllewin Cymru drwy chwilio am "Athletau Orllewin Cymru" ar Facebook a Twitter!

**2019 Results LATEST / DIWEDDARAF:**

**Healthy Life Activities Sospan Sizzler Middle Distance Triathlon - Burry Port - Sunday 21 July - Results**

**SIAB Schools U17 Track & Field International 2019 - Swansea University Athletics Track - Saturday 20 July - Results**

**Dyfed & West Glamorgan Inter County Primary Schools Match - Swansea University Athletics Track - Wednesday 17 July - [Results](#)**

**Welsh Athletics Senior Track & Field Championships 2019 - Cardiff International Sports Stadium - Sat 13 & Sat 14 July - [Results](#)**

**Ammanford 10K Road Race incorporating West Wales Road Running Championships - Ammanford - Sunday 14 July - [Results](#)**

**Welsh Schools NASUWT Cymru U14 & U16 Cup & Plate Finals - Penlan Arena Brecon - Wednesday 10 July - [Results](#)**

**HealthSpan Porthcawl 10K - Porthcawl - Sunday 7 July - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones  
Wednesday, 04 May 2011 17:36

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**Welsh Schools National Track & Field Athletics Championships 2019 - Cardiff International Sports Stadium - Saturday 6 July - [Results](#)**

**UK Youth Development League UAG Midland Premier South/West Division Fixture 3 - Cardiff International Sports Stadium - Sunday 30 June - [Results](#)**

WJL/Louise Arthur League U11, U13 & U15 Fixture 3 - Swansea University - Saturday 29 June -  
[Results](#)

**Sospan 10K 2019 - Llanelli - Saturday 29 June - [Results](#)**

**Carmarthen Open Throws Meeting Fixture 3 - Carmarthen Leisure Centre - Thursday 27 June - [Results](#)**

**JCP Swansea Half Marathon 2019 - Swansea City Centre - Sunday 23 June - [Results](#)**

Youth Development League LAG Midland Premier Division Rounds 3 - Various - Sunday 23 June - [Results](#)

**Welsh Athletics U17, U20 & Senior League Fixture 3 - Aberdare - Saturday 22 June - [Results](#)**

**Dyfed Secondary Schools NASUWT U14 & U16 Cup Final - Haverfordwest High School -**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Wednesday 19 June - [Results](#)**

**Afan Nedd Tawe Secondary Schools NASUWT U14 & U16 Cup Final - Swansea University - Wednesday 19 June - [Results](#)**

**Ceredigion Secondary Schools Area NASUWT U14 & U16 Match - Haverfordwest - Monday 17 June - CANCELLED**

**Pembrokeshire Secondary Schools Area NASUWT U14 & U16 Match - Haverfordwest - Monday 17 June - Results**

**Welsh Athletics U13, U15, U17 & U20 Junior Athletics Championships - Queensway Stadium, Wrexham - Sat 15 & Sun 16 June - [Live Results](#)**

**U11/13 Inter Club Triangular Series Match 3 - Swansea University - Wednesday 12 June - [Results](#)**

**Pembrokeshire Secondary Schools Area NASUWT U14 & U16 Match - Haverfordwest - Monday 10 June - ABANDONED**

**Dyfed Secondary Schools Athletics Championships 2019 - Carmarthen Leisure Centre - RESULTS**

[Friday Evening 7th June & Saturday 8th June Provisional Results/Canlyniadau Nos Wener 7fed Mehefin a Dydd Sadwrn 8fed Mehefin \(.XLS\)](#)

[Friday Evening Results from first five events](#)

## The Season Results - 2018/19

Written by Nathan Jones

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**Nantgaredig 5K & Junior Mile Fun Run - Nantgaredig Rugby Club - Friday 7 June - [Results](#)**

**Ammanford Junior Fun Run Races 2019 - Amman Valley Leisure Centre - Wednesday 5 June - [Top 3 Results](#)**

**Secondary Schools Relays & 800m Competition - Carmarthen Leisure Centre - Tuesday 4 June - POSTPONED**

**TROTS 10 Mile - St Clears - Sunday 2 June - [Results](#)**

**Three Parks Challenge 2K & 10K - Llandeilo - Friday 31 May - [Results](#)**

**Carmarthen Open Throws Meeting Fixture 2 - Carmarthen Leisure Centre - Thursday 30 May - [Results](#)**

**MDAL Middle Distance Open Fixture 2 - Cwmbran - Wednesday 29 May - [Results](#)**

**UK Youth Development League UAG Midland Premier South/West Division Fixture 2 - Exeter Arena - Sunday 26 May - [Results](#)**

## **The Season Results - 2018/19**

Written by Nathan Jones

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**WJL/Louise Arthur League U11, U13 & U15 Fixture 2 - Carmarthen Leisure Centre - Saturday 25 May - [Results](#)**

**Talley/Ras Y Llychau 5K & Junior 1 Mile - Talley - Friday 24 May - [Results](#)**

**Ceredigion Secondary Schools Area Athletics Championships - Carmarthen Leisure Centre - Friday 24 May - [Results](#)**

**U11/13 Inter Club Triangular Series Match 2 - Pemberton Athletics Track, Llanelli - Wednesday 22 May - [Results](#)**

**Brianne Secondary Schools Area NASUWT U14 & U16 Match - Carmarthen Leisure Centre - Wednesday 22 May - Results**

**Pembrokeshire Secondary Schools Area Athletics Championships - Haverfordwest - Tuesday 21 May - [BOYS](#) - [GIRLS](#)**

**Welsh Athletics U17, U20 & Senior League Round 1 - Cwrt Herbert Neath - Sunday 19 May - [Results](#)**

**Loughborough International 2019 - Loughborough - Sunday 19 May - [Results](#)**

**Sarn Helen 16.5 Hill Race - Lampeter - Sunday 19 May - [Results](#)**

**Royal Welsh Trail Running Festival 2019 - Builth Wells - Saturday 18 May - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

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**Youth Development League LAG Midland Premier Division Rounds 2 - Various - Saturday 18 May - [Results](#)**

**Llanelli Secondary Schools Area NASUWT U14 & U16 Match - Pemberton Athletics Track - Friday 17 May - Results**

**Brianne Secondary Schools Area Athletics Championships - Carmarthen Leisure Centre - Thursday 16 May - NOTE: PLEASE EMAIL [nathanjones1995@live.co.uk](mailto:nathanjones1995@live.co.uk) to request a copy of results for this event.**

**Dyfed Primary Schools Track & Field Athletics Championships 2019 - Carmarthen Leisure Centre - Wednesday 15 May**

[Full Boys & Girls Results File.xls](#)

[All Event Medallists](#)

[Scoring School Teams Listing](#)

**Welsh Athletics Run With The Wind Sprints Open Fixture 1 - Cardiff - Wednesday 15 May**

-  
[Results](#)

**Swansea Harriers Whitford Point Multi Terrain Race - Llanmadoc - Wednesday 15 May - Results**

## The Season Results - 2018/19

Written by Nathan Jones

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**Trap Charity Show 4.7 mile and 2.8 mile fun run - Trap - Sunday 12 May - Results**

**British Men's League Premiership & Division 1 Matches - Swansea University - Sunday 12 May - [Results](#)**

**Healthy Life Activities Llanelli Multi-Sport Festival 2019 Day 3 - Sunday 12 May - [Results](#)  
[Website](#)**

**Jan Younger Memorial 10K - Neyland - Sunday 12 May - [Results](#)**

**West Wales Regional Outdoor Track & Field Championships - Swansea University - Saturday 11 May - [Results](#)**

**North Wales Regional Outdoor Track & Field Championships - Wrexham - Saturday 11 May - [Results](#)**

**South & East Wales Regional Outdoor Track & Field Championships - Aberdare - Saturday 11 May - [Results](#)**

**Healthy Life Activities Llanelli Multi-Sport Festival 2019 Day 2 - Saturday 11 May - [Results Website](#)**

**Gwyl Cynradd Chwaraeon Yr Urdd, Cystadleuaeth Traws Gwlad - Caeau Blaendolau Aberystwyth - Saturday 11 May - [Results](#)**

**The Preseli Beast & Preseli Bach & Ultra Beast - Maenclochog - Saturday 11 May - [Results](#)**



[ts](#)

**Llanelli Secondary Schools Area Athletics Championships - Parc Y Scarlets - Friday 10 May - [Results](#)**

**Healthy Life Activities Llanelli Multi-Sport Festival 2019 Day 1 - Friday 10 May - [Results](#)  
[Website](#)**

**Carmarthen Mayor's 5K Race 2019 - Carmarthen Town Centre - Monday 6 May - [Results](#)**

**Ras Dyffryn Cledyn School - Llanybydder - Monday 6 May - [Results](#)**

**UK Youth Development League UAG Midland Premier South/West Division Fixture 1 - Swansea University - Sunday 5 May - [Results](#)**

