

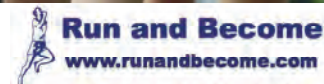
Welsh Athletics Yearbook 2010



WELSH ATHLETICS
ATHLETAU CYMRU



Incorporating Fixtures Calendar for:
Track & Field - Cross Country - Road Running - Mountain Running



Welsh Athletics is entering the most significant period in its history.

Athletes from across Wales have set their sights on the 2010 Commonwealth Games and the 2012 London Olympic Games.

*Become part of the team.
Realise your potential to help
a nation reach theirs.*



WELSH ATHLETICS
ATHLETAU CYMRU

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Welsh Athletics Contact Details

Cardiff International Sports Stadium

Address	Leckwith Road, Cardiff CF11 8AZ
Telephone Number	02920 644870
Fax Number	02920 342687
E-mail	office@welshathletics.org
Website address	www.welshathletics.org

Staff

Chief Executive Officer	Matt Newman	matt.newman@welshathletics.org
Head of Athletics Development	Steve Brace	steve.brace@welshathletics.org
Education and Training Manager	Neil Wheeler	neil.wheeler@welshathletics.org
Development Manager	Chris Moss	chris.moss@welshathletics.org
Competitions Manager	James Thie	james.thie@welshathletics.org
Head of Administration	Karlijn Asveld	karlijn.asveld@welshathletics.org
Assistant Competitions Officer	Darran Williams	darran.williams@welshathletics.org
Registration & Administration	Jacqueline Brace	jacqueline.brace@welshathletics.org
Media & Publicity Officer	William Ponissi	william.ponissi@welshathletics.org

Performance Staff

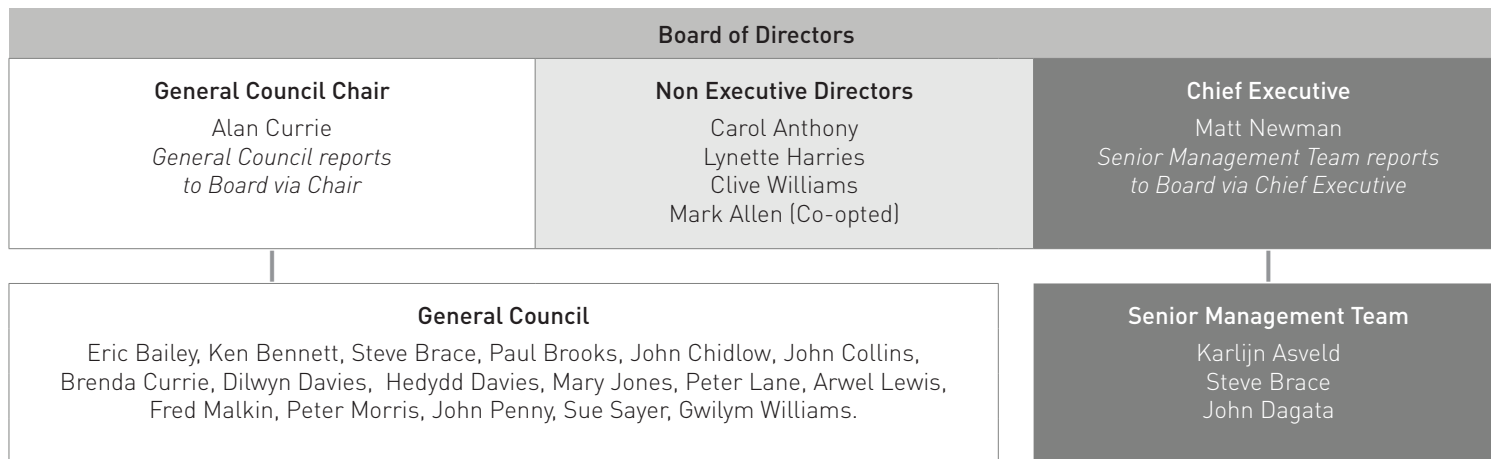
Head of Coaching	John Dagata	john.dagata@welshathletics.org
Development Performance Coach	Darrell Maynard	darrell.maynard@welshathletics.org
Physiotherapist	Liba Sheeran	liba.sheeran@welshathletics.org

Development Staff

North East Wales	Shane Parry	shane.parry@welshathletics.org
North West Wales	Barry Edwards	barry.edwards@welshathletics.org
ADC Deeside	Donna Welsh	donna.welsh@welshathletics.org
ADC Cardiff	Gareth Wiltshire	gareth.wiltshire@welshathletics.org
South East Wales	TBC	
West Wales / ADC Swansea	Andrew Jenkins	andrew.jenkins@welshathletics.org
Mid Wales Projects Officer	Satu Haikala	satu.haikala@welshathletics.org

Welsh Athletics Structure

High Level Governance



Athletics in the United Kingdom



UK Athletics

Athletics House
 Central Boulevard
 Blythe Valley Park
 Solihull, B90 8AJ

0121 713 8400

www.uka.org.uk



Scottish Athletics

Caledonia House
 South Gyle
 Edinburgh
 EH12 9DQ

0131 539 7320

www.scottishathletics.org.uk



England Athletics

Wellington House
 Starley Way
 Birmingham International Park
 Solihull, B37 7HE

0121 713 8499

www.englandathletics.org



Athletics Northern Ireland

Athletics House
 Old Coach Road
 Belfast
 BT9 5PR

0289 060 2707

www.niathletics.org

Useful Web Links

Athletics Weekly	www.athletics-weekly.com
British Athletics League	www.bal.org.uk
British Milers Club	www.britishmilersclub.com
British Olympic Association	www.olympics.org.uk
British Paralympic Association	www.paralympics.org.uk
British University & College Sport	www.bucs.org.uk
Commonwealth Games Council Wales	www.cgcw.org.uk
Commonwealth Games Federation	www.thecgf.com
Delhi 2010	www.cwgdelhi2010.com
Drug Information	www.didglobal.com
English Schools	www.esaa.net
European Athletics	www.european-athletics.org
Federation of Disability Sport Wales	www.disabilitysportwales.org/
IAAF	www.iaaf.org
London 2012	www.london2012.com
London Marathon	www.london-marathon.co.uk
National Junior League	www.nationaljuniorathleticleague.co.uk
National Young Athletes League	www.natyal.co.uk
Power of 10	www.thepowerof10.info
Sports Council for Wales	www.sports-council-wales.co.uk
UK Womens League	www.ukwal.org.uk
UK Sport	www.uksport.gov.uk
Welsh Sports Association	www.welshsports.org.uk

Welsh Regions

Full details of clubs, including their websites, can be found on the Welsh Athletics website: www.welshathletics.org

NORTH WALES

Areas covered – Anglesey, Conwy, Denbighshire, Flintshire, Gwynedd, Wrexham, Powys (North)

Chair	Sue Sayer	01244 550690	suesayer@talktalk.net
Secretary	Paul Brooks	01352 770702	paul.brooks01@btinternet.com
Licence Officer	Paul Brooks	01352 770702	permits.north@welshathletics.org
Mountain Licence Officer	Phil Jones	07833 194296	mountain.permits@welshathletics.org

Welsh Athletics General Council Representatives: Sue Sayer, Dilwyn Davies, Paul Brooks, Arwel Lewis.

