

Welsh Athletics Milestones

Recalled by Clive Williams

1860 John Chambers holds a sports meeting at Hafod House, Aberystwyth - probably the first record of an athletics meeting being held in Wales

1865 Chambers organises "athletic sports" at Aberystwyth.

1865 William Richards, born in "Glamorgan" sets a world record for the mile with 4 mins. 17 ¼ seconds.

1871 St. David's College Lampeter and Llandovery College hold athletics "sports" meetings.

1875 Newport Athletic Club formed and holds "athletic sports."

1877 Cardiff-born William Gale achieves the phenomenal deed of walking 1,500 miles in 1,000 hours. He was the world's leading pedestrian.

1879 Llanfair Caereinion Powys-born George Dunning sets a world 40 miles record at Stamford Bridge of 4:50.12.

1880 Newport AC represented by Richard Mullock at the formation of the AAA at The Randolph Hotel, Oxford - Chambers also there.

1881 Dunning effectively sets an inaugural world record for the half-marathon when he runs 1:13.46 on a track at Stamford Bridge. The distance is actually 13 miles 440 yards, i.e. further than the designated half marathon distance of 13 miles 192.5 yards.

1881 Dunning becomes the first Welsh born athlete to win the (English) National cross country title.

1882 Roath (Cardiff) Harriers formed. They amalgamated with Birchgrove (Cardiff) Harriers in 1968 to form Cardiff AAC.1890.

1890 Will Parry, born in Buttington, near Welshpool wins the (English) National cross country title for a third successive year.

1. 1893 First Welsh amateur track championships held as part of an open sports meeting. Just 2 events held - 100 yards and mile won by Charles Thomas (Reading AC) and Hugh Fairlamb (Roath).

1894 First Welsh Cross Country Championships held at Ely Racecourse Cardiff won by Hugh Fairlamb.

1896 Welsh Cross Country Association formed.

1896 Newport Harriers formed. They are the oldest surviving club in Wales.

1899 Cardiff athlete Harry Cullum wins world professional 880 yards championship in Manchester.

1903 Wales compete in the first International Cross Country Championships in Scotland. This race is the fore-runner of the IAAF World Cross Country Championships.

1903 Scotsman Harry Howden wins the first Welsh professional Powderhall sprint at Taff Vale Park Pontypridd.

1906 Wales stages the International Cross Country Championships for the first time at the now defunct Caerleon Racecourse.

1906 Wallis Walters is the first Welsh athlete to compete in the Olympic Games. He takes part in the 110m hurdles at the intercalated (interim) Games in Athens.

1907 First full amateur Welsh Track and Field Championships held in Newport.

1909 Frederick Charles "Tenby" Davies wins the world professional 880 yards championship at Taff Vale Park, Pontypridd.

1911 Caerleon Racecourse holds the International Cross Country Championships for the second time.

2. 1912 David Jacobs becomes the first Welsh athlete to win an Olympic gold medal when he is part of Britain's 4 x 100m winning team in Stockholm.

1914 Welsh amateur athletics championships held at the "old" Cardiff Arms Park for the first of four occasions, indicating the importance of amateur athletics at the time. This is the site of the current Principality Stadium.

1920 Welshmen Cecil Griffiths and John Ainsworth-Davis win Olympic gold medals as part of Britain's 4 x 400m team in Antwerp.

1921 The International Cross Country Championships are held again at Caerleon Racecourse.

1927 The International Cross Country Championships returns to Caerleon Racecourse.

1929 First Welsh track and field representative match - against Achilles at St. Helens, Swansea.

1930 Pembroke Dock born Reg Thomas wins Wales' first ever individual gold medal at a major athletics championship - the inaugural Empire (now Commonwealth) Games in Hamilton, Ontario. Thomas ran for England as Wales did not send an athletics team. He also takes silver in the half mile. Hawarden-born Howard Ford took the silver in the pole vault also competing for England.

1933 The International Cross Country Championships are held again at Caerleon Racecourse.

1933 The "News of the World" road relay from Newport to Swansea held for the first time with Cwmbran Harriers winning from Cardiff's Roath Harriers. 18 Welsh teams covering eleven stages took part.

1934 First Welsh marathon championships held on a course from Pyle to Swansea.

1934 Swansea's Cyril Cupid runs 9.8 in Newport - the first Welshman to run under 10.0 for the 100 yards.

3. 1934 First Welsh athletics team at the Empire (now Commonwealth) Games at London's White City.

1937 Swansea-born Franz "Pat" Dengis wins the Pan-American Games marathon for his adopted country of USA.

1938 Dengis runs the fastest marathon in the world when winning in Massachusetts in 2:30:27.6.

1938 Jim Alford of Cardiff's Roath Harriers emulates Reg Thomas and wins the Empire Games gold for the mile in Sydney. Alford also finishes fourth in the half mile.

1938 Sam Palmer becomes the first Welsh athlete to win an individual medal in the International Cross Country Championships when he finishes third in Belfast. This is the highest position by a Welshman in the event until John Merriman's third place in 1960 also equalled by Steve Jones in 1984.

1939 Cardiff's Ely Racecourse is the scene for the International Cross Country Championships.

1938 Roath Harriers win the Newport to Swansea road relay for a third successive year in what turned out to be the last time the event is held as it became a casualty of World War 2.

1946 Welsh Secondary Schools AAA formed.

1947 First Welsh Schools Track and Field Championships held at Taff Vale Park, Pontypridd.

1948 Welsh AAA formed and becomes the first body to govern the sport of track & field athletics throughout Wales. Prior to this the various regions and counties of Wales were controlled by the areas of the AAA (of England).

1948 Carmarthen and District Harriers formed.

1948 Empire Games mile champion Jim Alford appointed first Welsh National Coach.

1948 First England v Wales track and field competition at Abertillery. England won by 31 pts to 11 in a limited events match.

1948 Tom Richards wins the marathon silver medal in the Olympics at Wembley – Wales' first individual Olympics athletics medal. Ken Jones also takes a silver medal in Britain's 4 x 100m relay team.

1951 The International Cross Country Championships return to Caerleon Racecourse for the last time.

1951 Wales' first purpose-built athletics facility - Maindy Stadium, Cardiff opens and becomes the home of Welsh athletics.