**Cardiff 5K Race for Victory - Cardiff - Sunday 5 May - [Results](#)**

**ABP Newport Half Marathon 2019 - Newport - Sunday 5 May - [Results](#)**

**WJL/Louise Arthur League U11, U13 & U15 Fixture 1 - Haverfordwest - Saturday 4 May - [Results](#)**

**WJL/Louise Arthur League U11, U13 & U15 East Division Fixture 1 - Hereford - Saturday 4 May - [Results](#)**

**Red Kite Half Marathon, 10K & Junior Trail Running Championships - Devils Bridge -**

## The Season Results - 2018/19

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**Saturday 4 May - [Results](#)**

**MDAL Middle Distance Open Fixture 1 - Cwmbran - Wednesday 1 May - [Results](#)**

**Afan Nedd Tawe Secondary Schools & Colleges Track & Field Athletics Championships - Swansea University - Wednesday 1 May - [Results](#)**

**Tenovus Cancer Care Spring 10K, 5K & 2.5K - National Botanic Gardens of Wales - Sunday 28 April - [Results](#)**

**Virgin Money Giving London Marathon 2019 - London - Sunday 28 April - [Results](#)**

**Youth Development League LAG Midland Premier Division Fixture 1 - Swansea University - Saturday 27 April - [Results](#)**

**Carmarthen Open Throws Meeting Fixture 1 - Carmarthen Leisure Centre - Thursday 25 April - [Results](#)**

**Sarn Helen Easter Sunday Teifi 10 Mile - Lampeter - Sunday 21 April - [Results](#)**

**U11/13 Inter Club Triangular Series Match 1 - Cwrt Herbert, Neath - Wednesday 17 April - [Results](#)**

**Great Welsh Marathon & Half Marathon - Festival Fields Llanelli - Sunday 14 April - [Resu](#)**

[Its](#)

**Healthy Life Activities Amman Valley Sprint Triathlon 2019 - Amman Valley Leisure Centre - Sunday 14 April - [Results](#)**

**West Glamorgan v Dyfed Primary Schools Inter County Match - Swansea University - Monday 8 April - [Results](#)**

**Swansea Harriers Outdoor Track & Field Open Meeting - Swansea University Athletics Track - Sunday 7 April - [Results](#)**

**Dyfed Primary Schools Cross Country Championships 2019 - United Counties Showground, Nantyci - Thursday 4 April**

[Top 15 Individuals, Top 10 Teams Results File \(PDF\)](#)

**Cardiff Bay Run 10K - Cardiff Bay - Sunday 31 March - [Results](#)**

**SIAB Schools Cross Country International 2019 - Dublin, Ireland - Saturday 23 March - [Results](#)**

**West Glamorgan Cross Country League 6 - Gnoll Park, Neath - Sunday 17 March - [Results](#)**

## **The Season Results - 2018/19**

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**Welsh Schools Sportshall Athletics Finals - Cwmbran Sports Centre - Sunday 10 March - [Results](#)**

**Vault Cardiff 2019 - NIAC Cardiff - Sunday 10 March - [Results](#)**

**British Athletics Cross Challenge Series & UK Inter-Counties Cross Country Championships - Saturday 9 March - [Results](#)**

**Welsh Athletics Under 20 Indoor International Match - NIAC Cardiff - Sunday 3 March - [Results](#)**

**Admiral City of Newport Half Marathon 2019 - Newport City Centre - Sunday 3 March - [Results](#)**

**John H Collins Gwent Cross Country League 5 - Blaise Castle, Bristol - Saturday 2 March - [Results](#)**

**Welsh Athletics Cross Country Championships 2019 - Pembrey Country Park - Saturday 23 February - [Results](#)**

**Ras Cors Caron Half Marathon - Tregaron - Sunday 17 February - [Results](#)**

**Welsh Schools National Cross Country Championships - Penlan Fields, Brecon - Wednesday 13 February - [Results](#)**

## The Season Results - 2018/19

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**Llanelli Half Marathon 2019 - Parc Y Scarlets, Llanelli - Sunday 10 February - [Results](#)**

**Welsh Masters Indoors Athletics Field Championships - Swansea University - Sunday 10 February - [Results](#)**

**John H Collins Gwent Cross Country League 4 - Pontypool Park - Saturday 9 February - [Results](#)**

**Welsh Athletics Junior Indoor Athletics Championships 2019 - NIAC Cardiff - 2 and 3 February - [Results](#)**

**Carmarthenshire Secondary Schools Y7/8 Indoor Sportshall Competition - Carmarthen - Tuesday 29 January - [Results](#)**

**West Glamorgan Cross Country League 5 - Margam Park - Sunday 27 January - [Results](#)**

**24th Team Pursuit - Crymych Leisure Centre - Sunday 27 January - [Results](#)**

**Welsh Athletics Senior Indoor Athletics Championships 2019 - NIAC Cardiff - 26 and 27 January - [Results](#)**

**Dyfed Secondary Schools Cross Country Championships - Oakwood Theme Park - Tuesday 22 January - [Results](#)**

**Cardiff Met University New Year Non Thomas Open Classic - NIAC Cardiff - Sunday 20 January - [Results](#)**

**British Athletics Cross Challenge Series Fixture 5 - Belfast - Saturday 19 January - [Results](#)**

**Ceredigion Secondary Schools Area Cross Country Championships - Thursday 17 January - [Results](#)**

**Afan Nedd Tawe Secondary Schools & Colleges Cross Country Trial - Margam - Wednesday 16 January - [Results](#)**

**Brianne Secondary Schools Area Cross Country Championships - Ammanford - Wednesday 16 January - [Results](#)**

**Pembrokeshire Secondary Schools Area Cross Country Championships - Haverfordwest - Wednesday 16 January - [Results](#)**

**West Wales Indoor Athletics Championships 2019 - Swansea University - 12 and 13 January - [Full Results](#)**

**West Glamorgan Cross Country League 4 - Margam Reservoir - Sunday 13 January - [Results](#)**

**Welsh Athletics Indoor Athletics Open Meeting & Regional Championships Day 2 - NIAC Cardiff - Sunday 6 January - [Results](#)**

**Prince of Wales New Years Day 4 Mile Multi Terrain Race - Kenfig - Tuesday 1 January - [Results](#)**

## The Season Results - 2018/19

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**Nos Galan New Years Eve Road Races - Mountain Ash - Monday 31 December - [Results](#)**

**3 Parks Challenge New Years Eve 10 Miler - Llandeilo - Monday 31 December - [Results](#)**

**Llandysul New Years Eve 5 Mile & 10 Mile - Llandysul - Monday 31 December - [Results](#)**

**Old Father Time 5 Miles - Cardiff - Sunday 30 December - [Results](#)**

**Glynneath 5 Mile Road Race - Glynneath - Wednesday 26 December - [Results](#)**

**Boxing Day 6 Mile - Crymych - Wednesday 26 December - [Results](#)**

**Afan Nedd Tawe Schools Indoor Sportshall Event - Swansea University Indoor Athletics Track - Wednesday 19 December - [Results](#)**

**Cardiff Met Christmas Classic Grand Prix - NIAC, Cardiff - Sunday 16 December - [Results](#)**

**Run4All Neath Santa 1K & 5K Christmas Run - Aberavon Seafront - Saturday 15 December - [Results](#)**

**Merthyr Mawr Christmas Pudding 10K - Bridgend - Sunday 9 December - [Results](#)**

**Aberystwyth 10K 2018 - Aberystwyth - Sunday 9 December - [Results](#)**

## The Season Results - 2018/19

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**BroadHaven 10K Christmas Run - Broad Haven - Sunday 9 December - [Results](#)**

**Welsh Athletics Inter-Regional Cross Country Championships - Ysgol Trefonnen, Llandrindod Wells - Saturday 8 December - [Results](#)**

**Welsh Athletics Indoor Athletics Open Meeting & Regional Championships Day 1 - NIAC, Cardiff - Sunday 2 December - [Results](#)**

**John H Collins Gwent Cross Country League 3 - Parc Bryn Bach, Tredegar - Sunday 2 December - [Results](#)**

**Royal Welsh 2.5K, 5K & 10K Run 2018 - National Botanic Gardens of Wales - Sunday 25 November - [Results](#)**

**Ras Y Mast 6.5 mile & Junior - Llanybydder - Sunday 25 November - [Results](#)**

**Narberth Night Nobbler 10K - Narberth - Saturday 24 November - [Results](#)**

**British Athletics Cross Challenge Series Liverpool - Saturday 24 November - [Results](#)**

**Brianne Secondary Schools Cross Country League 3 - Ysgol Bro Dinefwr, Llandeilo - Tuesday 20 November - POSTPONED / GOHIRIO**



## **The Season Results - 2018/19**

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**Sospan Road Runners 10 Mile Multi-Terrain - Pembrey Country Park - Sunday 18 November - [Results](#)**