CLUBS

EVENTS CATERED FOR

Anglesey

Cybi Striders	John Lyon	01407 760914	Road / Mountain
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Conwy

Abergele Harriers	Majella McCormack	01745 823089	Track / Road / Mountain / Cross Country
Colwyn Bay AC	Diane Ray	01492 548893	Track / Road / Mountain / Cross Country
Mysterruns	Judith Jones	01492 518739	Road / Mountain / Cross Country
North Wales RRC	Paula Roberts	07876 635919	Road

Denbighshire

Clwydian Range Runners	Ben Amesbury	01824 707955	Road / Mountain / Cross Country
Denbigh Harriers	Ken Jones	01824 814648	Road / Cross Country
Prestatyn RC	Gareth Hughes	01745 888078	Road / Mountain / Cross Country

Flintshire

Buckley RC	Margaret Ludden	01244 544790	Road
Deeside AAC	Denise Harris	01244 548656	Track / Road / Mountain / Cross Country
Deestriders RC	Leslie Ingram	01978 761779	Road / Mountain / Cross Country

Gwynedd

Bangor University AC	Jenny Brierley	07825 841523	Track / Road / Mountain / Cross Country
Bro Dysynni AC	John Butler	01654 712719	Road / Mountain / Cross Country
Eryri Harriers	Phil Jones	07833 194296	Road / Mountain / Cross Country
Menai	Steve Livett	01248 853067	Track / Road / Mountain / Cross Country
Merionnydd RC	Peter Nicholls	01341 450673	Road / Mountain / Cross Country

Powys (North)

Maldwyn Harriers	David Peters	01686 630344	Track / Road / Mountain / Cross Country
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Wrexham

Wrexham AAC	Robin Frost	01352 754031	Track / Road / Mountain / Cross Country / Walks
Wrecsam Tri	Steve Smith	07852 260193	Road / Cross Country
Oswestry Olympians	Chris Kirtley	01691 671550	Track / Road / Mountain / Cross Country

SOUTH WALES

Areas covered – Bridgend, Cardiff, Caerphilly (West), Merthyr, Rhondda Cynon Taff, Vale of Glamorgan

Chair	Peter Lane	07906 942631	pete.l@tiscali.co.uk
Secretary	TBC		
Licence Officer	Derek Williams	02920 514267	permits.south@welshathletics.org
Mountain Licence Officer	Phil Jones	07833 194296	mountain.permits@welshathletics.org

Welsh Athletics General Council Representatives: Peter Morris, Peter Lane, Fred Malkin.

CLUBS	EVENTS CATERED FOR		
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Bridgend

Brackla Harriers	Wayne Frewen	01656 864267	Road / Cross Country
Bridgend AC	Richard Tidball	07960 748280	Track / Road / Mountain / Cross Country / Walks
Cornelly Striders	Peter Turner	01656 741335	Road / Cross Country

Caerphilly (West)

Rhymney Valley AC	Jan Toms	01443 820599	Track
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Cardiff

Cardiff AAC	Debbie Bull	07800 802982	Track / Road / Mountain / Cross Country / Walks
Cardiff Harlequins	Philip Holder	02920 619833	Road / Mountain / Cross Country
Glenwood Active	Lynette Short	02920 650855	Road / Cross Country
Les Croupiers RC	Derek Williams	02920 514267	Track / Road / Mountain / Cross Country
Outdoor Fitness	Jeffery Webb	07793 052204	Road / Mountain / Cross Country / Walks
Penarth & Dinas Runners	Stuart Jones	02920 702028	Road / Cross Country
San Domenico RC	Ronald Morris	01633 680654	Road / Mountain / Cross Country
Village Vipers	David Curzon	07815 803330	Track / Road / Cross Country
Welsh Pole Vault Association	Lyndsey Maund	01443 225193	Track

Merthyr Tydfil

Rhondda Cynon Taff

Aberdare Valley AAC	Ann Crimmings	01685 876456	Track / Road / Cross Country
Pontyclun AC	Roland Williams	01443 226425	Track / Cross Country
Pontypridd Roadents	Mark Jones	01685 876648	Road / Mountain / Cross Country
Rhondda AC	Amy Edwards	01443 776363	Track / Cross Country
Rhondda Valley Runners	Les Evans	01443 683784	Road

Vale of Glamorgan

Barry & Vale Harriers	Deborah Balchin	01446 400468	Track / Cross Country
Pegasus RC	Francis Stevens	01446 401594	Road / Mountain / Cross Country

EAST WALES

Areas covered – Blaenau Gwent, Caerphilly (East), Monmouthshire, Newport, Powys (South), Torfaen

Chair	Deborah Hill-Howells	01633 666241	d.hill-howells@ntlworld.com
Secretary	Andrew Taylor	01633 422826	andrewjtaylor@supanet.com
Licence Officer	Eric Bailey	01633 282962	permits.east@welshathletics.org
Mountain Licence Officer	Phil Jones	07833 194296	mountain.permits@welshathletics.org

Welsh Athletics General Council Representatives: Eric Bailey, John Chidlow, Mary Jones.

CLUBS	EVENTS CATERED FOR
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Blaenau Gwent

Blaenau Gwent Athletics	Emma Thompson	07896 359629	Track / Road / Mountain / Cross Country
Ebbw Vale RC	Ashley Owen	01495 303766	Road / Mountain / Cross Country
Islwyn RC	Michael Heare	01495 245430	Road / Mountain / Cross Country
Parc Bryn Bach RC	Clive Cooksey	01495 722700	Road / Mountain / Cross Country

Caerphilly (East)

Monmouthshire

Chepstow Harriers	Dick Finch	01291 627569	Road / Mountain / Cross Country
Mynydd Du	Adrian Orringe	01633 873577	Mountain
Spirit of Monmouth RC	Des Hayes	01600 860893	Road / Mountain / Cross Country

Newport

Caerleon RC	Andrew Taylor	07969 523118	Track / Road / Mountain / Cross Country
Liswerry Runners	Paul Day	01633 667375	Road / Mountain / Cross Country
Newport Harriers	Stephen Leach	01633 771407	Track / Cross Country

Powys (South)

Brecon AC	Satu Haikala	01874 623852	Track / Road / Mountain / Cross Country / Walks
Builth & District RC	Michael Speake	01982 553156	Road / Mountain / Cross Country
Presteign Pacers	Dawn Lloyd	01544 267052	Road / Mountain / Cross Country
Rhayader AC	Chris Martin	01597 870606	Road / Cross Country

Torfaen

Cwmbran Harriers	Carolyn Reynolds	01633 779732	Track / Road / Cross Country
Fairwater Runners	Julie Roche	01633 668292	Track / Road / Mountain / Cross Country
Griffithstown Harriers	Barrie Parham	01633 775742	Road / Mountain / Cross Country

WEST WALES

Areas covered – Carmarthenshire, Ceredigion, Neath Port Talbot, Pembrokeshire, Swansea

Chair	Hedydd Davies	01267 290249	hedydd.davies@tinyworld.co.uk
Secretary	Alan Currie	01639 645121	albrenda@tiscali.co.uk
Licence Officer	John Kerstin	01554 4755014	permits.west@welshathletics.org
Mountain Licence Officer	Phil Jones	07833 194296	mountain.permits@welshathletics.org

Welsh Athletics General Council Representatives: Hedydd Davies, Alan Currie, Ken Bennett.