1951 Welsh Women's AAA formed.

1952 First Welsh Women's championships held. Only 8 senior events held and just 3 for juniors.

1952 Birchgrove (Cardiff) Harriers formed. Merged with Roath (Cardiff) Harriers in 1968 to form Cardiff AAC.

1954 Wales take two bronze medals at the Vancouver British Empire and Commonwealth Games with Bob Shaw in the 440 yards hurdles and Ken Jones in the 220 yards.

1954 First full track and field international held with a match against Ireland at Maindy Stadium won by the home team by 94 pts to 87.

1954 Wrexham AAC formed.

1955 Aberystwyth AC formed.

1955 First North Wales Track and Field championships held at Eirias Park, Colwyn Bay.

1955 Cardiff University gets new cinder track and associated athletics facilities at Llanrumney.

1958 Cardiff's Pontcanna Fields is the venue for the International Cross Country Championships, won by England's Stan Eldon. John Merriman is the first Welshman home in 7th.

1958 The North Wales Cross Country League – Wales' first cross country league – formed.

1958 British Empire and Commonwealth Games held at Cardiff Arms Park with John Merriman taking the 6 miles silver medal for Wales in an epic tussle with Australia's Dave Power. Three world records were set in the biggest athletics spectacular to come to Wales. Eleven British and Commonwealth records, nine UK all-comers' records, sixteen UK national records and twenty six Welsh all-comers records were also set.

1958 A new track & field facility at Eirias Park, Colwyn Bay opens with a match between Wales and Nigeria.

1958 Nos Galan road races in Mountain Ash inaugurated.

1959 First Welsh Games held at Maindy Stadium incorporating an international match, Wales v Pakistan. Wales won 38pts to 33.

1959 First schools track and field international match between Wales and Scotland at Colwyn Bay. This fixture led to the now well established schools international match between all four home countries.

1959 The Taff Street Dash - a 100 yard sprint along Taff Street, Pontypridd first held.

1959 New 6 lane cinder track opens at Y Pant Secondary School, Talbot Green.

1960 John Merriman confirms his status as one of Britain's finest middle distance runners by finishing third in the International Cross Country Championships in Glasgow.

1960 Merriman further enhances his reputation as Britain's best middle distance runner by breaking the UK record for 10,000m when finishing 8th in the Rome Olympics with 28 mins 52.89 secs.

1960 Australia's Herb Elliott runs in the Welsh Games at Maindy only eleven days after he had devastated the world's best middle runners when winning the Rome Olympic Games 1,500m in a new world record time.

1960 New 6 lane cinder track opened at Bargoed, with Peter Radford, fresh from his Rome Olympic 100m bronze medal one of the star athletes competing.

1961 Ron Pickering arrives in Wales as Jim Alford's replacement as national coach.

- 1961 Neath Harriers formed.
- 1961 First Welsh Schools national cross country championships held at Newtown.
- 1961: Port Talbot Harriers formed previously competing as a section of Port Talbot YMCA since the 1930s.
- 1962: Jenner Park, Barry opens with a representative match between the Southern Counties and Welsh AAA.
- 1962 Swansea Harriers formed by a group of former members of Cockett Boys' Club.
- 1962 20 year old Lynn Davies narrowly misses the bronze medal in the Perth Commonwealth Games but sets a UK record of 7.72m for 4th place. The Welsh sprint relay team of David England, Ron Jones, Berwyn Jones and Nick Whitehead take bronze, whilst John Merriman also had to settle for bronze in the 6 miles.
- 1962 Connah's Quay track opens and hosts the North Wales Championships.
- 1963 Ron and Berwyn Jones are part of the British 4 x 110 yards relay team that sets a new world record of 41.0 at London's White City.
- 1963 The Pontypool & District Cross Country League formed. It was to become the Gwent League the following year.
- 1964 Lynn Davies wins Wales' first and only individual Olympic gold medal in Tokyo in taking the long jump title.
- 1965 Cardiff City Council builds special long jump facility for the competition between Olympic Champion Lynn Davies and world record holder Ralph Boston at the Welsh Games, at Maindy Stadium. Boston's winning jump of 8.18m still stands as the Welsh all-comers record to this day.
- 1965 Tony Harris becomes the first Welshman to run a mile in under 4 minutes (3:58.96), although the race is won by the 1964 Olympic bronze 1500m medallist New Zealander John Llewellyn Davies who was born to Welsh speaking parents.
- 1965 Birchgrove (Cardiff) Harriers win the inaugural AAA 4 x one mile relay title
- 1966 Lynn Davies takes the Commonwealth Games long jump title in Kingston, Jamaica and the European long jump gold medal in Budapest to become the first Welsh athlete to win gold medals at the three major athletics gatherings. Britain's number one decathlete Clive Longe takes the silver in the decathlon in Kingston to win Wales' first non-track medal at the Commonwealth Games.
- 1966 Future double Olympic Champion Kip Keino wins the Morley Mile at The Welsh Games. He lowered Herb Elliott's Welsh all-comers' record, set in the 1958 Empire Games to 3mins 57.6.
- 1966 Peter Lay succeeds Ron Pickering as Welsh National Coach.
- 1967 The International Cross Country Championships are held in Barry with a women's event held for the first time.

- 1967 Welsh Women's Cross Country Association formed.
- 1967 Lynn Hughes of Bridgend clocks 3 hrs 58mins 53.2 secs. to set a new world record for the 40 miles track race at Maindy Stadium.
- 1968 Lynn Davies long jumps 8.23m in Berne to set a UK record which was to stand for 19 years and remains the Welsh record 48 years later in 2016.
- 1968 Brecon AC formed.
- 1968 Cardiff AAC formed by a merger between Roath (Cardiff) Harriers and Birchgrove (Cardiff) Harriers.
- 1969 British League (initially called National League) commences with Cardiff AAC competing in the top division. They narrowly finished second to Birmingham's Birchfield Harriers after a tremendous tussle with the Midlanders in the third and final match of the season at Cardiff's Maindy Stadium.
- 1969 Pilot Welsh Track and Field League is held.
- 1969 Welsh Women's AAA hold their first full match against the Midland Counties in Swansea.
- 1969 Welsh track and field championships go metric - and move to Cwmbran after 18 years at Maindy.
- 1970 First Welsh indoor championships held at RAF St. Athan.
- 1970 Lynn Davies retains his Commonwealth long jump title in Edinburgh.
- 1970 The Cardiff AAC team of John Ingram, Graham Spencer, Bob Maplestone and Bernard Hayward win the 4 x 1,500m in 15:34.6 at the Bracknell Relays to set a new UK clubs record.
- 1971 Swansea Harriers take part in the British Athletics League for the first time competing in division 4.
- 1972 Cardiff's Bob Maplestone becomes the first British athlete to run a mile indoors under 4 minutes when he clocks 3:59.5secs in San Diego.
- 1972 Lynn Davies retires after winning five gold medals at major international athletics championships.
- 1972 Malcolm Thomas wins the (English) National Cross Country title in a blizzard in Sutton Coldfield.
- 1972 Wales compete in the first Schools' Cross Country International in Scotland. This race is the forerunner of the SIAB Cross Country International.
- 1973 Wales celebrate their first overseas senior track and field international with a win against Portugal in Lisbon.
- 1974 Welsh men's and women's cross country associations merge to become the first of the home countries to have a joint men's and women's governing body.