**Welsh Inter-Schools Cross Country Championships - Brecon - Saturday 17 November - [Results](#)**

**British Masters Cross Country International - Singleton Park, Swansea - Saturday 17 November - [Results](#)**

**West Glamorgan Cross Country League 3 - Kenfig - Sunday 11 November - [Results](#)**

**John H Collins Gwent Cross Country League 2 - Pembrey Country Park, Llanelli - Saturday 10 November - [Results](#)**

**British Athletics Cross Challenge Series Milton Keynes - Saturday 10 November - [Result](#)  
[s](#)**

**Richard Burton 10K Race - Cwmavon - Sunday 4 November - [Results](#)**

**Brianne Secondary Schools Cross Country League 2 - Ysgol Bro Myrddin, Carmarthen - Tuesday 23 October - [Results](#)**

**Afan Nedd Tawe Schools & Colleges Cross Country Relays - Cwrt Herbert, Neath - Monday 22 October - Results**

**Welsh Athletics / Welsh Schools Indoor Combined Events Championships - Cardiff - Sunday 21 October - [Results](#)**

## The Season Results - 2018/19

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**Pembrokeshire Secondary Schools Cross Country Fixture 2 - Milford Haven School - Tuesday 16 October - Results**

**Royal Welsh 2.5K, 5K, 10K Run 2018 - Llanarthne - Sunday 14 October - POSTPONED**

**Ras Dau Gopa Aberystwyth Twin Peaks - Aberystwyth - Sunday 14 October - [Results](#)**

**John H Collins Gwent Cross Country League 1 - Llandaff Fields, Cardiff - Saturday 13 October - Results**

**British Athletics Cardiff Cross Challenge - Llandaff Fields, Cardiff - Saturday 13 October -**

[Results](#)

**Cardiff University Cardiff Half Marathon 2018 - Cardiff City Centre - Sunday 07 October -**

[Results](#)

**Carmarthen Sprint Triathlon HLA - Carmarthen Leisure Centre - Sunday 07 October - [Results](#)**

**Cardiff University Cardiff Festival of Races - Cardiff City Centre - Saturday 06 October - Results**

**Carmarthen Myrddin Junior Triathlon HLA - Carmarthen Leisure Centre - Saturday 06 October - [Results](#)**

## **The Season Results - 2018/19**

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**Pembrokeshire Secondary Schools Cross Country Fixture 1 - Haverfordwest Racecourse  
- Tuesday 02 October - Results**

**Afan Nedd Tawe Secondary Schools Cross Country Development Races - Pontarddulais  
Comprehensive School - Tuesday 25 September - [Results](#)**

**Brianne Secondary Schools Cross Country League 1 - Ysgol Dyffryn Taf - Tuesday 25  
September - [Results](#)**

**West Glamorgan Cross Country League Fixture 1 - Llanmadoc - Sunday 23 September -  
[Results](#)**

**Welsh Athletics Road Relays Championships - Pembrey Country Park - Saturday 22  
September - [Results](#)**

**Admiral Swansea Bay 10K & Junior Races - Swansea Bay - Sunday 16 September - Age  
Group Results**

[Admiral 10K Race](#)

[Admiral 5K Race](#)

[Admiral 3K Race](#)

[Admiral 1K Race \(8-11yrs\)](#)

## **The Season Results - 2018/19**

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[Admiral 1K Race \(7 & Under yrs\)](#)

[Admiral 10K Wheelchair Race](#)

**Pumpsaint Trail Half Marathon, 6.5 mile & Junior Race - Pumpsaint - Sunday 16 September - [Results](#)**

**Menai Track & Field Open Meeting - Treborth Track, Bangor - Sunday 16 September - [Results](#)**

**2018 IronMan Wales Cymru Weekend - Tenby - 8 & 9 September - [Results](#)**

**UK Youth Development League UAG & LAG National Finals Weekend - Bedford International Sports Stadium - 8 & 9 September - [Results](#)**

**The Cottage Inn Junior Mile - Llandeilo - Friday 7 September - [Results](#)**

**The Cottage Inn 5K - Llandeilo - Friday 7 September - [Results](#)**

**Cardiff 2K & 10K - Cardiff City Centre - Sunday 2 September - [Results](#)**

**Melin Sospan Sizzler Middle Distance Triathlon HLA - Burry Port Harbour - Sunday 26 August - [Results](#)**

**RNLI Burry Port Triathlon HLA - Burry Port Harbour - Sunday 26 August - [Results](#)**

**Narberth Nobbler 10K & Half Marathon - Narberth - Sunday 26 August - [Results](#)**

**England Athletics Under 15 and Under 17 Athletics Championships - Bedford - 25 and 26 August - [Results](#)**

**Welsh Athletics Inter-Regional Athletics Championships - Penlan Arena, Brecon - Saturday 25 August - [LIVE RESULTS](#)**

**41st Ras Beca 5 Mile Fell Race - Preseli Mountains, Crymych - Saturday 25 August - [Results](#)**

**Cilycwm 5 Mile Fun Run - Cilycwm - Friday 24 August - [Results](#)**

**Welsh Athletics Junior League Under 11, Under 13, Under 15 Cup Final - Swansea University - Sunday 19 August - [Results](#)**

**TROTS 10K Race - St Clears - Sunday 19 August - [Results](#)**

**Welsh Athletics Junior League Under 11, Under 13, Under 15 Plate Final - Swansea University - Saturday 18 August - [Results](#)**

## The Season Results - 2018/19

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**Manchester International - Manchester Regional Arena - Wednesday 15 August - [Results](#)**

**Gerald Codd Trophy Match Under 11, Under 13, Under 15 - STP Haverfordwest - Sunday 12 August - [Results](#)**

**Welsh Athletics Under 17, Under 20, Senior League 4 - Spytty Stadium, Newport - Saturday 11 August - [Results](#)**

**Celtic Games Under 16 & Under 18 International - Grangemouth Stadium, Scotland - Saturday 04 August - [Results](#)**

**MDAL Middle Distance Series 3 - Spytty Stadium, Newport - Wednesday 01 August - [Results](#)**

**Youth Development League Under 17 & Under 20 Promotion Match - Swansea University - Sunday 29 July - [Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 4 - Swansea University - Saturday 28 July - ABANDONED [Partial Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 4 - Spytty Stadium, Newport - Saturday 28 July - [Results](#)**

**Carmarthen Open Throws Meeting 4 - Carmarthen Leisure Centre - Thursday 26 July - [Results](#)**

[esults](#)

**Welsh Athletics Outdoor Under 20 International Match - Swansea University - Wednesday 25 July - [Results](#)**

**SIAB Schools Athletics' Board Under 17 International Match - Grangemouth Stadium, Scotland - Saturday 21 July - [Results](#)**

**UK Youth Development League U13/15 Regional & Promotion Final Matches - Various - Saturday 21 July - [Results](#)**

**Dyfed & West Glamorgan Inter County Primary Schools Match - Swansea University - Wednesday 18 July - [Results](#)**

**Welsh Athletics Senior Championships 2018 - Cardiff International Sports Campus - Friday 13th - Saturday 14th July - [Results](#)**

**Welsh Schools NASUWT Cymru Wales Cup & Plate Finals Day - Penlan Arena, Brecon - Wednesday 11 July - [Results](#)**

**Ammanford 10K Race incorporating West Wales Road Running Championships - Ammanford - Sunday 8 July - [Results](#)**

**Welsh Schools National Track & Field Athletics Championships - Cardiff International Sports Campus - Saturday 7 July - [Results](#)**

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**European Athletics U18 Youth Championships - Győr, Hungary - 06-08 July - [Results](#)**

**Youth Development League Under 17 & Under 20 Premier Midland Division - Exeter - Sunday 1 July - [Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 3 - Penlan Arena, Brecon - Saturday 30 June - [Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 3 - Spytty Stadium, Newport - Saturday 30 June - [Results](#)**

**Carmarthen Open Throws Meeting 3 - Carmarthen Leisure Centre - Thursday 28 June - [Results](#)**

**Welsh Athletics Under 13, Under 15, Under 17 and Under 20 Junior Athletics Championships - Newport Stadium - 23-24 June - [Results](#)**

**JCP Swansea Half Marathon 2018 - Swansea City Centre - Sunday 24 June - [Results](#)**

**Sospan Road Runners 10K Race - Llanelli - Saturday 23 June - [Results](#)**

**Dyfed Schools Under 14 and Under 16 NASUWT Cup Final - Carmarthen Leisure Centre - Wednesday 20 June - [Results](#)**

**Afan Nedd Tawe Schools Under 14 and Under 16 Cup Match - Swansea University Athletics Track - Wednesday 20 June - [Results](#)**



**Welsh Athletics RunWithTheWind Open Sprints Meeting 2 - Cardiff International Sports Stadium - Wednesday 20 June - [Results](#)**

**UK Youth Development League North, Midland, South Under 13 & Under 15 Divisions - Various - Sunday 17 June - [Results](#)**

**Dyfed Secondary Schools Athletics Championships - Carmarthen Leisure Centre - Friday & Saturday 15-16th June RESULTS/ CANLYNIADAU**

[FULL RESULTS / CANLYNIADAU LLAWN](#)

[Friday Evening's Events / Digwyddiadau Nos Wener](#)

**Llanelli v Neath v Swansea U11 & U13 Inter Club Triangular Match 3 - Swansea University - Wednesday 13 June - [Results](#)**

**Welsh Athletics Under 17, Under 20 & Senior League 3 - Swansea University - Sunday 10 June - [Results](#)**

**Welsh Schools & Welsh Athletics Joint Combined Events Championships - Swansea University - Saturday 09 June - [Results](#)**