CLUBS EVENTS CATERED FOR

Carmarthenshire

Amman Valley Harriers	Rosemary Fitzgerald	01792 543563	Track / Road / Cross Country
Carmarthen & District Harriers	Steve Penhallurick	01267 222518	Track / Road / Cross Country / Mountain / Walks
Emlyn Runners	Nikki Rabjohns	07814 023051	Track / Road / Cross Country / Mountain / Walks
Llanelli AC	Alistair Griffiths	01554 750788	Track / Road / Cross Country
Sospan RR	Steve Coupe	07833 658319	Road / Mountain / Cross Country / Walks
TROTS	Mike Hodges	01239 841507	Road / Mountain / Cross Country

Ceredigion

Aberystwyth AC	Kevin Holland	01970 611956	Track / Road / Mountain / Cross Country
Cardigan RC	Hilary McCarthy	01239 851432	Road / Mountain / Cross Country
Sarn Helen	Dawn Kenwright	01570 423500	Track / Road / Mountain / Cross Country

Neath Port Talbot

Corus Multi Sport	Stuart Thomas	01639 871111 Ext 3793	Road / Cross Country / Mountain
Neath Harriers	Alan Currie	01639 645121	Track / Road / Cross Country
Port Talbot Harriers	Alan Perkins	01639 824149	Track / Road / Cross Country

Pembrokeshire

Ingli Runners	Shan Roberts	01239 821070	Road / Mountain / Cross Country
Pembrokeshire Harriers	Pauline Charlett	01646 681672	Track / Road / Mountain / Cross Country

Swansea

3M's Gorseinon	Dewi West	01792 202040	Road / Cross Country
Swansea Harriers	Kevin Corcoran	01792 792301	Track / Road / Mountain / Cross Country / Walks
Mumbles Milers RRC	Keith Harris	01792 655960	Road / Cross Country
LC Cobras	Corinne Thompson	01792 484719	Road
Celtic Tri	Karen Grey	07710 834839	Road / Cross Country
Womens Running Network	Finola Wilson	07889 363167	Road / Cross Country

Welsh Universities

Aberystwyth University 01970 621700	The Union Penglais Aberystwyth Ceredigion, SY23 3DX	Swansea University 01792 295704	AU Office Union House Swansea University Swansea, SA2 8AP
Bangor University 01248 388000	Students Union Deiniol Road Bangor Gwynedd, LL57 2TH	Trinity College Carmarthen 01267 676767	Sports Centre Trinity College Carmarthen SA31 3EP
Cardiff University 02920 781400	Students Union Park Place Cardiff CF10 3QN	University of Glamorgan 01443 483500	Students Union Forest Grove Treforest Rhondda Cynon Taff, CF37 1UF
Glyndwr University (Formerly NEWI) 01978 293275	Sports Centre Glyndwr Mold Road Wrexham, LL11 2AW	University of Wales Institute Cardiff (UWIC) 02920 416190	Students Union, Cyncoed Campus Cyncoed Road Cardiff, CF23 6XD
Swansea Metropolitan University 01792 655400	Students Union Mount Pleasant Campus Swansea, SA1 6ED	University of Wales Lampeter 01570 422351	Lampeter Ceredigion, SA48 7ED
		University of Wales Newport 01633 430088	Allt yr-yn Campus Allt yr-yn Avenue Newport, NP18 3QT

Track & Field Facilities

Brynmawr Track (Blaenau Gwent Athletics)	Brynmawr Comprehensive S. Brynmawr, Blaenau Gwent NP3 4XT	Maldwyn Leisure Centre Track (Maldwyn Harriers) 01686 628771	Maldwyn Leisure Centre Plantation Road Newtown, SY16 1LH
Cardiff International Sports Stadium (Cardiff AAC) 02920 788399	Leckwith Road Cardiff CF11 8AZ	Michael Sobell Sports Stadium (Aberdare Valley AAC) 01685 874323	The Ynys Aberdare CF44 7RP
Carmarthen District Leisure Centre (Carmarthen & District H.) 01267 230874	Llansteffan Road Johnstown Carmarthen, SA31 3NQ	National Indoor Athletics Centre (NIAC) 02920 41677	Cyncoed Road Cardiff CF23 6XD
Colwyn Leisure Centre (Colwyn Bay AC) 01492 533223	Eirias Park Colwyn Bay LL29 8HG	Newbridge Fields Track (Bridgend AC) 01656 657491	Bridgend Recreation Centre Angel Street Bridgend, CF31 4AH
Country Running Track (Pembrokeshire Harriers) 01437 765901	Sir Thomas Picton School Queensway Haverfordwest, SA61 2NX	Newport Stadium (Newport Harriers) 01633 671800	Spytty Park Sports Complex Langland Way Newport, NP19 4PT
Court Herbert Athletics Track (Neath Harriers) 01639 635013	Neath Sports Centre Neath Abbey Road Neath, SA10 7DF	Penlan Athletics Track (Brecon AC) 01874 623677	Brecon Leisure Centre Penlan Brecon, LD3 9SR
Cwmbran Stadium Sports Centre (Cwmbran Harriers) 01633 628969	Oakfield Road Oakfield Cwmbran, NP44 3YS	Queensway International Stadium (Wrexham AAC) 01978 355826	Queensway Sports Complex Queensway Wrexham, LL13 8UH
Deeside Stadium (Deeside AAC) 01244 834546	Deeside College Kelsterton Road Connah's Quay, CH5 4BR	Sketty Lane Track (Swansea Harriers) 01792 602400	University of Wales Swansea Sketty Lane Playing Fields Sketty
Jenner Park Athletic Stadium (Barry & Vale Harriers) 01446 746870	Barry Road Barry CF62 9BG	Treborath Athletics Track (Menai Track & Field) 01248 364146	Treborath Road, Bangor, Gwynedd



Photo: Steve Pope

“Wales has averaged **2.5 medals**
and 7 top-eight places
over the last four editions of the Games.