1974 John Davies and Berwyn Price take silver medals in the Auckland Commonwealth Games. Davies breaks the UK record in the 3,000m steeplechase to win his medal, whilst Price's comes in the 110m hurdles. Ruth Martin-Jones becomes the first Welsh woman to win a medal at a major Games by taking the long jump bronze.

1974 Malcolm Arnold appointed Welsh National Coach.

1974 Cardiff AAC win their third successive British Athletics League title, also winning the inaugural League Cup competition.

1974 Cardiff AAC take the AAA marathon team title, ahead of the Japanese national team.

1974 New all-weather surface at Cwmbran in use as Wales take on Canada.

1974 Deeside Amateur Athletic Club formed.

1975 Maesteg-born Tony Simmons wins the (English) National Cross Country title.

1975 Cardiff AAC become the first British club to compete in the European Clubs Track & Field Championships, finishing fifth in Liege, Belgium.

1976 Chepstow Racecourse hosts the International (now World) Cross Country Championships - the last time the event is held in Wales. Welshman Tony Simmons finishes second for England.

1976 Abergele Harriers formed.

1976 Colwyn Bay AC formed, although there may have been an earlier club of that name.

1977 Cwmbran Stadium cements its status as one of Britain's top venues by hosting the first ever UK Championships. Unlike the AAA Championships, the UK Championships were for UK qualified athletes only. Berwyn Price was the only Welsh winner in a meeting which yielded a host of Welsh all-comers records, including future Olympic 800m champion Steve Ovett in the 1500 with 3:37.5 secs.

1978 Berwyn Price wins Commonwealth Games 110m hurdles gold medal in Edmonton, Canada.

1978 Tony Simmons sets a new world record for the half-marathon with 62 mins 47 secs.

1979 Cwmbran stages the women's European Cup semi-final.

1979 Barry Harriers become Barry & Vale Harriers.

1980 Morfa Stadium initially known as City of Swansea Athletics Stadium opens.

1980 Athletics history is made at Cwmbran Stadium during the Wales v England v Hungary and Netherlands match as javelin world record holder Ferenc Paragi of Hungary sets a new UK all-comers record of 96.20m – the second furthest ever thrown - to prompt the IAAF to introduce a new javelin specification to reduce distances for safety reasons. Geoff Capes also sets a new Commonwealth and UK record of 21.68m – a record which lasted for almost a quarter of a century until beaten by Carl Myerscough in 2003.

- 1980 Michelle Probert becomes the first Welsh woman to win an Olympic medal – a 4 x 400m bronze in Moscow.
- 1980 Amman Valley Harriers formed.
- 1981 Les Croupiers Running Club formed.
- 1982 Kirsty McDermott (later Wade) wins her first Commonwealth title at 800m in Brisbane – the first Welshwoman to win a Commonwealth gold medal.
- 1982 Steve Barry wins the Commonwealth Games 30k walk in Brisbane and is crowned BBC Wales Sports Personality of the Year. Michelle Scutt takes silver in the 400m in Brisbane.
- 1982 Snowdonia marathon held for the first time
- 1982 Cwmbran stages the UK Championships again after an absence of five years.
- 1982 Cardiff's Pegasus Running Club formed
- 1983 Bridgend AC formed out of members of Bridgend YMCA AC.
- 1983 The Welsh Castles Relay - from Caernarfon to Cardiff - organised by Les Croupiers Running Club is held for the first time after a pilot race in 1982. The race covers 20 stages and 210 miles over 2 days. The event is largest of its kind in the world.
- 1983 The Cardiff AAC team of Sue and Angela Tooby and Kim Lock win the (English) women's road relay title.
- 1983 Steve Jones finishes third in the European Clubs' Cross Country Championships in Lyon behind future world record holders Fernando Mamede (10,000m) and Carlos Lopes (marathon) and leads Newport Harriers to fourth place in the team championship
- 1984 Cwmbran stages the UK Championships and Olympic Trials for 10,000m, decathlon & heptathlon.
- 1984 Gareth Brown becomes the first Welshman to run a sub 4 minute mile on Welsh soil at the Welsh Games at The Morfa Stadium Swansea.
- 1984 Angela Tooby wins the race and leads Cardiff AAC to victory in the European Clubs' Cross Country Championships in Italy.
- 1984 Steve Jones finishes third in the World Cross Country Championships in New York.
- 1984 Steve Jones sets a new world record for the marathon in Chicago with 2:08.05.
- 1984 Shaun Pickering sets a new Welsh hammer record of 68.64m which still stands.
- 1984 Venissa Head sets a new UK indoor record for the shot with 19.06m at St. Athan which is superior to Meg Ritchie's outdoor best of 18.99m.
- 1985 Angela Tooby wins the (English) National women's cross country title.

1985 Steve Jones wins in Chicago again with a new UK record of 2:07.13 – just one second outside the world record set earlier in the year by Carlos Lopes. Jones' time still stands as the UK record in 2015.

1985 Steve Jones confirms his status as one of the world's leading distance runner by setting a new world record for the half-marathon with 61 mins 14 secs in Birmingham.

1985 Angela Tooby retains her title in the European Clubs' Cross Country Championships in Madrid leading Cardiff AAC to the bronze medals.

1986 Angela Tooby wins the European Clubs cross country title for the third successive year with twin sister Sue third to help Cardiff AAC to fourth place in the team championship.

1986 Kirsty Wade wins the televised IAC cross country race in the grounds of Cardiff Castle and leads Wales to a team win in the home countries international.