**Dyfed Primary Schools Athletics Championships 2018 - Carmarthen Leisure Centre - Wednesday 06 June - Results:**

## The Season Results - 2018/19

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[Boys & Girls Results / Canlyniadau Bechgyn a Merched](#)

[Overall Result / Canlyniad Terfynol](#)

[Medallists / Enillwyr](#)

**Brianne Secondary Schools NASUWT Cup Match - Carmarthen - Wednesday 06 June - Results**

**Pembrokeshire Secondary Schools NASUWT Cup Match - Haverfordwest - Wednesday 06 June - [Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 2 - Cwrt Herbert, Neath - Sunday 03 June - [Results](#)**

**Three Peaks 10K Challenge & 2K Fun Run - Llandeilo - Friday 01 June - [Results](#)**

**MDAL Welsh Athletics Middle Distance Series 2 - Carmarthen Leisure Centre - Wednesday 30 May - [Results](#)**

**Youth Development League Under 17 & Under 20 Premier Midland Division - Cardiff International Sports Stadium - Sunday 27 May - [Results](#)**

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**Ras Y Llychau Junior & 5K Senior Fun Run - Talley - Friday 25 May - [Results](#)**

**Carmarthen Open Throws Meeting 2 - Carmarthen Leisure Centre - Thursday 24 May - [Results](#)**

**Llanelli v Neath v Swansea U11 & U13 Inter Club Triangular Match 2 - Cwrt Herbert Track, Neath - Wednesday 23 May - [Results](#)**

**Ceredigion Schools Area Athletics Championships - Carmarthen Leisure Centre - Wednesday 23 May - [Results](#)**

**Welsh Athletics Under 17, Under 20 and Senior League 2 - Cwrt Herbert, Neath - Sunday 20 May - [Results](#)**

**Loughborough International - Loughborough - Sunday 20 May - [Results](#)**

**UK Youth Development League North, Midland, South Under 13 & Under 15 Divisions - Various - Saturday 19 May - [Results](#)**

**Royal Welsh Trail Running Festival - Builth Wells - Saturday 19 May - [Results](#)**

**Pembrokeshire Secondary Schools Area Athletics Championships - STP Haverfordwest - Wednesday 16 May - [Results](#)**

**Welsh Athletics #RunWithTheWind Sprints Open - Cardiff International Sports Stadium - Wednesday 16 May - [Results](#)**

**West Wales Outdoor Regional Athletics Championships - Cwrt Herbert, Neath - Sunday 13 May - [Results](#)**

**Trap Show Charity 4.7 Mile & 2.8 Mile Junior Fun Run Races - Cennen Arms - Sunday 13 May - [Results](#)**

**Penwythnos Gwyl Chwaraeon Yr Urdd - Aberystwyth - Weekend 12-13 May - [Results](#)**

**North Wales Regional Athletics Championships - Deeside - Sunday 13 May - [Results](#)**

**South & East Wales Joint Regional Athletics Championships - Cardiff International Sports Stadium - Saturday 12 May - [Results](#)**

**Healthy Life Activities Weekend of Llanelli Sprint Triathlons - Weekend 11-13 May - [ALL FULL RESULTS](#)**

**Preseli Beast, Bach & Ultra - Saturday 12 May - [Results](#)**

**Llanelli Schools Area Athletics Championships - Pemberton - Friday 11 May - Results**

**Brianne Schools Area Athletics Championships - Carmarthen Leisure Centre - Thursday 10 May - [Results](#)**

**Carmarthenshire Primary Schools Athletics Championships 2018 - Carmarthen Leisure Centre - Wednesday 9 May**

[Boys & Girls Results / Canlyniadau Bechgyn a Merched](#)

[Overall Scores / Cyfanswm Tim](#)

**FieldFest Event - Swansea University - Wednesday 9 May - [Results](#)**

**Carmarthen Mayor's 5K & Junior Races 2018 - Carmarthen Town Centre - Monday 7 May -**

[Results](#)

**Cardiff 5K Race for Victory - Cardiff - Sunday 6 May - [Results](#)**

**Louise Arthur League Under 11, Under 13, Under 15 fixture 1 - Carmarthen Leisure Centre - Saturday 5 May - [Results](#)**

**Red Kite Challenge - Devils Bridge - Saturday 5 May - [Results](#)**

**Afan Nedd Tawe Schools & Colleges Athletics Championships - Swansea University - Wednesday 2 May - [Results](#)**

**Youth Development League Under 17 & Under 20 Premier Midland Division - Swansea University - Sunday 29 April - [Results](#)**

## The Season Results - 2018/19

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**ABP Newport Wales Marathon & 10K - Newport - Sunday 29 April - [Results](#)**

**Tenovus Cancer Care 2.5K, 5K & 10K - Botanic Gardens, Llanarthne - Sunday 29 April - [Results](#)**

**Carmarthen Open Throws Meetings Fixture 1 - Carmarthen Leisure Centre - Thursday 26 April - [Results](#)**

**Dyfed Secondary Schools Relays & 800m Races - Carmarthen Leisure Centre - Wednesday 25 April**

[Boys Results / Canlyniadau Bechgyn](#)

[Girls Results / Canlyniadau Merched](#)

[Overall Result / Canlyniad Terfynol](#)

**MDAL Welsh Athletics Middle Distance Series - Cardiff Metropolitan University - Wednesday 25 April - [Results](#)**

**Swansea Harriers Whitford Point Multi-Terrain Race - Llanmadoc - Wednesday 25th April - Results**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Pembrokeshire Harriers Open Track & Field Meeting - Sir Thomas Picton School, Haverfordwest - Tuesday 24 April - [Results](#)**

**Virgin Money Giving London Marathon - London - Sunday 22 April - [Results](#)**

**Welsh Athletics U17, U20 & Senior League Match 1 - Cardiff International Sports Stadium - Sunday 22 April - [Results](#)**

**UK Youth Development League North, Midland, South Under 13 & Under 15 Divisions - Various - Saturday 21 April - [Results](#)**

**Llanelli v Neath v Swansea U11 & U13 Inter Club Triangular Match 1 - Pemberton Athletics Track, Llanelli - Wednesday 18 April - [Results](#)**

**Amman Valley Sprint Triathlon HLA - Ammanford Leisure Centre - Sunday 15 April - [Results](#)**

**Great Welsh Marathon & Half Marathon - Llanelli - Sunday 15 April - [Results](#)**

**Swansea Harriers Open Track & Field Meeting - Swansea University - Sunday 8 April - [Results](#)**

**Brecon Carreg Cardiff Bay 2K & 10K - Cardiff Bay - Sunday 25 March - [Results](#)**

**U15 & U17 SIAB Schools & U20 & Senior Home Countries International - Nottingham - Saturday 24 March - [Results](#)**

**West Glamorgan V Dyfed Primary Schools Inter Cross Country Match - Swansea University - Wednesday 21 March - [Results](#)**

**Dyfed Primary Schools Cross Country Championships - United Counties Showground, Nantyci - Thursday 15 March**

[RESULTS / CANLYNIADAU](#)

**Welsh Sportshall Athletics Final - Cwmbran Sports Centre - Sunday 11 March - [Results](#)**

**UK British Athletics Inter Counties Cross Country Championships - Loughborough - Saturday 10 March - [Results](#)**

**Brianne Secondary Schools Cross Country League 3 - Llandovery College - Friday 9 March - [Results](#)**

**Welsh Schools National Cross Country Championships - Penlan Arena, Brecon - Wednesday 7 March - [Results](#)**

**Welsh Athletics Indoor U20 International - NIAC Cardiff - Sunday 4 March - CANCELLED**

**Gwent Cross Country League 5 - Blaise Castle, Bristol - Saturday 3 March - CANCELLED**



## The Season Results - 2018/19

Written by Nathan Jones  
Wednesday, 04 May 2011 17:36

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**Welsh Cross Country Championships 2018 - Singleton Park, Swansea - Saturday 24 February - [LIVE RESULTS](#)**

**Llanelli Half Marathon - Parc Y Scarlets - Sunday 18 February - [Results](#)**

**HOKA Half Marathon - Margam - Saturday 17 February - [Results](#)**

**Afan Nedd Tawe Schools & Colleges Cross Country Trial - Gnoll Park, Neath - Wednesday 14 February - [Results](#)**

**Dyfed Schools Cross Country Championships 2018 - Parc Dinefwr, Llandeilo - Tuesday 13 February RESULTS/CANLYNIADAU**

*Unfortunately, not all schools envelopes sheets were returned to results at the end of the competition, resulting in a number of gaps in the results. If you know of any names, please e-mail [nathanjones1995@live.co.uk](mailto:nathanjones1995@live.co.uk)*

**[PARTIAL RESULTS](#) (UPDATED AT 19:20 ON 14/02/18)**

**Gwent Cross Country League 4 - Pontypool Park - Sunday 11 February - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Welsh Athletics Junior Indoor Track & Field Athletics Championships - NIAC Cardiff - 10 & 11 February - [Results](#)**