We shall be looking to
at least achieve this level of success
in **Delhi 2010.**”

Mike Delaney
Commonwealth Games Team Manager

Committee Contacts

	Secretary	Telephone	Email
Mountain & Fell	Arwel Lewis	01248 671202	arweleryri@googlemail.com
Track & Field	Sue Sayer	01244 550690	sue.say@btopenworld.com
Cross Country	John Collins	01792 206119	jh.collins@hotmail.com
Road	Paul Brooks	01352 770702	paul.brooks01@btinternet.com
Officials	TBC		officialssecretary@welshathletics.org

League & Association Contacts

Borders Road Running League	John Driscoll	01513 395341
Gwent Cross Country League	Roland Sherwood	01437 731530
Welsh Track & Field League	Welsh Athletics	02920 644870
Welsh Junior League - Louise Arthur	Phyllis John	01544 832994
Welsh Junior League - South East Wales	Mary Jones	01495 758878
North Wales Cross Country League	David Alun Williams	01978 820612
Welsh Masters Track & Field League	Sue Hooper	01291 622269
West Glamorgan League	Kevin Corcoran	01792 792301
National Junior League	Wendy Daniel	01689 816471
National Young Athletes League	Doug Hannah	01515 122009
British Athletics League	David Jeacock	01793 854111
UK Womens League	Margaret Grayston	01625 421563
Clubs for Young People	Dave Powe	01633 613025
Welsh Race Walking	Jack Thomas	01633 400672
Welsh Schools Athletic Association	Mike Walters	01554 778383

Welsh Championship Fixtures

9 th - 10 th January	Welsh U20 & Senior Combined Events Championships	Sheffield
23 rd January	Welsh Open Senior Championships	Cardiff
30 th January	Welsh Open U17 & U13 Championships	Cardiff
31 st January	Welsh U20 & U15 Championships	Cardiff
31 st January	Welsh Open Senior 3000m Championships	Cardiff
14 th February	Welsh Junior 3000m Championships (rearranged)	Cardiff
20 th February	Welsh Cross Country Championships	Swansea
27 th February	Welsh Schools Cross Country Championships	Brecon
6 th - 7 th March	Welsh U17 Combined Events	Sheffield
14 th March	Welsh Sports Hall Final	Cwmbran
10 th - 11 th April (TBC)	Welsh Road Relays	TBC
17 th April	Welsh Mountain Championships	Blaenau Ffestiniog
25 th April	Welsh Marathon Championships	London
12 th June	Welsh Open Senior & Closed U15 Championships	Cardiff
13 th June	Welsh Open Senior & Closed U13 Championships	Cardiff
26 th June	Welsh Schools/Welsh Athletics Pentathlon Champs	Newport
3 rd July	Aviva Welsh Schools Championships	Brecon
7 th July	NASUWT Cymru Welsh Schools Cup & Plate Final	Brecon
10 th July	Welsh Open U17 & U20 Championships	Carmarthen
8 th August	Welsh Mountain Championships	Llanberis
7 th - 8 th August	Welsh U17 Combined Events Championships	Stoke
11 th August	Welsh 3000m Age Group Championships (TBC)	Neath
21 st August	Welsh Mountain Championships	Nant Peris
22 nd August (TBC)	Welsh 5km Road Championships	Swansea
29 th August	Welsh Inter Regional Track & Field Championships	Cardiff
12 th September	Welsh 10km Road Championships	Cardiff
25 th September	Welsh Mountain Championships	Llanbedr

Welsh International Matches

23 rd January	IAAF Cross Country Permit Meeting	Belfast
2 nd February	Indoor International Track & Field Meeting	Vienna
25 th February	International 5km Road Race	Armagh
21 st February	Indoor Celtic Cup & U16 Schools International	Cardiff
27 th March	Home Countries Cross Country	Mansfield
27 th March	Schools International Cross Country	Truro
28 th March	Inter-Area 10km Championships	Eastleigh
9 th May	Bristol 10km & Inter- Area	Bristol
16 th May	Great Manchester Run 10km & Inter- Regionals	Manchester
23 rd May	Loughborough Track & Field International	Loughborough
19 th June	UK Athletics 100km Championships	Gloucestershire
4 th July	WMRA Youth Challenge	Hungary
17 th July	Aviva SIAB U17 International Track & Field	Glasgow
24 th July	Snowdon International Mountain Race	Llanberis
7 th August	Celtic Games	Dublin
21 st August	7 th World long Distance Challenge	Pines Peak
28 th August	UKA Challenge Final Incorporating CG Invitational	Cardiff
4 th - 5 th September	Home Countries Combined Events	Stoke
5 th September	World Mountain Running Championships	Slovenia
26 th September	Swansea Bay 10km & Inter- Regionals	Swansea
6 th -14 th October	Commonwealth Games	Delhi
10 th October	WMRA Long Distance Mountain Running Challenge	Slovenia

All Other Fixtures

3 rd January	WMAA 5 Miles (Cardiff)	John Griffin	
9 th January	Welsh U13 / U15 / U17 Open Meeting (Cardiff)	Welsh Athletics	02920 644870
10 th January	North Wales Indoor Champs (Deeside)	Sue Sayer	01244 550690
10 th January	UWIC Grand Prix 2 (Cardiff)	Scott Simpson	02920 416530
9 th - 10 th January	England U20 & Senior Combined Events Championships (Sheffield)	England Athletics	01217 138499
9 th - 10 th January	Welsh U20 & Senior Combined Events Championships (Sheffield)	Welsh Athletics	02920 644870
16 th January	North Wales Cross Country League (Wrexham)	David Alun Williams	01978 820612
17 th January	West Wales Indoor Champs (Swansea)	Andrew Jenkins	07894 573555
17 th January	Cardiff X Challenge (Cardiff)	Graham Finlayson	07711 018359
23 rd January	Celtic Cross Country (Belfast)	Welsh Athletics	02920 644870
23 rd January	Welsh Open Senior Championships (Cardiff)	Welsh Athletics	02920 644870
23 rd January	Twin Piers 10km (Colwyn Bay)	Russell Godwin	
24 th January	West Glamorgan Cross Country League 3 (Margam)	Kevin Corcoran	01792 792301
24 th January	Menai Mini Marathon (Anglesey)	G.Davies	
30 th January	Aviva International (Glasgow)	UK Athletics	01217 138400
30 th January	North Wales Cross Country Championships (Corwen)	David Alun Williams	01978 820612
30 th January	Welsh Open U20 & U13 Championships (Cardiff)	Welsh Athletics	02920 644870
31 st January	Welsh Open U17 & U15 Championships (Cardiff)	Welsh Athletics	02920 644870
31 st January	Welsh Open Senior 3000m Championships (Cardiff)	Welsh Athletics	02920 644870
31 st January	Lliswerry 8 Mile (Newport)	Nick Pringle	01291 672859
2 nd February	Indoor International Track & Field Meeting (Vienna)	Welsh Athletics	02920 644870
6 th February	European Clubs Cross Country (Bilbao)	UK Athletics	01217 138400
6 th February	Scottish Senior Championships (Glasgow)	Scottish Athletics	01315 397320
6 th February	North Wales Cross Country League (Oswestry)	David Alun Williams	01978 820612
6 th February	BUCS Cross Country (Stirling)	BUCS	02076 335080
6 th - 7 th February	Birmingham Games	Midlands Athletics	01213 444201