1986 Cwmbran stages the UK Championships for the fourth and final time, with 19 year-old Colin Jackson taking his first UK title in a championships best of 13.73 secs.

1986 Colin Jackson gives clear indication of his potential by winning the 110m hurdles at the inaugural World Junior Championships in Greece.

1986 Wales has its most successful Commonwealth Games taking a total of eight medals in Edinburgh. Kirsty Wade takes both the 800 and 1,500m titles to become the first athlete to win the double in the same games and the first Welsh athlete to take two titles at a single major Games. Silver medals come from Colin Jackson (110m hurdles), Roger Hackney (3,000m steeplechase) and Venissa Head (discus). Bronze medals come from Steve Jones (10,000m), Angela Tooby (10,000m) and the women's sprint relay team of Helen Miles, Sian Morris, Sallyanne Short and Carmen Smart.

1986 Steve Jones wins a record 9th Welsh senior cross country title – a record which still stands in 2015.

1986 New synthetic track at Queensway International Stadium, Wrexham (the first in North Wales) opens.

1986 Barry 40 mile track race first held (the longest running ultra-race in the UK).

1986 Cardiff's San Domenico Running Club formed

1987 Angela Tooby wins the home countries cross country title, again held in the grounds of Cardiff Castle, with sister Sue third. The Welsh women's team retain the team title. There was a treat for Welsh fans as multi-world cross country champion and future Olympic 5,000m champion John Ngugi finishes fourth behind team-mate and world 10,000m champion Paul Kipkoech.

1987 Wales' last appearance as a separate team in the World Cross Country Championships in Warsaw. Subsequently the home nations compete as a single British team.

1987 Full time office established by Welsh AAA at Morfa Stadium, Swansea.

1988 Brenda Currie becomes Wales' first professional athletics administrator based at Morfa Stadium.

1988 Penarth & Dinas runners formed.

1988 Swansea Harriers become the first Welsh club to win the AAA 6 stage road relay.

1988 Angela Tooby wins the first ever trial to select the British team for the world championships – effectively the British cross country championships with sister Sue third 21 sec ahead of 4th placed Zola Budd

1988 Angela Tooby finishes second to Norway's Ingrid Kristiansen in the World Cross Country Championships in New Zealand – the highest position ever achieved by a Welsh athlete in these championships. This is the first time that a single British team has taken part in the event. Previously all four home countries took part as separate teams.

1988 Angela Tooby wins a remarkable fifth successive European Clubs cross country title in Cardiff's Castle grounds with twin sister Sue second. Kim Lock finished 11th to help Cardiff to second in the team race, but lost the team crown to holders Portugal's Sporting Club de Braga by virtue of the position of the third scorer.

1988 Venissa Head wins her 25th Welsh title by taking the shot and discus double for the 10th successive year. This achievement still stands at the end of the 2013 track season as the record number of Welsh senior title wins.

1989 Cardiff's new athletics stadium at Leckwith opens.

1989 Eirias Park, Colwyn Bay track upgraded to an 8 lane all weather synthetic surface.

1989 Swansea Harriers are back in the British Athletics League after dropping out in 1980.

1989: Trevor Hawes wins the inaugural UK 100km championship in Nottingham.

1990 Athletics Association of Wales (AAW) formed covering all athletics associations in Wales – the first of the home nations to have a single body covering all athletics disciplines.

1990 Wales take two golds at the Auckland Commonwealth Games with Colin Jackson and Kay Morley taking the men's and women's sprint hurdles titles. Ian Hamer (5,000m) and Paul Edwards (Shot) take bronze. 1990

1990 Colin Jackson wins the European 110m hurdles title.

1990 Leckwith Stadium hosts the UK Championships, with five Welsh winners: Neil Horsfield (1500m); Kay Morley (100m hurdles); Sally-Anne Short (100m); Paul Edwards (shot) and Colin Jackson with a new UK all-comers record of 13.10 secs. Cardiff club mate Nigel Walker was third.

1991 Swansea Harriers win the AAA 6 stage road relay for the second time.

1991 The UK Championships return to Leckwith, with Auckland Commonwealth Games bronze medallist Ian Hamer (Swansea Harriers) taking the 5,000m. Paul Edwards retains his shot title.

1993 Colin Jackson sets a new world record of 12.91 for the 110m hurdles and becomes world champion in Stuttgart. He retained sole ownership of the record until Xiang Liu of China equalled it in 2004.

1994 Colin Jackson sets a new world record of 7.30 secs for the indoor 60m hurdles in Sindelfingen, Germany.

1994 Swansea Harriers win the AAA 12 stage road relay, the first Welsh club to achieve this feat.

1994 At the Commonwealth Games in Victoria, Canada, Neil Winter takes the pole vault and Colin Jackson retains his 110m hurdles title. Paul Gray takes third behind Jackson to give Wales two athletics medals in the same event for the first time.

1994 Colin Jackson completes a unique double in taking both the 60m flat and 60m hurdles at the European indoor championships in Paris.

1994 Colin Jackson takes his second European 110m hurdles title in Helsinki.

1994 Malcolm Arnold is appointed UK Director of Coaching after 20 years as Welsh National Coach and is replaced by Phil Banning.

1995 Fell and Mountain Running in Wales become part of AAW.

1997 Newport Harriers stage the women's European Clubs Cross Country Championships in Tredgar Park, with 21 nations competing.

1998 Christian Malcolm wins world junior 100 and 200m titles in Annecy, France.

1998 Iwan Thomas wins both European and Commonwealth 400m titles; and Thomas and Jamie Baulch take gold medals as part of Britain's 4 x 400m team European title winning team.

1998 Christian Malcolm wins silver in the 200m at the Kuala Lumpur Commonwealth Games, whilst bronze medals are won by Shaun Pickering (shot) and the men's 4 x 400m team of Paul Grey, Jamie Baulch, Doug Turner and Iwan Thomas.

1998 Deeside College Stadium Connah's Quay all - weather track opens.

1998 Colin Jackson takes his third successive European 110m hurdles title in Budapest.

1998 Shaun Pickering wins the Welsh shot title to record his 19th Welsh title win in the three "heavy" events – a record which still stands at the end of the 2015 track season.

1999 Colin Jackson wins his second World 110m hurdles title in Seville and also takes the world indoor 60m hurdles crown in Japan.