**Ceredigion Secondary Schools Area Championships - Llangrannog Campus - Tuesday 6 February - CANCELLED/CANSLO**

**Llanelli Secondary Schools Area Championships - Pembrey Country Park - Tuesday 6 February - Results**

**Cardiff Met University Non Thomas Open Grand Prix 3 - NIAC Cardiff - Sunday 4 February - [Results](#)**

**Brianne Secondary Schools Area Championships - Old Tregib, Llandeilo - Wednesday 31 January - [Results](#)**

**Pembrokeshire Secondary Schools Area Championships - Haverfordwest Racecourse - Tuesday 30 January - [Results](#)**

**Team Pursuit - Crymych - Sunday 28 January - [Results](#)**

**Welsh Senior Indoor Athletics Championships - NIAC Cardiff - Saturday 27 January - [Results](#)**

## **The Season Results - 2018/19**

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**West Wales Indoor Athletics Championships 2018 Weekend - Swansea University Indoor Athletics Track - 20 & 21 January - [Full Results/](#)**

**Vault Cardiff 2018 - NIAC Cardiff - Sunday 21 January - [Results](#)**

**Carmarthenshire Secondary Schools Y9/10 Indoor Sportshall Athletics - Carmarthen Leisure Centre - Thursday 18 January - [Results](#)**

**Cardiff Met University New Year Indoor Open Grand Prix - NIAC Cardiff - Sunday 14 January - [Results](#)**

**Welsh Athletics Junior Indoor Open Meeting inc South/East Wales & South West England Regional Championships Day 2 - NIAC Cardiff - Saturday 6 January - [Results](#)**

**2017 FULL SET OF RESULTS:**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Nos Galan Road Races 2017 - Mountain Ash - Sunday 31st December - [Results](#)**

**New Years Eve 10 Miller - Llandeilo - Sunday 31st December - [Results](#)**

**Run4All Neath Santa Run - Aberavon - Saturday 16 December - [Results](#)**

**Cardiff Met University Christmas Classic Indoor Grand Prix - NIAC Cardiff - Sunday 10 December - [Results](#)**

**Welsh Inter-Regional Cross Country Championships - Brecon - Saturday 9 December - CANCELLED/CANSLO**

**Gwent Cross Country League 3 - Pembrey Country Park - Sunday 3 December - [Results](#)**

**Welsh Athletics Junior Indoor Open Meeting inc South/East Wales & South West England Championships Day 1 - NIAC Cardiff - Sunday 3 December - [Results](#)**

**Brianne Secondary Schools Cross Country League 2 - Ysgol Bro Myrddin - Tuesday 21**

## The Season Results - 2018/19

Written by Nathan Jones  
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**November - [Results](#)**

**Sospan Road Runners 10 Mile Multi Terrain Race - Pembrey - Sunday 19 November - [Results](#)**

**Welsh Inter Schools Cross Country Championships - Brecon Leisure Centre - Saturday 18 November - [Results](#)**

**Carmarthenshire Secondary Schools Y7/8 Indoor Sportshall Athletics - Carmarthen Leisure Centre - Monday 13 November - [Results](#)**

**Gwent Cross Country League 2 - Brecon Leisure Centre - Saturday 11 November - [Results](#)**

**Carmarthenshire Primary Schools Indoor Sportshall Athletics - Carmarthen Leisure Centre - Friday 10 November - [Results](#)**

**Welsh Cross Country Relays Championships - Monmouth Showground - Saturday 4 November - [Results](#)**

**Pembrokeshire Primary Schools Cross Country Championships - Oakwood - Wednesday 25 October - [Results](#)**

**Afan Nedd Tawe Schools & Colleges Cross Country Relays - Cwrt Herbert, Neath - Monday 23 October - [Results](#)**

**Brianne Secondary Schools Cross Country League 1 - Ysgol Dyffryn Taf - Monday 16 October - [Results](#)**

## **The Season Results - 2018/19**

Written by Nathan Jones  
Wednesday, 04 May 2011 17:36

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**Gwent Cross Country League 1 - Llandaff Fields, Cardiff - Saturday 14 October - [Results](#)**

**British Athletics Series Cardiff Cross Challenge - Llandaff Fields, Cardiff - Saturday 14 October - [Results](#)**

**Afan Nedd Tawe Schools & Colleges Cross Country Development Races - Pontarddulais - Monday 9 October - [Results](#)**

**Welsh Athletics & Welsh Schools Indoor Combined Events Championships - NIAC Cardiff - Saturday 7 October - [Results](#)**

**Carmarthen Sprint Triathlon Healthy Life Activities - Carmarthen Leisure Centre - Sunday 1 October - [Results](#)**

**Cardiff University Cardiff Half Marathon - Cardiff - Sunday 1 October - [Results](#)**

**Cardiff University Festival of Races - Cardiff - Saturday 30 September - [Results](#)**

**Admiral Swansea Bay 10K & Junior Races - Swansea Bay - Sunday 24 September  
Results**

[Admiral 10K Race](#)

## **The Season Results - 2018/19**

Written by Nathan Jones  
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[Admiral 5K Race](#)

[Admiral 3K Race](#)

[Admiral 1K Race \(8-11yrs\)](#)

[Admiral 1K Race \(7 & Under yrs\)](#)

**Pembrokeshire Half Marathon - Dale - Sunday 24 September - [Results](#)**

**Carmarthen Myrddin Junior Triathlon Healthy Life Activities - Carmarthen Leisure Centre  
- Saturday 23 September - [Results](#)**

**Carmarthenshire Primary Schools Cross Country Championships - United Counties  
Showground - Thursday 21 September**

[RESULTS \(Top 10 Ind & Teams\) / CANLYNIADAU \(10 cyntaf unigolion a timau\)](#)

**Pumpsaint Half Marathon & Fun Run - Pumpsaint - Sunday 17 September - [Results](#)**

**Welsh Road Relays Championships - Pembrey Country Park, Llanelli - Saturday 16  
September - [RESULTS / CANLYNIADAU](#)**

## **The Season Results - 2018/19**

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**IRONMAN Wales Cymru Triathlon 2017 - Tenby, Pembrokeshire - Sunday 10 September - [Results](#)**

**Cardiff 10K 2017 - Cardiff - Sunday 3 September - [Results](#)**

**Youth Development League National Lower & Upper Age Groups Finals - Birmingham - Sat/Sun 2 3 September - [Results](#)**

**Welsh Inter-Regional Athletics Championships - Penlan, Brecon - Saturday 26 August - [Results](#)**

**England Athletics U15 & U17 Championships - Bedford - Sat/Sun 26 27 August - [Results](#)**

**Welsh Junior Club Track & Field Championships Day 2 - Queensway Stadium, Wrexham - Saturday 20 August - [Results](#)**

**Welsh Junior Club Track & Field Championships Day 1 - Queensway Stadium, Wrexham - Saturday 19 August - [Results](#)**

**Manchester International Athletics Competition 2017 - SportCity Manchester Arena - Wednesday 16 August - [Results](#)**

**RNLI Burry Port Triathlon - Burry Port Harbour - Sunday 13 August - [Results](#)**

**Night of Endurance Running 1 Mile & 10K - Cardiff International Stadium - Saturday 12 August - [Results](#)**



## The Season Results - 2018/19

Written by Nathan Jones

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**U11, U13, U15 Welsh Junior League Cup Final - Newport - Sunday 6 August - [Results](#)**

**U16 & U18 Celtic Games International - Dublin - Saturday 5 August - [Results](#)**

**U11, U13, U15 Gerald Codd Trophy Match - STP Haverfordwest - Sunday 30 July - [Result](#)  
[S](#)**

**Welsh U17, U20, Senior League 4 - Swansea University - Saturday 29 July - [Results](#)**

**Carmarthen Open Throws Meeting 4 of 4 - Carmarthen - Thursday 27 July - [Results](#)**

**Youth Development League U17, U20 S/W Promotion Match - Newport Stadium - Sunday 23 July - [Results](#)**

**Louise Arthur League U11, U13, U15 - Penlan Arena, Brecon - Saturday 22 July - [Results](#)**

**Welsh U17, U20, Senior League 3 - Cwrt Herbert, Neath - Sunday 16 July - [Results](#)**

**U17 Schools International Track & Field Athletics - Dublin - Saturday 15 July - [Results](#)**

**Young Development League UK Regional Finals - Various - Saturday 15 July - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Dyfed v West Glamorgan Primary Schools Match - Carmarthen Leisure Centre - Thursday 13 July - [Results](#)**

**NASUWT Cymru Cup & Plate Finals 2017 - Penlan Arena, Brecon - Thursday 13 July - [Results](#)**

**Welsh Athletics U20 International & Welsh 3000m - Cardiff International Stadium - Wednesday 12 July - [Results](#)**

**Louise Arthur League U11, U13, U15 - Swansea University - Sunday 9 July - [Results](#)**

**Ammanford 10K Road Race - Ammanford Rugby Club - Sunday 9 July - [Results](#)**

**Ammanford Junior Fun Run Races 2017 - Amman Valley Leisure Centre - Wednesday 5 July TROPHIES/TARIAN**

[Age Group Top 3 - 3 Cyntaf ymhob catgori](#)