6 th - 7 th February	Irish Indoor Championships (Belfast)	Athletics NI	02890 602707
7 th February	McCain Indoor City Challenge (Sheffield)	UK Athletics	01217 138400
7 th February	Llandudno Nick Beer 10km Road Race	Kay Hatton	07967 119601
7 th February	West Glamorgan Cross Country League 4 (Neath)	Kevin Corcoran	01792 792301
7 th February	Valentines 10km Road Race (Ceredigion)	Hilary McCarthy	01239 851432
13 th February	Gwent Cross Country League (Brecon)	Roland Sherwood	01437 563690
14 th February	UWIC Grand Prix 3 (Cardiff)	Scott Simpson	02920 416530
14 th February	Welsh Junior 3000m Championships (Cardiff)	Welsh Athletics	02920 644870
13 th - 14 th February	Aviva UK Senior Championships & Trials (Sheffield)	UK Athletics	01217 138400
13 th - 14 th February	Scottish Age Group Championships (Glasgow)	Scottish Athletics	01315 397320
18 th February	International 5km Road Race (Armagh)	Welsh Athletics	02920 644870
20 th February	Welsh Cross Country Championships (Swansea)	Welsh Athletics	02920 644870
20 th February	Aviva Grand Prix (Birmingham)	UK Athletics	01217 138400
21 st February	Village Bakery Half Marathon & North Wales Championships	Peter Jones	01978 756142
21 st February	Indoor Celtic Cup & U16 Schools International (Cardiff)	Welsh Athletics	02920 644870
21 st February	Pontypridd 10 Mile	Andrew Baker	01443 685567
27 th February	English Cross Country Championships (Leeds)	England Athletics	01217 138499
27 th - 28 th February	England U15 / U17 / U20 Championships (Birmingham)	England Athletics	01217 138499
27 th February	Aviva Welsh Schools Cross Country Championships (Brecon)	Mike Walters	01554 778383
27 th February	McCain Indoor City Challenge (lee Valley)	UK Athletics	01217 138400
28 th February	St David's Day 5km & 10km (Bute Park - Cardiff)	Sam Austin	02920 488100
6 th March	Gwent league (5) (Blaise Castle)	Roland Sherwood	01437 563690
6 th - 7 th March	England U15 / U17 Combined Events Championships (Sheffield)	England Athletics	01217 138499
6 th - 7 th March	Welsh U17 Combined Events (Sheffield)	Welsh Athletics	02920 644870
7 th March	Llanelli Half Marathon	Tim Gasser	01554 758036
12 th - 14 th March	World Indoor Championships (Doha)	UK Athletics	01217 138400
13 th March	British Masters Cross Country Championships (Belfast)	Philip Lee	01223 244856
13 th March	McCain World XC Trials / UK Inter Counties Cross Country (Nottingham)	Cliff Robinson	01332 519521

13 th - 14 th March	BUCS Indoor Championships (Sheffield)	BUCS	02076 335080
14 th March	Barry Track 40 Miles	Mick McGeoch	01446 741573
14 th March	Drovers Race 6 Mile (Brynnu, Bridgend)	Mike Hughes	07800 886183
14 th March	Welsh Sports Hall Final (Cwmbran)	Welsh Athletics	02920 644870
20 th March	Rhayader Round the Lakes 20 miles	Angela Arthur	01597 810705
20 th March	Aviva English Schools Cross Country Championships (Manchester)		
21 st March	Atlantic College 10km (Llantwit Major)	Ruth Pickvance	01446 799075
21 st March	West Glamorgan Cross Country League (5) (Margam)	Kevin Corcoran	01792 792301
27 th March	Home Countries Cross Country (Mansfield)	Welsh Athletics	02920 644870
27 th March	Aviva Home Counties U20 Cross-country (Mansfield)	Welsh Athletics	02920 644870
27 th March	Schools International Cross Country (Truro)	Mike Walters	01554 778383
27 th - 28 th March	British Masters Indoor Championships (Lee Valley)	Maurice Doogan	02077 952233
28 th March	Richard Burton 10km (Cwmafan) *Rearranged from 10 th Jan	Derek Bines	01639 793476
28 th March	Inter-Area 10km Championships (Eastleigh)	England Athletics	01217 138499
28 th March	San Domenico 20 Miles (Merthyr College)	Ian McDonald	07885 575059
28 th March	IAAF World Cross Country Championships (Poland)	UK Athletics	01217 138400
28 th March	Presteigne 10km (Presteigne)	D Lloyd	01544 267052
31 st March	Open Track & Field Meeting (Swansea)	Barrie Owen	01792 290561
2 nd April	Maldwyn Harriers Chocoholics 5km	Steve Orrells	01686 624211
4 th April	Teifi 10 mile (Lampeter)	Wendy Davies	01570 481153
4 th April	Chirk Castle Road Race 10km (Wrexham)	Maureen Howells	01691 777701
10 th April	British Medium Mountain Championships (Silent Valley/NI)	UK Athletics	01217 138400
10 th April	Porthkerry Plod (Barry)	Andrew Palmer	07879 060270
11 th April	Offas Orror (Chepstow)	Colin Prosser	07921 082750
17 th April	Welsh Mountain Running Medium Championships (Gwynedd)	Arwel Lewis	01248 671202
17 th April	Men's 12 Stage & Women's 6 Stage Road Relays	AAA's of England	01928 733067
18 th April	Welsh Senior Track & Field League (Swansea)	Welsh Athletics	02920 644870
24 th April	Welsh Junior League (Carmarthen)	Welsh Athletics	02920 644870