1999 Jamie Baulch wins world indoor 400m title in Japan.

1999 Cardiff AAC win the ERRA (formerly AAA) 6 stage road relay title, emulating Swansea Harriers who won in 1988 and 1991

2000 Bridgend-born Jon Brown misses the Olympic marathon bronze medal in Sydney by just seven seconds. After winning the Welsh boys cross country title in 1986 he didn't appear in another Welsh championship preferring to take-up his English residential qualification.

2000 AAW moves offices to Celtic Manor Resort, Newport.

2000 National Indoor Athletics Centre (NIAC) at University Wales Institute Cardiff (UWIC) established.

2002 Colin Jackson competes in his fourth Olympic Games in Sydney – a record for a Welsh athlete.

2002 Colin Jackson retires after dominating world sprint hurdling for 10 years winning a phenomenal 12 senior gold medals at major international athletics championships. He retires still holding the world records for 110m hurdles (12.91) and 60m hurdles indoors (7.30). The latter still standing at the end of 2015.

2002 Wales take four silver medals to the Manchester Commonwealth Games – Colin Jackson (110m hurdles), Matt Elias (400m hurdles), Hayley Tullett (1,500m) and the men's 4 x 400m team of Tim Benjamin, Iwan Thomas, Jamie Baulch, and Matt Elias.

2003 Cardiff half marathon held for the first time.

2004 The Swansea indoor athletics facility opens.

2004 Jon Brown again finishes fourth in the Olympic marathon in Athens.

2005 North Wales Indoor Athletic Centre at Deeside College opened.

2006 Julie Crane takes the high jump silver medal at the Melbourne Commonwealth Games with Hayley Tullett taking 1500 bronze.

2006 Swansea's new outdoor track & field facility opens at Sketty Lane.

2006 Cardiff's Rhys Williams tops the British 400m hurdles rankings and takes a 4 x 400m relay silver medal in the Gothenburg European Championships as part of the UK team.

2007 Swansea's Dai Greene emulates his Welsh colleague Rhys Williams by topping the British 400m hurdles rankings.

2007 Cath Dugdale wins a record 8th consecutive Welsh cross country title.

2007 Welsh Athletics Ltd becomes the governing body of the sport of athletics in Wales and takes offices in Leckwith Stadium. Matt Newman is appointed its first full time Chief Executive Officer.

2007 Dame Tanni Grey-Thompson, Britain's most successful Paralympian, retires after winning 16 medals as a wheelchair racer from five Paralympics, including 11 golds, as well as winning six London Marathons.

2007 Welsh Athletics Hall of Fame inaugurated with Lynn Davies, Colin Jackson, Steve Jones, John Disley and Tanni Grey-Thompson the first inductees.

2008 The new Cardiff International Sports Stadium opens across the road from the old stadium in Leckwith and becomes the new headquarters of Welsh Athletics Ltd.

2008 Kirsty Wade, Iwan Thomas and Berwyn Price are the second wave of inductees into the Hall of Fame.

2009 Jamie Baulch and Iwan Thomas retrospectively awarded the gold medals as part of Britain's 4 x 400m team after a member of the winning USA team in the 1997 Athens world championships is disqualified for a drug offence.

- 2009 Ron Jones, Shaun Pickering, Jamie Baulch and Hayley Tullett are inducted into the Hall of Fame.
- 2009 John Dagata is appointed as Head of Coaching.
- 2009 Dai Greene and Rhys Williams head the British rankings for 400m hurdles.
- 2009: Simon Lawson takes the 10,000m silver medal in the European Junior championships in Serbia, with Dewi Griffiths just out of the medals in 4th. Simon also took the 5000m in the under 20 category at the England age group championships and set a new Welsh junior record for 10,000m of 30:03.9 in Neath.
- 2010 Swansea Harrier Dai Greene clinches the 400m hurdles gold in the Barcelona European Championships, while Cardiff's Rhys Williams completes a historical 1-2 for Wales.
- 2010 Dai Greene takes the Commonwealth Games 400m hurdles gold medal for Wales in Delhi, with Rhys Williams third. Silver medals come from Carys Parry (hammer) and Jenny McLaughlin (100m T37), whilst Christian Malcolm takes bronze in the 200m.
- 2010 Dai Greene and Rhys Williams again head the British rankings for 400m hurdles.
- 2010 Steve Barry, Venissa Head and Kay Morley are inducted into the Hall of Fame.
- 2011 Dai Greene is crowned world 400m hurdles champion with a brilliant run in Daegu to become only the second Welsh athlete to take a world title in the standard track and field events.
- 2011 The second Commonwealth Mountain and Ultradistance Championships are held in North Wales with a number of outstanding performances coming from Welsh athletes. Wales dominated the Trail race held on Anglesey with Richie Gardener leading an historic 1-2-3 for Wales. Andrew Davies took silver with Nat Lane third and Wales taking the team race. Wales' other winner was John Pares who took gold in the men's 24 hour race in Llandudno.
- 2012 Rhys Williams wins the European 400m hurdles title in Helsinki to complete a full set of medals having won bronze in Gothenburg in 2006 and silver in Barcelona in 2010.
- 2012 Tim Benjamin, Roger Hackney, Michelle Scutt and Cecil Griffiths are inducted into the Hall of Fame. Griffiths, the 1920 Olympic gold medallist in the 4 x 400m becomes the first to be inducted on a posthumous basis.
- 2012 Scott Simpson is appointed National Performance Coach replacing John Dagata.
- 2012 Lynette Harries stands down as Chair of the board of Welsh Athletics after holding similar positions with the previous governing bodies going back over 30 years. She is replaced by Carol Anthony.
- 2013 Dai Greene and Rhys Williams again head the British rankings for 400m hurdles.
- 2013 Cardiff's Lloyds Bank half marathon underlines its position as one of the leading events in Great Britain by incorporating the UK Championships.
- 2013 Llanrwst hosts the 2013 IAU World Trail Running Championships.

2013 North Wales' Charlie Hulson takes a bronze medal as part of Britain's senior men's team in the European cross country championships in Belgrade.

2014 Sally Peake is the only Welsh medallist at the Glasgow Commonwealth Games as she takes silver in the pole vault.

2014 Christian Malcolm retires after a glittering career in which he competed in four Olympic Games to equal the record for a Welsh athlete held by Colin Jackson. He took seven individual medals at major athletics championships including winning both the 100 and 200 metres at the world junior championships in 1998.