**Stop the Clock 800 & 1500 Endurance Open Meeting - Newport - Wednesday 5 July - [Results](#)**

**Welsh Schools U15, U17 & U20 Athletics Championships (Gemau Cymru) - Cardiff - Saturday 1 July - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Carmarthen Open Throws Meeting 3 of 4 - Carmarthen - Thursday 29 June - [Results](#)**

**Inter Club U11 & U13 Llanelli v Neath v Swansea Triangular Match 3 of 3 - Swansea - Wednesday 28 June - [Results](#)**

**Youth Development League U17, U20 Premier Division - Cardiff - Sunday 25 June - [Results](#)**

**JCP Swansea Half Marathon 2017 - Swansea City Centre - Sunday 25 June - [Results](#)**

**Welsh Athletics/WSAA Combined Events Championships - Swansea University - Saturday 24 June - [Results](#)**

**World Youth Cup Mountain Championships - Italy - Saturday 24 June - [Results](#)**

**Dyfed Schools U14 & U16 NAS/UWT Cup Final - STP, Haverfordwest - Wednesday 21 June Results / Canlyniadau**

[Full Results / Canlyniadau Llawn](#)

[Team Scores / Sgor Tymoedd](#)

**Afan Nedd Tawe Schools U14 & U16 NAS/UWT Cup Final - Swansea University - Wednesday 21 June - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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### **RunWithTheWind Open Sprints Meeting - Cardiff Sports Stadium - Wednesday 21 June - [Results](#)**

### **Dyfed Primary Schools Athletics Championships - Carmarthen - Wednesday 14 June - Results/Canlyniadau**

[Boys and Girls Results / Canlyniadau Bechgyn a Merched](#)

[Overall Result / Canlyniad Terfynol](#)

[Top 3 Medalists / 3 Cyntaf](#)

### **Sospan Sizzler Middle Distance Triathlon - Burry Port - Sunday 11 June - [Results](#)**

### **Dyfed Secondary Schools Athletics Championships 2017 - Carmarthen Track - Friday & Saturday 9th / 10th June:**

[Friday Night Results only](#) (Saturday cancelled)

### **Welsh Senior & Masters Championships 2017 - Cardiff International Stadium - Friday & Saturday 9th / 10th June - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Llanelli v Neath v Swansea Inter Club U11 & U13 Triangular - Swansea - Wednesday 7 June - POSTPONED**

**NAS/UWT Brianne Schools Cup Match Qualifier - Carmarthen - Wednesday 7 June - [Results](#)**

**Welsh Masters League (35+ & U15+ guests) Meeting 2 - Penlan Arena, Brecon - Wednesday 7 June - Results**

**Welsh Athletics League U17, U20, Senior Fixture 2 - Penlan Arena, Brecon - Sunday 4 June - [Results](#)**

**3 Parks Challenge - Llandeilo - Friday 2 June - [Results](#)**

**Run With The Wind Sprints Open Meeting - Cardiff Stadium - Wednesday 31 May - [Results](#)**

**University of Wales Trinity Swansea Triathlon - Swansea City Centre - Sunday 28 May - [Results](#)**

**Carmarthen Junior ParkRun 1 Year Anniversary Run - Carmarthen Park - Sunday 28 May - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Young Development League U17, U20 2 - Cheltenham - Sunday 28 May - [Results](#)**

**U11, U13, U15 Louise Arthur League 2- Neath - Saturday 27 May - MATCH ABANDONED**

**Ras Y Llychau - Talley 5K - Talley - Friday 26 May - [Results](#)**

**Carmarthen Open Throws Meeting 2 of 4 - Carmarthen - Thursday 25 May - [Results](#)**

**Royal Welsh Trail Running Festival - Builth Wells - Sunday 21 May - [Results](#)**

**Llanelli Schools Area Athletics Championships - Pemberton - Friday 19 May - [Results](#)**

**Pembrokeshire Schools Area Athletics Championships - Haverfordwest - Wednesday 17 May - No Results Received**

**West Wales Outdoor Athletics Championships 2017- Carmarthen - Sunday 14 May:**

[Full Results / Canlyniadau Llawn](#)

[Field Event Card Distances & Heights](#)

**Llanelli Multi-Sport Festival Triathlons - Llanelli - Friday to Sunday 12-14 May - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Trap 2.8 & 4.7 Mile Fun Run - Cennen Arms - Sunday 14 May - [Results](#)**

**Brianne Schools Area Athletics Championships - Carmarthen - Thursday 11 May - [Results](#)**

**Ceredigion Schools Area Athletics Championships - Carmarthen - Wednesday 10 May - [Results](#)**

**Afan Nedd Tawe Schools Athletics Championships - Swansea University - Wednesday 10 May - [Results](#)**

**Carmarthenshire Primary Schools Athletics Championships - Carmarthen - Monday 8 May Results**

[Boys and Girls Results / Canlyniadau Bechgyn a Merched](#)

[Overall Results / Canlyniad Terfynol](#)

**Dyfed Schools Sprint Relays & Individual 800m Competition - Carmarthen - Wednesday 3 May Results**

[Boys Results / Canlyniadau Bechgyn](#)

## **The Season Results - 2018/19**

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[Girls Results / Canlyniadau Merched](#)

[Overall Results / Canlyniad Terfynol](#)

**Great Welsh Marathon & Half Marathon - Llanelli - Sunday 7 May - [Results](#)**

**Preseli Beast & Preseli Bach - Saturday 6 May - [Results](#)**

**Llanelli v Neath v Swansea Inter Club U11 & U13 Triangular - Llanelli - Wednesday 3 May - [Results](#)**

**Millfield PB Classic Middle Distance - Millfield - Monday 1 May - [Results](#)**

**Carmarthen Mayor's Race 5K - Carmarthen - Monday 1 May - [Results](#)**

**Young Development League U17, U20 (West Wales) 1 - Yate - Sunday 30 April - [Results](#)**

**Cardiff 5K Race for Victory & Welsh 5km Road Race Championship - Cardiff - Sunday 30 April - [Results](#)**

**U11, U13, U15 Louise Arthur League 1 - Carmarthen - Saturday 29 April - [Results](#)**



## The Season Results - 2018/19

Written by Nathan Jones

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**Welsh Junior Fell Running Championships - Aberystwyth - Saturday 29 April - [Results](#)**

**Carmarthen Open Throws Meeting 1 (Richard Wyer Memorial Meeting) - Carmarthen - Thursday 27 April - [Results](#)**

**Welsh U17, U20 & Senior League 1 - Newport Stadium - Sunday 22 April - [Results](#)**

**London Mini Marathon / London Marathon 2017 - Sunday 22 April - [Results](#)**

**U11/13 Triangular Series Fixture 1 (Llanelli v Neath v Swansea) - Cwrt Herbert, Neath - Wednesday 12 April - [Results](#)**

**Swansea Harriers Open Track & Field Meeting - Swansea University - Sunday 09 April - [Results](#)**

**Amman Valley Sprint Triathlon - Healthy Life Activities - Ammanford - Sunday 09 April - [Results](#)**

**Cardiff Bay 10K 2017 - Cardiff Bay - Sunday 02 April - [Results](#)**

**Ras Crannog Juniors & Seniors - Urdd Llangrannog - Sunday 02 April - [Results](#)**

**Tenovus Cancer Care Botanic 10K, 5K, 2.5K - Botanic Gardens - Sunday 02 April - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Gwendraeth Valley Primary Schools Cross Country - Maes Y Gwendraeth, Drefach - Thursday 30 March - POSTPONED**

**Brianne Schools Cross Country League 4 - Recreation Ground, Ammanford - Tuesday 28 March - [All Results](#) [Points Totals](#)**

**West Glamorgan League Cross Country 5 - Aberavon Beach, Port Talbot - Sunday 26 March - [Results](#)**

**SIAB Schools & Home Countries Cross Country International 2017 - Margam Park, Port Talbot, Wales - Saturday 25 March - [Results](#)**

**Dyfed & West Glamorgan Primary Schools Match - Margam Park, Port Talbot, Wales - Saturday 25 March - [Results](#)**

**Welsh Schools National Cross Country Championships - Penlan Arena, Brecon - Saturday 18 March -**

[Year 7 Girls](#) - [Junior Girls](#) - [Middle Girls](#) - [Senior Girls](#)

[Year 7 Boys](#) - [Junior Boys](#) - [Middle Boys](#) - [Senior Boys](#)

**Dyfed Primary Schools Cross Country Championships 2017 - United Counties Showground Carmarthen - Thursday 16 March**

## The Season Results - 2018/19

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[Results / Canlyniadau](#)

**Llanelli Half Marathon Road - Parc Y Scarlets Llanelli - Sunday 12 March - [Results](#)**

**Neath 10 Mile Road Race - Neath - Sunday 12 March - [Results](#)**

**UK Inter Counties Cross Country Championships - Loughborough - Saturday 11 March - [Results](#)**

**Welsh Athletics Under 20 Indoor International Athletics - NIAC Cardiff - Sunday 5 March - [Results](#)**

**Welsh Sportshall Athletics Finals - Cwmbran Sports Centre - Sunday 5 March - [Results](#)**

**St Davids Day Races - Cardiff - Sunday 5 March - [Results](#)**

**Gwent League Cross Country 5 - PEMBREY COUNTRY PARK - Saturday 4 March - [Full Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones  
Wednesday, 04 May 2011 17:36