24 th April	North Wales 10 Mile Road Championships inc. Wrexham Open 10	David Alun Williams	01978 820612
25 th April	Virgin London Marathon	UK Athletics	02079 020200
25 th April	Welsh Junior League (Cardiff)	Welsh Athletics	02920 644870
25 th April	Welsh Marathon Championships (London)	Welsh Athletics	02920 644870
25 th April	National Junior League (Various)	Wendy Daniel	01689 816471
27 th April	Pentyrch Hill Race (Cardiff)	John Gough	02920 891721
1 st May	Red Kite Challenge & UK & Welsh Trail Championships	Dic Evans	01974 261202
1 st – 3 rd May	BUCS Track & Field Championships (Bedford)	BUCS	02076 335080
2 nd May	Devils Race- Ras y Diafol	Dic Evans	01974 261202
2 nd May	McCain Young Athletes League (Various)	Doug Hannah	01515 122009
2 nd May	Maldwyn Harriers 10km (Newtown)	Steve Orrells	01686 624211
3 rd May	Cwrtnewydd 4 (Llanybydder)	Lyn Rees	01570 434244
4 th May	Brecon 3 Mile Road Race	Kath Crane	01874 658588
5 th May	Rhos Tryfan 10km	Mair Tomos	01286 830142
5 th May	Welsh Masters Track & Field League (Cardiff)	Sue Hooper	01291 622269
8 th May	North Wales Regional Track & Field Championships (Wrexham)	Sue Sayer	01244 550690
8 th May	South & East Wales Regional Track & Field Championships (Cardiff)	Darran Williams	02920 644870
9 th May	West Wales Regional Track & Field Championships (Swansea)	Alan Currie	01639 645121
9 th May	Jan Younger Memorial 10km (Brunel Quay)	Martin Dyde	01646 684059
9 th May	Bristol 10km & England Championships	Georgette Van Hoof	01782 396113
11 th May	LC Swansea Bay 5km Series (1)	Grant Howells	07860 460532
11 th May	Rose Inn 4 Mile Series (1) (Chepstow)	Andy Meek Welsh	01291 424423
12 th May	Open Track & Field Meeting (Cardiff) (TBC)	Welsh Athletics	02920 644870
12 th May	Elan Valley 5km (1) (Elan Valley)	Barbara Lawrence	01597 811153
14 th May	Transcendence 2 Mile Race (Cardiff)	Roger Chamberlain	02920 232346
15 th May	Welsh Senior T & F League (Deeside)	Welsh Athletics	02920 644870
15 th May	Masters Road Relay Championships (Birmingham)	Mel James	01656 720579
16 th May	National Young Athletes League (Various)	Doug Hannah	01515 122009

16 th May	Sirhowy Challenge (Cross Keys)	Mike Heare	01495 245430
16 th May	Sarn Helen 16.5 Miles Hill Race (Lampeter)	Lyn Rees	01570 434244
18 th May	Brecon 4 Mile Road Race (Brecon)	Kath Crane	01874 658588
19 th May	SSAFA 5km Road Series (1) (Cardiff)	Graham Finlayson	07711018359
22 nd May	Welsh Junior League (Neath & Hereford)	Welsh Athletics	02920 644870
22 nd May	McCain UK Mountain Running Challenge (1) inc. Inter-Counties	UK Athletics	01217 138400
23 rd May	Loughborough Track & Field International (Loughborough)	Welsh Athletics	02920 644870
23 rd May	National Junior League (Various)	Wendy Daniel	01689 816471
25 th May	Paralympic World Cup (Manchester)	UK Athletics	01217 138400
26 th May	Elan Valley 5km (2)	Barbara Lawrence	01597 811153
26 th May	Sun Centre 5km (Rhyl)	Jason Burton	01745 853356
29 th May	Ras y Llychau 5km (Llandeilo)	David Thomas	01558 685780
29 th May	Welsh Senior T & F League (Newport)	Welsh Athletics	02920 644870
30 th - 31 st May	CAU Track & Field Inter Counties (Bedford)	Cliff Robinson	01332 519521
2 nd June	Merthyr Mawr Lane 5km (Bridgend)	Steve Brace	07989445627
3 rd June	Deestriders Off Road Grand Prix (Deeside)	Paul Aird	01513561470
4 th June	Transcendence 3 Mile Race (Cardiff)	Roger Chamberlain	02920 232346
5 th June	European Cup 10k Track Championships	UK Athletics	01217 138400
5 th - 6 th June	England U20 & Senior Combined Events Championships (Stoke)	England Athletics	01217 138499
5 th - 6 th June	British Athletics League (Various)	David Jeacock	01793 854111
5 th - 6 th June	UK Womens Athletics League (Various)	Margaret Grayston	01625 421563
6 th June	Welsh Junior League (Swansea & Newport)	Welsh Athletics	02920 644870
8 th June	Brecon 5 Mile Road Race	Kath Crane	01874 658588
8 th June	Rose Inn 4 Mile Series 2 (Chepstow)	Andy Meek Welsh	01291 424423
8 th June	LC Swansea Bay 5km Series (2)	Grant Howells	07860460532
9 th June	Open Track & Field Meeting (East Wales) TBC	Welsh Athletics	02920 644870
9 th June	Welsh Masters Track & Field League (Cardiff)	Sue Hooper	01291 622269
9 th June	Open Track & Field Meeting (Neath)	Alan Currie	01639 645121

9 th June	Elan Valley 5km (3)	Barbara Lawrence	01597 811153
11 th June	Newtown Carnival 5km (Newtown)	Steve Orrells	01686 624211
12 th June	Northern Ireland Senior Track & Field Championships	Athletics NI	02890 602707
12 th June	Commonwealth Trials & Welsh Senior (Open) & U15 Champs (Cardiff)	Welsh Athletics	02920 644870
13 th June	Commonwealth Trials & Welsh Senior (Open) & U13 Champs (Cardiff)	Welsh Athletics	02920 644870
12 th - 13 th June	Aviva Parallel Success Challenge (Cardiff)	UK Athletics	01217 138400
12 th - 13 th June	Welsh Castles Relay	Alan Thomas	07800 886183
13 th June	Scottish U20 / U23 Track & Field Championships	Scottish Athletics	01315 397320
19 th - 20 th June	SPAR European Team Championships	UK Athletics	01217 138400
19 th June	UK Athletics 100km Championship (Gloucestershire)	UK Athletics	01217 138400
19 th - 20 th June	England U20 / U23 Track & Field Championships (Bedford)	England Athletics	01217 138499
20 th June	McCain Young Athletes League (Various)	Doug Hannah	01515 122009
20 th June	Llanelli 10km	Tim Gasser	01554 758036
20 th June	Riverbank Run inc. Eddie Faure Memorial 10k (Rhuddlan)	Philip Jones	01745 852829
23 rd June	SSAFA 5km Road Series (2) inc Regional Champs (Cardiff)	Graham Finlayson	07711 018359
25 th -27 th June	Aviva European Trials & UK Championships (Birmingham)	UK Athletics	01217 138400
26 th June	British Short Mountain Championships (Sedbergh)	UK Athletics	01217 138400
26 th June	Felinfach 6 Mile (Lampeter)	Lyn Rees	01570 434244
26 th June	Welsh Schools & Welsh Athletics Pentathlon Championships (Newport)	Welsh Athletics	02920 644870
26 th June (or 19 th)	CYP UK Championships (TBC)	David Powe	01633 613025
26 th June	Bridgend Lions Festival of Races	Barry King	01656 661338
26 th - 27 th June	European Cup of Combined Events	UK Athletics	01217 138400
27 th June	National Junior League (Various)	Wendy Daniel	01689 816471
27 th June	5 th WMRA Youth Challenge (Susa)	Arwel Lewis	01248 671202
27 th June	Hare & Tortoise Ladies Only 3 Mile Race (Oakdale)	Mike Heare	01495 245430
27 th June	Aberdare Park Races 10km		
1 st July	Tintern Trot (Chepstow)	Gareth Jones	01291 423276
1 st July	Faenol Park 10km (Nr. Bangor)	Eilir Evans	01248 671150