2014 Steeplechase John Davies, Bob Shaw, Angela Tooby-Smith, Neil Winter and Ken Jones (posthumously) are inducted into the Hall of Fame.

2014 Neath's Martin Rees running for Cardiff's Les Croupiers, takes another masters world record for the half-marathon clocking 74mins 15 secs for a 61 year old. He now holds 42 records for ages between 45 and 61 from 5k to half-marathon.

2015 Bettws-y-Coed hosts both the World Masters Mountain Running Championships and World Mountain Running Championships

2015 Swansea Harriers became the first non-English club to win the ERRA women's 4 stage relay title, with Elinor Kirk, Kate Roberts, Caryl Jones and the remarkable 44 year old Andrea Whitcombe.

2015 The Lloyds Bank Cardiff Half Marathon adds to its status in UK distance running circles by again hosting the UK Championships and the British team trial for the 2016 IAAF/Cardiff University sponsored World Half Marathon Championship.

2015 Charlie Hulson wins the (English) National cross country title to become the fifth Welshman to win this prestigious race.

2015 Swansea's Dewi Griffiths is third Briton home in the European cross country championships in Hyeres to take a bronze medal as part of Britain's senior men's team.

2016 Wales' top middle-distance runner Dewi Griffiths wins the Welsh cross country title for the fifth successive time to equal the record of consecutive wins set by Steve Jones. He now needs to win another five titles to exceed the record number of nine wins set by the former world marathon record holder between 1977 and 1986. Carmarthen-born Swansea Harrier Griffiths confirmed again that he is one of Britain's best cross country runners. Apart from his Welsh title success there were wins in the UK inter-counties championship and membership of Britain's winning team at the European cross country championships in Sardinia, although he was outside the scoring four in 18th place. Georgina Outten, was also a member of Britain's winning under 23 team in Sardinia but finished outside the scoring four in 42nd.

2016 Menai's Cari Hughes had a fine run to win the women's under 17 race at the UK inter-counties championship.

2016 The IAAF/Cardiff University World Half Marathon Championships - the most important athletics event to come to Wales since the 1958 Empire Games took place in Cardiff in March. Despite falling at the start, Kenya's Geoffrey Kamworor retained the title he won when the event was last held in 2014 in Copenhagen. Britain's double Olympic champion at 5,000m and 10,000m Mo Farah was third. Another Kenyan, Peres Jechirchir led a

Kenyan 1-2-3 in the women's event. Altogether 16,000 athletes took part in the event which included an open race. The last time an IAAF organised event was held in Wales was the IAAF world cross country championships in Chepstow in 1976. All-in-all an extremely well organised event which did much for the prestige of organisers, Run 4 Wales.

2016 2014 Commonwealth Games pole vault silver medallist Sally Peake equals her outdoor Welsh record of 4m 40 in the USA, and wins her third UK outdoor title.

2016 Seren Bundy-Davies is Wales' only representative at the Rio de Janeiro Olympic Games going out in the heats of the 400. It's the first time since 1936 that Wales is not represented in the men's events, although Rhys Williams and David Omoregie were extremely unlucky not to be selected. Earlier in the year Seren anchored the GB women's 4x400m relay team to the European title in Amsterdam.

2016 In the Rio Paralympics, Aled Davies took gold in the F42 shot with a world record 15.97m to add to the gold medal he won in the discus in the London Games in 2012. Aled had an impressive year where he took gold medals in the F42 shot and discus in the IPC European championships – the latter in a new world record of 54.14m. Also in Rio, Hollie Arnold (F46 javelin) threw a world record 43.01m to claim the gold medal, and Sabrina Fortune (F20 shot put) set an F20 shot put personal best of 12.94m to secure bronze.

2016 Cardiff AAC, the 1999 winners, take the ERRA (formerly AAA) 6 stage road relay title with Swansea Harriers, winners in 1988 and 1991 third. Cardiff's women were also in the medals taking bronze.

2016 Christian Malcolm, the 1998 world junior 100 and 200m champion, Ruth Swinhoe, who as Ruth Martin-Jones became the first Welsh female athlete to win a medal at a major Games (long jump Christchurch 1974) and 1948 Olympic marathon silver medallist Tom Richards (posthumously) are added to the Welsh Athletics Hall of Fame.

2016 Wales' oldest surviving Olympic medallist, John Disley CBE, the 1952 Olympic 3,000m steeplechase bronze medallist dies at the age of 87. His sphere of influence in athletics generally, orienteering and mountain climbing was immense. Amongst his many achievements was co-founding the London marathon with Chris Brasher.

2016 Bethan Davies underlined her standing as Britain's outstanding race walker when recording the second fastest time ever by a British athlete over 20k in Leeds with 93 mins 48 secs. She also won both the British indoor and outdoor titles at 3kw and 5kw respectively. It was a Welsh 1-2 at the top of the British 20k rankings as Heather Lewis of Pembrokeshire Harriers took second spot with 98 mins 22 secs.

2016 17 year old Llanishen High School pupil Jake Heyward wins the European Youth 1500 title in Tbilisi, Georgia. He also retained his Welsh senior 800m title. Last year as a 16 year old he became the youngest men's Welsh senior champion. He was also named the Carwyn James Young Sportsman of the Year.

2016 Swansea's 18 year old Hannah Brier equals the Welsh 100m record of 11.39 secs held by Sallyanne Short (1992) and Elaine O'Neill (2010). Hannah also retained her Welsh senior 100 title and should get close in the years ahead to the record number of wins in this event (7) by Liz Parsons (Johns) who won her first title as a 15 year old in 1960.

2016 Andrew Davies and Mike Kallenberg finish 5th and 6th in the IAU 50k World Championships in Doha to help Britain to the silver medals in the team race.

2016 At the British and Irish Masters International Cross Country competition in Glasgow Swansea's Don Naylor took the M45 age category race.

2016 Eryri's Bronwen Jenkinson wins the bronze medal at the World Mountain Championships (uphill) in Bulgaria.

2016 Dan Weston of Wrexham becomes Wales' first ever male silver medallist in the annual 100 km Anglo Celtic Plate in Perth beating his Welsh record time for the event with 7hrs 11mins 47secs.

2017 Bernard Baldwin, one of the great innovators in British athletics dies at the age of 91. He founded the world famous Nos Galan road races in Mountain Ash in 1958 and organised numerous road running and multi-track events. He was the first person to bring international athletics to the roads of Britain. Amongst his many official roles was secretary of the Welsh AAA and Road Runners Club (Wales).