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**Welsh Cross Country Championships - Singleton Park, Swansea - Saturday 25 February -**

[Results](#)

**HOKA One One Trail Half Marathon - Port Talbot - Saturday 18 February - [Results](#)**

**Welsh Junior Indoor Athletics Championships - NIAC Cardiff - 11/12 February - [Results](#)**

**Gwent League Cross Country 4 - Newport - Sunday 12 February - [Results](#)**

**2017 Dyfed Secondary Schools Cross Country Championships - Parc Dinefwr, Llandeilo - Tuesday 7 February:**

[Year 7 Boys & Girls / Bechgyn a Merched Blwyddyn 7](#)

[Year 8-9 Boys & Girls / Bechgyn a Merched Blwyddyn 8-9](#)

[Year 10-11 Boys & Girls / Bechgyn a Merched Blwyddyn 10-11](#)

[Year 12-13 Boys & Girls / Bechgyn a Merched Blwyddyn 12-13](#)

[Area Totals / Cyfanswm ardaloedd](#)

**Cardiff Met Grand Prix 3: Non Thomas Open (inc Welsh Masters Championship events) - NIAC Cardiff - Sunday 5 February - [Results](#)**

**Ceredigion Schools Area Cross Country Championships - Llangrannog - Wednesday 1 February - [Results](#)**

**Brianne Schools Area Cross Country Championships - Bro Dinefwr, Llandeilo - Wednesday 1 February - [Results](#)**

**Llanelli Schools Area Cross Country Championships - Pembrey Country Park - Tuesday 31 January - [Results](#)**

**Pembrokeshire Schools Area Cross Country Championships - Racecourse, Haverfordwest - Wednesday 25 January - [Results](#)**

**Welsh Senior Indoor Championships - NIAC Cardiff - Saturday 28 January - [Results](#)**

**British Athletics Cardiff Cross Challenge - Blackweir Fields - Sunday 22 January - [Result](#)  
[S](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**West Wales Indoor Athletics Championships - Swansea University Indoor Track - Saturday & Sunday 21/22 January - [Results](#)**

**Carmarthenshire Secondary Schools Years 9 & 10 Indoor Sportshall Athletics - Carmarthen Leisure Centre - Thursday 19 January - [Results](#) [Overall](#)**

**Cardiff Met GP2 - New Years Open (inc. South West of England & Welsh Masters Championships) - NIAC Cardiff - Sunday 15 January - [Results](#)**

**West Glamorgan League Cross Country 3 - Margam Park - Sunday 15 January - [Results](#)**

**Brianne Schools Cross Country League 3 - Llandovery College - Thursday 12 January - [Results](#)**

**Welsh Athletics Indoor Junior Open and South & East Wales Regional Championships Day 2 - Cardiff - Sunday 8 January - [Results](#)**

**Afan Nedd Tawe Schools Sportshall Trials - Swansea University Indoor Track - Wednesday 14 December - [Results](#)**

**Welsh Inter Regional Cross Country Championships - Penlan Arena Brecon - Saturday 10 December - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

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**Gwent Cross Country League 3 - Blaise Castle, Bristol - Saturday 3 December - [Results](#)**

**West Glamorgan League Cross Country League - Kenfig - Sunday 27 November - [Result](#)  
[s](#)**

**Ras Y Mast - Llanybydder - Sunday 27 November - [Results](#)**

**Welsh Inter Schools & Colleges Cross Country Championships - Brecon - Saturday 26  
November - [Results](#)**

**Sospan Road Runners 10 Mile Multi Terrain Race - Pembrey Country Park - Sunday 20  
October - [Results](#)**

**Brianne Secondary Schools Cross Country League Fix 2 - Ysgol Bro Myrddin,  
Carmarthen - Thursday 17 October - [Results](#)**

**British Athletics Milton Keynes Cross Challenge 1 - Milton Keynes, England - Saturday 12  
November - [Results](#)**

**Gwent Cross Country League 2 - Penlan Arena, Brecon - Saturday 12 November - [Result](#)  
[s](#)**

**WA / WSAA Indoor Combined Events Championships - Cardiff - Sunday 6 November - [R](#)  
[esults](#)**

## **The Season Results - 2018/19**

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Carmarthenshire Primary Schools Indoor Sportshall Competition - Carmarthen Leisure Centre - Wednesday 2 November - [Results](#)**

**Welsh Cross Country Relays Championships - Monmouth Showground - Sunday 23 October - [Results](#)**

**Carmarthenshire Secondary Schools Y7/8 Indoor Sportshall Competition - Carmarthen Leisure Centre - Tuesday 18 October - [Results](#)**

**Afan Nedd Tawe Cross Country Relays Competition - Cwrt Herbert, Neath - Monday 17 October - [Results](#)**

**Gwent Cross Country League 1 - Newbridge Fields, Bridgend - Sunday 16 October - [Results](#)**

**West Glamorgan Schools Cross Country League Fix 2 - Gnoll Park - Sunday 9 October - [Results](#)**

**Amman Valley Sprint Triathlon Series - Ammanford Leisure Centre - Sunday 2 October - [Results](#)**

**Cardiff University Cardiff Half Marathon 2016 - Cardiff - Sunday 2 October - [Results](#)**

**Brianne Secondary Schools Cross Country League Fix 1 - Ysgol Dyffryn Taf, Whitland - Friday 30 September - [Results](#)**

**West Glamorgan Cross Country League 1st Fixture - Llanmadoc, Gower - Sunday 25 September - [Results](#)**



**Carmarthenshire Primary Schools Cross Country Championships 2016 - Nantyci Showground, Carmarthen - Thursday 22 September - RESULTS / CANLYNIADAU**

[Year 3 Girls - Year 4 Girls - Year 5 Girls - Year 6 Girls](#)

[Year 3 Boys - Year 4 Boys - Year 5 Boys - Year 6 Boys](#)

**Admiral Swansea Bay 10K & Junior 1K/3K/5K Races - Swansea - Sunday 18 September - [Results](#)**

**IronMan & IronKids Wales Cymru Triathlon 2016 - Tenby, Pembs - Saturday/Sunday 17/18 September - [Results](#)**

**Pumpsaint Half Marathon - Village Hall - Sunday 18 September - [Results](#)**

**Cardiff 10K including Welsh Champs - Cardiff - Sunday 11 September - [Results](#)**

**Myrddin Junior Fun Triathlon 8-14yrs (Healthy Life Activities) - Carmarthen - Saturday 10 September - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Llanelli Standard Distance Triathlon Event - Burry Port - Sunday 4 September - [Results](#)**

**Welsh Inter-Regional Athletics Championships - Penlan, Brecon - Saturday 27 August - [Results](#)**

**Welsh Junior League U15 Cup Final - Newport - Sunday 21 August - [Results](#)**

**U15 & U17 Senior Combined Events Heptathlon & Decathlon - Bedford - Sat/Sun 20/21 August - [Results](#)**

**Welsh U13, U15, U17, U20 Athletics Championships - Newport - Saturday/Sunday 13/14 August - [Results](#)**

**Welsh Masters League 3 & Open Meeting U15+ - Swansea University - Wednesday 10 August - [Results](#)**

**Cardigan - Poppit Sands Series Seniors & Adults - Cardigan - Tuesdays during last few months - [Results of all meetings](#)**

**Celtic U16 & U18 Games International 2016 - Swansea University - Saturday 6 August - [Results](#)**

**Ras Myddfai 4k & 8k - Myddfai - Friday 5 August - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

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**Welsh U17, U20, Senior League Cup Final - Swansea University - Sunday 31 July - [Results](#)**

**Carmarthen H Throws Open Meeting 4 - Carmarthen - Thursday 28 July - [Results](#)**

**Inter Club Triangular Match Llanelli v Neath v Swansea - Swansea University - Wednesday 27 July - [Results](#)**

**Youth Development League UK Upper U17/20 Premier Division (West Wales)- Yeovil - Sunday 24 July - [Results](#)**

**Gerald Codd U11/13/15 Trophy Fixture - STP Haverfordwest - Saturday 23 July - [Results](#)**

**Welsh U20 International Track & Field - Cardiff Sports Stadium - Wednesday 20 July - [Results](#)**

**Welsh Athletics U17/20/Senior League 4 - Carmarthen - Sunday 17 July - [Results](#)**

**SIAB Schools International Athletics - Ashford, Kent - Saturday 16 July - [Results](#)**

**West Glamorgan & Dyfed Primary Schools Inter County Match - Swansea University - Wednesday 13 July - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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**Ammanford 10K Annual Road Race - Ammanford - Sunday 10 July - [Results](#)**