1 st July	Deestridders Off Road Grand Prix (Deeside)	Paul Aird	01515 561470
3 rd - 4 th July	British Masters Championships (Cardiff)	BMAF	
3 rd - 4 th July	Hexham Combined Events	UK Athletics	01217 138400
3 rd - 4 th July	British Athletics League (Various)	David Jeacock	01793 854111
3 rd - 4 th July	UK Womens League Division (Various)	Margaret Grayston	01625 421563
3 rd July	Welsh Schools Championships (Brecon))	Welsh Athletics	02920 644870
4 th July	EAA European Mountain Running Championships (Bulgaria)	Arwel Lewis	01248 671202
7 th July	Super 8 City Competition (Glasgow)	UK Athletics	01217 138400
7 th July	NASUWT Cymru Welsh Schools Cup & Plate Final (Brecon)	Mike Walters	01554 778383
7 th July	Ammanford 10km Road race	Rosemary Fitzgerald	01792 5343563
9 th - 10 th July	English Schools Track & Field Championships (Birmingham)	UK Athletics	01217 138400
9 th July	Newtown BBQ 5km (Newtown)	Steve Orrells	01686 624211
9 th July	Transcendence 4 mile Race (Cardiff)	Roger Chamberlain	02920 232346
10 th July	Welsh Open U17 & U20 Championships (Carmarthen)	Welsh Athletics	02920 644870
10 th July	BMC Grand Prix 3 (Stretford)	BMC	01628 415748
11 th July	Welsh U15 Track & Field League (Newport/Brecon)	Welsh Athletics	02920 644870
11 th July	Ammanford 10km	Robert Fowler	01269 595116
13 th July	Rose Inn 4 mile Series (3) (Chepstow)	Andy Meek Welsh	01291 424423
13 th July	LC Swansea Bay 5km Series (3)	Grant Howells	07860460532
14 th July	Open T & F Meeting (North Wales)	Welsh Athletics	02920 644870
14 th July	Scenic 7 mile (Cwmcarn - Risca)	Mike Heare	01495 245430
14 th July	Cosmeston Relays (Cosmeston Country Park - Penarth)	Stuart Jones	02920 702028
17 th - 18 th July	England Senior Closed Championships (Gateshead)	England Athletics	01217 138499
17 th - 18 th July	Scottish National Championships (Pitreavie)	Scottish Athletics	01315 397320
17 th July	Schools International Track & Field (Glasgow)	Mike Walters	01554 778383
19 th July	National Young Athletes League (Various)	Doug Hannah	01515 122009
19 th July	Great Orme Challenge (Great Orme Country Park)	J.Jones	01492 876674
19 th July	Magor Marsh 10km	Bill Bewg	01633 880165

19 th - 25 th July	IAAF World Junior Championships (Moncton)	UK Athletics	01217 138400
20 th - 26 th July	European Youth Festival	UK Athletics	01217 138400
21 st July	SSAFA 5km Road Series (3) Cardiff	Graham Finlayson	07711 018359
23 rd July	Transcendence 3x1 Mile Race (Cardiff)	Roger Chamberlain	02920 232346
24 th July	BMC Grand Prix 4 (Northern Ireland)	BMC	01628 415748
24 th July	Snowdon International Mountain Race (Llanberis)	Welsh Athletics	02920 644870
24 th July	McCain Birmingham Games	Midlands	01213 444201
24 th July	British Athletics League Cup Semi (Varouis)	David Jeacock	01793 854111
25 th July	Dolgellau 5km	Graeme Stringer	07917 001173
25 th July	National Junior League (Various)	Wendy Daniel	01689 816471
25 th July	Kymin Dash (Monmouth)	Maureen Vandervelden	01600 714310
27 th - 1 st August	Spar European Championships (Barcelona)	UK Athletics	01217 138400
28 th July	Welsh Masters Track & Field League (Cardiff)	Sue Hooper	01291 622269
31 st July	Llanfair Mountain Race (Abergele)	DR Sean McCormack	01745 823089
31 st July	British Medium Mountain Championships (Dollar)	UK Athletics	01217 138400
31 st - 1 st August	British Athletics League (Various)	David Jeacock	01793 854111
31 st - 1 st August	UK Womens League (Various)	Margaret Grayston	01625 421563
1 st August	Borth Beach 10km (Ceredigion)	Peter Foale	07866691354
1 st August	Magor March 10km (Aberystwyth)	Bill Bewg	01633 880165
5 th August	Deestridders Off Road Grand Prix (Deeside)	Paul Aird	01515 561470
6 th August	Murder Mile (Newbridge)	Mike Heare	01495 245430
7 th August	Celtic Games (Dublin)	Welsh Athletics	02920 644870
7 th August	U13/ U 20 West & South Divisions Plate & Cup Qualify (Cardiff)	Welsh Athletics	02920 644870
7 th - 8 th August	England U15 / U17 Combined Events (Stoke)	England Athletics	01217 138499
8 th August	Welsh Mountain Running Uphill Championships inc. World Champs Trial	Arwel Lewis	01248 671202
8 th August	Welsh Senior Track & Field League (Deeside or Wrexham)	Welsh Athletics	02920 644870
8 th August	Mayors 10km Road Race (Cardigan)	Hilary McCarthy	01239 851432
8 th - 9 th August	British Open Disability Games (Birmingham)	UK Athletics	01217 138400

8 th - 9 th August	British League Cup Final & Jo Smith Cup (TBC)	David Jeacock	01793 854111
10 th August	Aviva British Grand Prix (Gateshead)	UK Athletics	01217 138400
10 th August	Rose Inn 4 Mile Series (4) (Chepstow)	Andy Meek Welsh	01291 424423
11 th August	Open Track & Field Meeting (Neath)	Alan Currie	01639645121
11 th August	Welsh 3000m Senior & Age group Championships (Neath) TBC	Welsh Athletics	02920 644870
11 th August	Welsh Masters Track & Field League (Cardiff)	Sue Hooper	01291 622269
13 th - 14 th August	Aviva London Grand Prix (Crystal Palace)	UK Athletics	01217 138400
14 th August	Mayors 10k Road Race (Ceredigion)	Hilary McCarthy	01239 851432
15 th August	Welsh Master Open Championships (Cardiff)	Sue Hooper	01291 622269
15 th August	Bedford International Games 2010 (Bedford)	Carol Jackson	01234 822868
15 th August	Louise Arthur- Gerald Codd Match (Haverfordwest)	Welsh Athletics	02920 644870
15 th August	Ingli Runners 10km (Fishguard)	Shan Roberts	01239 821070
20 th August	Neil Howells Memorial Race 4.5 miles (Montgomery)	Steve Orrells	01686 624211
21 st August	7 th World long Distance Challenge (Pines Peak USA)	Welsh Athletics	02920 644870
21 st August	Race the Train (Gwynedd)	George Watson	01654 711208
21 st August	Welsh Mountain Short Championships (Nant Peris)	Arwel Lewis	01248 671202
21 st - 22 nd August	England U15 / U17 Track & Field Championships (Bedford)	England Athletics	01217 138499
21 st August	British League Men's (Various)	David Jeacock	01793 854111
21 st August	Welsh Junior League Plate Final (Brecon)	Welsh Athletics	02920 644870
22 nd August	University of Newport Campus 2 Campus Challenge (Newport)	Adam Bailey	01633 432933
22 nd August (TBC)	Swansea Bay 5km & Welsh Road Championships	Welsh Athletics	02920 644870
22 nd August	Welsh Junior League Cup Final (Brecon)	Welsh Athletics	02920 644870
25 th August	Bank of Scotland Cup	Scottish Athletics	01315 397320
28 th August	UK Challenge Final & BMC Grand Prix Final (Cardiff)	UK Athletics	01217 138400
29 th August	Welsh Inter Regional Track & Field Championships (Cardiff)	Welsh Athletics	02920 644870
29 th August	National Junior League Promotion Match	Wendy Daniel	01689 816471
2 nd - 5 th September	UK Schools Games (Gateshead)	Fast Track	02075 935200
3 rd September	Deestridders Off Road Grand Prix (Deeside)	Paul Aird	01515 561470