2017 Dewi Griffiths wins his 6th consecutive Welsh cross country title to better the record he shared with Steve Jones.

2017 Former Welsh mile record holder with 4:04.4 Tony Pumfrey dies aged 85.

2017 Swansea Harriers take the prestigious ERRA national 12 stage road relay title for the second time with their women's team finishing second.

2017 Josh Griffiths takes the British marathon title with 2:14.49 at the London marathon in his debut at the event.

2017 Double Olympian Philippa Roles dies at the early age of 39.

2017 Welsh Athletics life member John Collins, an icon of the sport in Wales dies aged 79. Amongst his numerous contributions to the sport was as one of the founders of the Gwent cross country league - Britain's largest cross-country league. He was also instrumental in the formation of the Welsh athletics league and one of the authors of The History of Welsh Athletics. An outstanding athlete in his own right he was competing in veteran's events well into his 70's. He was the Welsh 6 miles cross country champion in 1963 finishing third in the following 2 years.

2017 The 100th Welsh senior track and field championships are held in Cardiff with over 100 former champions taking part in a parade along the home straight. The parade included Wales' only individual Olympic champion Lynn Davies, former marathon world record holder Steve Jones and Venissa Head winner of a record 25 titles.

2017 Bethan Davies breaks her own 20k walk Welsh record with 1:33.04 in the British walks trials in Leeds.

2017 The 2012 European 400m hurdles champion Rhys Williams announces his retirement. Uniquely he won European titles at four age groups including his 2012 win in Helsinki. Another exceptional achievement is that he won a full set of European senior medals, winning the silver in Barcelona in 2010 and the bronze in Gothenburg in 2006 where he also won silver as part of Britain's 4 x 400m relay team. He also took the Commonwealth bronze in Delhi in 2010. His best time of 48.84 secs was set in 2013 and is second on the Welsh all-time list behind the 2011 world champion Dai Greene

2017 Bethan Davies breaks the UK record and takes the gold medal in the 5k walk in 21:21.52 at the British championships in Birmingham. Rebecca Chapman betters one of the longest-standing Welsh records when she long jumps 6.54m to beat Gill Regan's 35 year-old record by just 2cms to take the silver medal.

2017 Osian Jones betters Shaun Pickering's 33 year-old Welsh hammer record throwing 69.20m in Belfast before increasing the record to 70.00m in Portugal.

2017 Sarah Omoregie threw 16.74m to set a new UK under 18 shot record, and James Tomlinson threw 60.11m in the discus to gain silver medals in the Commonwealth Youth Games in the Bahamas.

2017 Swansea Harriers and Cardiff AAC confirmed their status as two of the top track and field clubs in Britain by gaining promotion to the 8 team British Athletics League Premiership. The 1972, 1973 and 1974 league champions Cardiff took the division one title to return to the Premiership, whilst Swansea finished as runners-up to seal their promotion to the top tier of British club athletics for the first time. By entering the top flight of men's club track and field in the UK, Swansea can arguably claim to be the top club in Britain as their women's track and field team are already in the top flight. In fact, they are one of only three club teams in Britain to have both men's and women's teams in the top divisions of the UK leagues. Additionally, their men's and women's road relay teams are the holders of the prestigious ERRA (effectively UK) men's 6 and 12 stage road relay titles.

2017 There were medals galore for Welsh athletes at the World Para Championships at the Olympic Stadium in London. Hollie Arnold broke her championships best twice before breaking her own world record with 43.02m to take the gold and retain her title in the F46 javelin event. Double world record holder Aled Davies broke his own world record to take the F42 shot event with 17.52m and he also took the F42 discus title for the third time with 51.54m setting a championships best. Olivia Breen long jumped 4.81 to take the T38 title; Kyron Duke put in a fine performance of 12.28m to take the silver medal in the F41 shot event and Jordan Howe excelled to take the T35 100m silver with 12.52 secs.

2017 Five Welsh athletes represented Great Britain at the World Athletics Championships. Bethan Davies (20km Race Walk) Ieuan Thomas (steeplechase), David Omoregie (110m Hurdles), Josh Griffiths (Marathon) and Andrew Davies (Marathon) all chosen to represent Great Britain at a Home World Championships.

2017 Eleven Welsh officials were selected for the World Championships and World Para Championships. Amongst them, Dave Jessett acted as Competition Director for the World Championships, the highest officials' role possible within the Sport in the UK.

2017 Jake Heyward wins the European Junior 1,500m title in Italy to add to the Youth title he won last year whilst Hannah Brier wins a bronze medal as part of Britain's women's 4 x 100m team.

2017 Bronwen Jenkinson becomes the youngest British Fell Racing champion and also retains her under 23 title.

2017 Edith Chelimo of Kenya sets a new UK all-comers record in winning the Cardiff University/Cardiff half marathon. She clocked 65:52 to better fellow Kenyan Mary Keitany's record. Dewi Griffiths is the first UK athlete to finish with 61:33 in fourth place. Almost 20,000 runners took part to make the event one of the largest fields ever assembled for a half marathon in the UK.

2017 Swansea Harriers add to their reputation as Britain's finest middle distance team when taking the ERRA National 6 stage road relay for the 3rd time with their team of Jonathan Tobin, Marc Hobbs, Jon Hopkins, Jack

Gooch, Josh Griffiths and Dewi Griffiths. Swansea's women's squad of Cari Hughes, Sian Edwards, evergreen Andrea Whitcombe and Verity Ockenden followed up their win of last year with the bronze medals.

2017 Dewi Griffiths clocks 2:09.49 to become the second fastest Welshman behind former world record holder Steve Jones over the marathon distance in Frankfurt.

2017 Tom Marshall and Melissa Courtney win gold medals as part of Britain's winning team in the inaugural mixed relay event at the European Cross Country Championships in Samorin, whilst Cari Hughes wins a team gold medal in the women's under 20 event. Despite leading in the early stages and dropping out with a hamstring injury, Dewi Griffiths collected a bronze medal as part of the British team.