**Louise Arthur U11/13/15 League Meeting 4 - Penlan Arena, Brecon - Sunday 10 July - [Results](#)**

**NASUWT Wels Schools Cup Final Match - Penlan Arena, Brecon - Wednesday 6 July - [Results](#)**

**Welsh Schools Athletics Championships - International Sports Stadium Cardiff - Saturday 2 July - [Results](#)**

**Sospan Runners 10K - Llanelli - Saturday 2 July - [Results](#)**

**Ammanford Junior Fun Run 2016 - Ammanford Leisure Centre - Monday 27 June - [Results](#)**

**Young Development League UK Upper U17/20 Premier Division (West Wales)- Carmarthen - Sunday 26 June - [Results](#)**

**Swansea Half Marathon 2016 - City Centre - Sunday 26 June - [Results](#)**

**World Youth Cup Mountain Championships - Czech Republic - Saturday 25 June - [Results](#)**

**WA/WSAA Combined Events Championships - Swansea - Saturday 25 June - [Results](#)**

**Carmarthen Open Throws Meeting 3 - Carmarthen - Thursday 23 June - [Results](#)**

## The Season Results - 2018/19

Written by Nathan Jones

Wednesday, 04 May 2011 17:36

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### **Dyfed Primary Schools Athletics Championships 2016 - Carmarthen - Wednesday 22 June:**

[Boys & Girls Results / Canlyniadau Bechgyn a Merched](#)

[Overall Scores / Sgor Terfynnol](#)

**Welsh Athletics U17/20/Senior League - Penlan, Brecon - Saturday 18 June - [Results](#)**

**Dyfed Schools Athletics NAS/UWT Final - STP, Haverfordwest - Friday 17 June - [Results](#)**

**Dyfed Secondary Schools Athletics Championships 2016 - Carmarthen - Friday & Sunday 10/11 June - [FULL RESULTS / CANLYNIADAU LLAWN](#)**

**Welsh Senior Championships - Cardiff - Saturday 11 June - [Results](#)**

**Louise Arthur U11/13/15 League 3rd event - Swansea University - Sunday 5 June - [Result](#)**  
[s](#)

**Young Development League U17/20 West Wales - Premier West 2 - Newport - Sunday 29**

## The Season Results - 2018/19

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**May - [Results](#)**

**Louise Arthur U11/13/15 League 2nd event - Neath - Saturday 28 May - [Results](#)**

**Talley 1K and 5K Fun Run - Friday 27 May - [Results](#)**

**Carmarthen Open Throws Meeting 2 - Carmarthen - Thursday 26 May - [Results](#)**

**Avon AA Open Meeting - Stoke Gillford - Tuesday 24 May - [Results](#)**

**Carmarthen Junior ParkRun Meeting 1 - Carmarthen Park - Sunday 22 May - [Results](#)**

**Brianne Schools NAS/UWT Cup Match - Carmarthen - Thursday 19 May - [Results](#)**

**West Wales Region Athletics Championships - Swansea University - Sunday 15 May - [Results](#)**

**Llanelli Schools Athletics Championships - Pemberton - Friday 13 May - [Results](#)**

**Brianne Schools Athletics Championships - Carmarthen - Thursday 12 May - [Results](#)**  
[NOTICE](#)

**Ceredigion Schools Athletics Championships - Carmarthen - Tuesday 10 May - [Results](#)**

## The Season Results - 2018/19

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**Trap Charity Junior & Senior Fun Run - Cennen Arms, Trap, Sunday 8 May - [Results](#)**

**Preseli Beast & Beast Bach - North Pembrokeshire - Saturday 7 May - [Results](#)**

**Urdd Primary Schools Sports Festival - Cross Country Competition - Aberystwyth - Saturday 7 May - [Results](#)**

**Swansea Schools Y7 Trophy Match - Swansea University Track - Friday 6 May - [Results](#)**

**BMC Personal Best Classic Track Events - Street, Somerset - Monday 2 May - [Results](#)**

**Carmarthen Mayor's Races 5K seniors - Carmarthen - Monday 2 May - [Results](#)**

**Young Development League U17/20 Premier West (West Wales) - Plymouth - Sunday 1 May - [Results](#)**

**Louise Arthur U11/13/15 League - Carmarthen - Saturday 30 April - [Full Results](#)**

**Red Kite Challenge - Abersytwyth - Saturday 30 April - [Results](#)**

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**Carmarthen Open Throws 1 - Carmarthen - Thursday 28 April - [Results](#)**

**Afan Nedd Tawe Schools Athletics Championships - Swansea University Track - Wednesday 27 April - [Full Results](#)**

**Carmarthenshire Primary Schools Athletics Championships - Carmarthen - Monday 25 April**

[Boys and Girls Results](#)

[Overall Teams](#)

**[London Marathon & Mini Marathon 2016](#) - Sunday 24 April**

[Mini marathon results](#)

**Welsh Athletics U17/20/Senior League Match 1 - Newport - Sunday 24 April - [Results](#)**

**Dyfed Secondary Schools Relays & 800m Competition - Carmarthen - Wednesday 20 April**

[Boys Results](#)

[Girls Results](#)



## **The Season Results - 2018/19**

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### [Overall Results](#)

**UK Indoor Sportshall Finals - Manchester - Saturday/Sunday 16/17 April - [Results](#)**

**HBA Great Welsh Marathon & Half Marathon - Llanelli - Sunday 17 April - [Results](#)**

**Welsh Road Relays Championships - Bargoed - Sunday 10 April - [Results](#)**

**Swansea Harriers Open Track Meeting - Swansea University - Sunday 10 April - [Results](#)**

**HBA Llanelli 5, 10 and 20 Mile Road Races - Sunday 3 April - [Results](#)**

**Carmarthen Sprint Triathlon Series 2016 - Carmarthen Leisure Centre - Sunday 3 April - [Full Results](#)**

**IAAF / Cardiff University World Half Marathon Championships 2016 - Cardiff - Saturday 26 March - [Full Results](#)**

**Dyfed v West Glamorgan Primary Schools Annual Cross Country Match - Parc Dinefwr Llandeilo - Wednesday 23 March - [Results](#)**

**SIAB & Home Countries Schools International Cross Country Championships - Falkirk, Scotland - Saturday 19 March - [Results](#)**

**Dyfed Primary Schools Cross Country Championships 2016 - United Counties Showground - Thursday 17 March TOP 15 & TEAMRESULTS**

[Year 3 Boys](#) - [Year 4 Boys](#) - [Year 5 Boys](#) - [Year 6 Boys](#)

[Year 3 Girls](#) - [Year 4 Girls](#) - [Year 5 Girls](#) - [Year 6 Girls](#)

**Welsh Sportshall Finals 2016 - Cwmbran Leisure Centre - Sunday 13 March - [Results](#)**

**Llanelli Half Marathon - Parc Y Scarlets - Sunday 13 March - [Results](#)**

**Peace 5K/2.5K Fun Run - National Botanic Gardens - Sunday 13 March - [Results](#)**

**UK Inter-Counties Cross Country - Birmingham - Saturday 12 March - [Results](#)**

**Llanelli Primary Schools Cross Country Competition - Penygaer Playing Fields - Wednesday 9 March - [Results](#)**

**Gwent League Cross Country 5 - Penlan Arena Brecon - Saturday 5 March - [Results](#)**

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**Brianne Schools Cross Country League 5 - Dyffryn Aman School, Ammanford Playing Fields - Tuesday 1 March - [Results](#)**

**St Davids Day Run 1K, 5K, 10K - Cardiff - Sunday 28 February - [Results](#)**

**Welsh Clubs Cross Country Championships - Singleton Park, Swansea - Saturday 27 February - [Results](#)**

**Gwent League Cross Country 4 - Monmouth Showground - Saturday 13 February - [Results](#)**

**Welsh Schools Cross Country Championships - Penlan Brecon - Wednesday 10 February - [Results](#)**

**Wales v England U20 Indoor International - NIAC Cardiff - Sunday 7 February - [Results](#)**

**Welsh Senior Indoor Athletics Championships - NIAC Cardiff - Sunday 31 January - [Results](#)**

**Carmarthenshire Secondary Schools - Years 9 & 10 Indoor Sportshall Athletics Competition - Carmarthen Leisure Centre - Thursday 28 January - [Full Results](#)**

## The Season Results - 2018/19

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**Cardiff Cross Country Challenge & Primary School Races - Blackweir Fields, Cardiff - Sunday 24 January - [Full Results](#)**

**West Wales Regional Indoor Athletics Championships - Swansea University - Saturday & Sunday 23-24 January - [Full Results](#)**

**Cardiff Met Grand Prix Series GP3 - Cardiff - Saturday 23 January - [Results](#)**

**Llanelli Schools Cross Country Area Championships - Pembrey Park - Friday 15 January**

-  
[Results](#)

**Dyfed Schools Cross Country Championships - Parc Dinefwr, Llandeilo - Tuesday 19 January - [Full Results](#)**

**Welsh Indoor Athletics Championships - NIAC Cardiff - Saturday/Sunday 16-17 January -**

[Saturday - Day 1 Results](#)

[Sunday - Day 2 Results](#)

## **The Season Results - 2018/19**

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**Afan Nedd Tawe Schools Cross Country Trials - Margam Park - Wednesday 13 January - [Results](#)**

**Great Edinburgh & Celtic International 2016 - Edinburgh - Saturday 09 January - [Full Results](#)**