4 th - 5 th September	UK Challenge & Home Countries Combined Events (Stoke)	UK Athletics	01217 138400
4 th - 5 th September	National Young Athletes League Finals	Doug Hannah	01515 122009
4 th September	Welsh Senior T & F League (Newport)	Welsh Athletics	02920 644870
4 th September	Llyn Brienig Multi-terrian 9 Mile (Wrexham)	Tony Parry	01978 823862
5 th September	S.E.W.L. Les Davies Challenge (Newport)	Welsh Athletics	02920 644870
5 th September	Caernarfon 10km	Arwel Lewis	01248 671202
5 th September	World Mountain Running Championships (Slovenia)	Arwel Lewis	01248 671202
5 th September	Prague 10k (Czech Republic)	Welsh Athletics	02920 644870
5 th September	UK Half Marathon Championships & Trials (Bristol)	Georgette Van Hoof	01782 396113
12 th September	Cardiff 10km	Graham Finlayson	07711 018359
12 th September	National Junior League Final (Derby)	Wendy Daniel	01689 816471
12 th September	Ras Fawr Llanddoged	Bob Owen	01492 640016
12 th September	Asics Lake Vyrnwy Half Marathon (Powys)	Andy Walling	01248 600173
18 th September	British League Qualifier (Abingdon)	David Jeacock	01793 854111
19 th September	BUPA Great North Run (Tyneside)	NOVA	08453 892200
19 th September	2 Rivers Run (Presteigne)	D. Lloyd	01544 267052
25 th September	British & Welsh Long Mountain Championships (Llanbedr)	UK Athletics	01217 138400
26 th September	Swansea Bay 10km	Emma Davies	01792 635422
26 th September	Pembrokeshire Half Marathon & 10km	David Austins	07975 925365
3 rd October	Flintshire 10km	Graham Smith	01352 702472
6 th - 14 th October	Commonwealth Games (Delhi)	Welsh Athletics	02920 644870
9 th October	Grand Prix North Wales Cross Country League	David Alun Williams	01978 820612
10 th - 11 th October	Cross Country Leagues - Recommended weekend		
10 th October	Aberystwyth Twin Peaks	Peter Foale	07866691354
16 th October	ERRA 6 & 4 Stage relay Championships (Birmingham)	AAA's of England	01928 733067
17 th October	YAL Relays (Birmingham)	UK Athletics	01217 138400
17 th October	Cardiff Half Marathon	Welsh Athletics	02920 644870
30 th October	Snowdonia Marathon (Llanberis)	Jayne Lloyd	07881 578105

6 th - 7 th November	Cross Country Leagues - Recommended weekend		
7 th November	Llys y Fran Multi Terrain 'A Dam Good Race' (Ceredigion)	Hilary McCarthy	01239 851432
7 th November	Abergele 5 mile	Sean McCormack	01745 823089
13 th November	Inter Schools Cross-Country Championships (Brecon)	Welsh Athletics	02920 644870
13 th November	Mccain Gateshead XC International	UK Athletics	01217 138400
14 TH November	Llys y Fran Multi Terrain	Jane Wilkins	
20 th November	Elan Valley 10 Mile (Elan Valley)	Chris Martin	
27 th November	Mccain European Cross Country Trials (Liverpool)	UK Athletics	01217 138400
28 th November	Ras y Mast 6.5 Miles (Llanybydder)	Lyn Rees	01570 434244
4 th December	SIAB Indoor Combined Events (Glasgow)	Welsh Athletics	02920 644870
4 th - 5 th December	Cross Country Leagues - Recommended weekend		
5 th December	Helena Tipping 10km (Wrexham)	Peter Jones	01978 756142
12 th December	European Cross Country Championships (Albufeira)	UK Athletics	01217 138400
12 th December	Welsh Inter-Regional Cross Country Championships (Builth Wells)	Welsh Athletics	02920 644870
19 th December	MacMillan Aberystwyth 10km (date change at request of Welsh Athletics)	Peter Foale	01970 828014
19 th December	Merthyr Mawr Xmas Pudding 10km (Bridgend)	Paul Frowen	
26 th December	Glyn Neath 5 Mile	Arthur Phillips	01639 722508
27 th December	Old Father Tyme 5 Mile	Derek Williams	02920 514267
31 st December	Nos Galan (Mountain Ash)	Helen Gibbons	01443 490246

The Welsh Athletics Hall of Fame

Inclusion in the Welsh Athletics Hall of Fame, launched in 2007, is for those Welsh athletes who have achieved the highest standards in the sport of athletics, and by example have brought credit and distinction to Welsh Athletics.

Roll of Honour

2007

Lynn Davies CBE

John Disley CBE

Baroness Tanni Grey-Thompson

Colin Jackson MBE

Steve Jones

2008

Berwyn Price

Iwan Thomas MBE

Kirsty Wade

2009

Jamie Baulch

Ron Jones

Shaun Pickering

Hayley Tullett

The inductees are selected by a panel of experts and receive their awards at the Annual Awards Dinner and Hall of Fame ceremony. Previous ceremonies were held at the Angel Hotel, Cardiff and The Vale of Glamorgan Golf and Spa Resort, Hensol.

Lifetime Achievement Award

Inaugurated in 2007 to recognise outstanding and loyal service to Welsh Athletics over the recipient's lifetime.

2007

K.W.B. Harris (Deceased)

2008

Lynette Harries

2009

John Collins

"Wales at the Commonwealth Games" will be the theme of the 2010 Awards and Hall of Fame dinner, a celebratory send off to the Welsh team which will compete in Delhi. The event will be held on Saturday 18th September, and tickets will be available on a first-come-first-served basis. All enquiries should be made to Karlijn Asveld at the Welsh Athletics office.



2009 Hall of Fame inductees: (L-R) Jamie Baulch, Ron Jones, Hayley Tullett and Shaun Pickering.



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