

## West Wales teams and the Welsh inter regional cross country championships

I have been involved with the Welsh Inter county and Welsh inter regional cross country championships since the 1980's as a team coordinator and team manager

In the 1980's and 1990's up to reorganization in 1998 (counties became 4 regions) the inter county cross country championship rotated around Wales. The competition was limited I believe to U13, U15, U17, U20 and seniors. Six or eight from each county with 4 or 6 to score

The format of the interregional changed in the early 2000's to bring in veterans age groups

At the present time Regions can enter up to 15 in each of the following age groups

U13, U15, U17, U20, Seniors,35+,45+,55+ (both male and female)

8 to score in U13, U15, U17 and senior races

5 to score in U20 and master's races

### Welsh Inter County cross country championships

Held at different venues around Wales. Can remember events held at Pontypool Park, Bangor, Builth Wells, Showground Carmarthen, Aberdare and Cardiff

In the 1990's Dyfed cross country teams did particularly well, winning a number of the overall Welsh team championships

### Welsh inter regional cross country championships

West Wales did quite well in the late 1990's and early 2000's winning the overall team championship on several occasions. On two occasions I believe the West Wales junior team went on to represent Wales in the London mini marathon

In the last 15 years South Wales have had an outstanding record in the Welsh inter regional cross country championship, winning the overall team championship on many occasions. Once or twice West Wales would have won if one or two more veteran athletes had competed

Year	Results
1999 at Brecon on Sunday 12 1999	West Wales won U17W; U20W; SW; U15B; U17M; Vm40 and VM50 team races
2001	West Wales won the overall team trophy ! west Wales 170; 2 South Wales 141; 3 South Wales 115; 4 North Wales 61 West Wales also won the overall male and female team trophies
2002 at Singleton Park Swansea on Sunday 8 December 2002	West Wales won the overall inter district team title 1 West Wales 186; 2 South Wales 169; 3 East Wales 147; 4 North Wales 52

	West Wales also won the overall male and female team trophies
2003 at Pontcanna Fields Cardiff on Sunday 14 December 2003	1 South Wales 187; 2 West Wales 166; 3 East Wales 119; 4 North Wales 69  West Wales won the U15G and U20W and seven West Wales teams finished second
2004 at Morgan Llwyd School Wrexham on Saturday 11 December 2004	West Wales won the overall inter regional team trophy. 1 West Wales Won the male overall trophy and seven age group events (U13B, U13G, U15B, U15G, U17 men, U17 women and U20 men)
2005 at Brecon on 11 December 2005	West Wales won the U13G, U15B, U17 men, F35 and F45 team races
2006 at Singleton Park Swansea on Sunday 10 December 2006	West Wales won the U13G, U15G, U17 men and F35 team events and finished second in U15B, U17W, SW, SM and M50
2007 at Llandaff Fields Cardiff on Sunday 9 December 2007	West Wales won the U13B, U15G, SW and F45 team races.  The U13G, U17W, and U17M teams finished second
2008 at Wrexham on Saturday 13 December 2008	West Wales won the U13B, U15G, U17 and SW team races.  The West Wales U13G, U15B, F45 and M50 teams came second
2009 at Builth Wells Show Ground on Sunday 13 December 2009	1 South Wales 144; 2 West Wales 142; 3 North Wales 124; 4 East Wales 115  West Wales won the overall women's trophy  West Wales won the U15G and U20W. West Wales teams second in three races
2010 at Builth Wells Show Ground	Cancelled due to snow
2011 at Builth Wells Show Ground on Saturday 10 December	West Wales won the overall inter region team trophy, the overall male team trophy and the overall female team trophy  1 West Wales 174; 2 154; 3 North Wales 142; 4 East Wales 111  West Wales also won the U17W; U20M and F45
2012 at Builth Wells Show Ground on Saturday 8 December 2012	West Wales a close second in the overall inter regional team championship  1 South Wales 173; 2 West Wales 164; 3 East Wales 116; 4 North Wales 110

	West were equal first in the female age group and second in the overall male age group
<b>2013 at Builth Wells Showground on Saturday 14 December 2013</b>	<p>West Wales finished a close second in the overall team championship. Would have finished first if one more M40 athlete had competed</p> <p>1 South Wales 162; 2 West Wales 155; 3 East Wales 138; 4 North Wales 101</p> <p>West Wales won U15, U20W, M50, F45 team events</p>
<b>2014 at Builth Wells Showground on Saturday 13 December 2014</b>	West Wales won the U13G and U20W team races. West Wales came second in the U13B, U15B, U15G, M40 And M50
<b>2015 at Builth Wales Showground on 12 December 2015</b>	<p>West Wales second to South Wales</p> <p>1 South Wales 193; 2 West Wales 168; 3 East Wales 130; 4 North wales 127</p> <p>128 athletes competed for West Wales</p>
<b>2016 at Brecon on Saturday 10 December 2016</b>	<p>West Wales second to a strong South Wales team</p> <p>1 South Wales 218; 2 West Wales 176; 3 East Wales 175; 4 North Wales 110</p> <p>West Wales won the U13B and U17M team events</p>
<b>2017 at Brecon</b>	Cancelled due to snow
<b>2018 at Ysgol Trefynnon Llandrindod Wells on Saturday 8 December 2018</b>	<p>Best performance by West Wales for several years. Close second to South Wales</p> <p>1 South Wales 221; 2 West Wales 211; 3 East Wales 198; 4 North Wales 176</p>
<b>2019 at Brecon on Saturday 16 November 2019</b>	<p>Easy win for South Wales</p> <p>1 South Wales 217; 2 East Wales 189; 3 North Wales 178; 4 West Wales 157</p>

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17 August 2020