2017 In the 50th successive UK merit rankings produced by the much respected statistician and broadcaster Peter Matthews for the British Athletics Annual for 2017, ten Welsh athletes feature in the top three for the year: Bethan Davies is the only Welsh athlete to be ranked number one (walks) with fellow walker Heather Lewis third. Others ranked are Dewi Griffiths (3rd in 10,000m, half marathon, and marathon); Ieuan Thomas (3rd 3,000m steeplechase); David Omoregie (2nd 110m hurdles); Gareth Winter (3rd shot); Brett Morse (3rd discus); Ben Gregory (2nd decathlon); Sally Peake (3rd pole vault); and Carys Parry (3rd Hammer).

2018 Wales collect two bronze medals in the traditional track and field events at the Gold Coast Commonwealth Games as Bethan Davies finishes third in the 20k walk and Melissa Courtney wins the 1500 bronze. It's the first Welsh walk medal since Steve Barry won the 30k walk gold in the 1982 Brisbane Games. Melissa becomes the third Welsh female to win a 1500 medal after Kirsty Wade (gold in 1986) and Hayley Tullett (2002 and 2006 – silver and bronze respectively). In the para events, Olivia Breen had a particularly successful games taking the gold in the T38 long jump and bronze in the T38 100m whilst Hollie Arnold also took gold in the F46 javelin.

2018 Welsh para athletes collect 12 medals as part of Britain's team at the WPA European Championships in Berlin, including six golds. Aled Davies leads the way as he makes history to secure the 'triple double' taking the F63 shot and discus for the third successive time. His shot gold came with a championships best performance of 15.49m. Other gold medals came from Hollie Arnold who took the F46 javelin and Harri Jenkins in the T33 100m. The final individual gold came from Sabrina Fortune in the F20 shot in a new championships best of 13.30m. Laura Sugar also secured gold in the universal 4 x 100m relay, adding gold to her T44 100 and 200m bronze medals. Jordan Howe secured silver medals in the T35 100 and 200m, whilst Rhys Jones also took silver in the T37 100m and Gold Coast double medallist Olivia Breen took the bronze in the T38 100m.

2018 Osian Jones beats his own Welsh hammer record with 71.62m in Australia.

2018 Bethan Davies sets a new UK indoor record of 21 mins 25.37 secs to take the inaugural UK indoor 5000m walk title. A week later she sets a new Welsh record for the 20k walk with 91 mins 53 secs whilst finishing 3rd for GB in the Lugano Cup – the world's top team walking competition.

2018 1964 Olympic Champion Lynn Davies, still Wales' only individual Olympic gold medallist in the traditional track and field events, celebrates the 50th anniversary of his setting of the British long jump record of 8.23m in Berne in 1968. The record stood for a remarkable 33 years.

2018 Former European 400m hurdles champion Rhys Williams; European and Commonwealth 400m hurdles and 4 x 400 medallist Matt Elias and Commonwealth high jump silver medallist Julie Crane were inducted into the Welsh Athletics Hall of Fame. The 1960 Olympic sprint relay bronze medallist Nick Whitehead and Berwyn Jones, a member of Britain's world record equalling sprint relay team in 1963, were inducted on a posthumous basis.

2018 Ten Welsh athletes take gold at the England age group championships, competing against the UK's top stars of the future. In the under 20 category, Jake Heyward (1500m), James Tomlinson (discus) and Lauren Williams (400m Hurdles in a new lifetime best of 59.21 secs) all collected gold. Bethan Rees took victory in the

javelin, Sarah Omoregie struck gold in the shot and James Vincent produced a stunning 56-second last lap to earn victory in the 3,000m. Jac Palmer retained his title to win the under 23 hammer. In the under 18 Championship Bethany Moule took the javelin, whilst Jay Morse, coached by his brother Brett the UK senior champion, triumphed in the discus and Ben Thomas took gold in the 2000m steeplechase.

2018 Charlotte Arter wins the UK 10,000m title in the second fastest time by a Welsh athlete (32 mins 15.71 secs) almost 21 secs behind Angela Tooby's 1987 record.

2018 Jake Hayward narrowly misses out on bronze in the world junior championships by finishing fourth in the 1,500m. Just 10 days later he shatters the Welsh junior record with 3 mins 36.90 secs to become the second fastest Welshman of all-time behind Neil Horsfield's 1990 record of 3 mins 35.08 secs.

2018 Former world champion Dai Greene wins in the UK 400m hurdles title - his first National title in 5 years. There were also UK titles for Brett Morse who regained his discus title and Bethan Davies in the 5km walk.

2018 The 1998 world junior 100 and 200m champion and twice Olympic 200m finalist Christian Malcolm moves to Australia as head of performance and coaching at Australian Athletics.

2018 Flintshire runner John Pares wins the men's Commonwealth Ultra Marathon 24-hour road race in Llandudno.

2018 After six years as Head of Coaching and Performance at Welsh Athletics, Scott Simpson moves to a new role as National Performance Institute Senior Coach (Pole Vault) with British Athletics. He is replaced by Chris Jones as National Coach.

2018 Reigning champions Swansea Harriers failed to retain their title at the blue riband of club road relay racing in the UK but still managed an outstanding third place at the 12 stage road relay championships in Sutton Park. 62 teams finished the event.

2018 Britain's 1968 Olympic captain, Ron Jones, one of the all-time greats of Welsh athletics, returned to his home town of Aberdare to officially open a new £3m athletics facility in his name.

2018 Carol Anthony ends her 6 year term as Chair of Welsh Athletics. She has been a board member since the establishment of Welsh Athletics as the governing body of the sport in Wales in 2007.

2018 Gold Coast Commonwealth Games 1,500m bronze medallist Melissa Courtney breaks Hayley Tullett's Welsh 3,000m record, with 8 mins 39.20 secs in Birmingham 6 days after erasing Angela Tooby's 31 year 5,000m record from the books with 15 mins 04.75 secs to finish 5th in the Berlin European Championships.

2018 Cardiff stages the inaugural Commonwealth half marathon championship, with Australia's Jack Rayner taking the men's title and Uganda's Juliet Chekwel the women's.

2018 Roy Jones of Brecon AC, the first coach of triple Commonwealth Games gold medallist Kirsty Wade dies.

2018 Cardiff AAC, the British League Champions for three years between 1972 and 1974, retain their premiership status for another year but newly promoted Swansea drop to the first division for 2019. However, Swansea's women retain their premiership status in the UK women's league and are joined by Cardiff AAC in the top flight for 2019 after winning the division one title.

2018 Eight Welsh Athletes represent Britain at the European Cross-Country Championships in The Netherlands and all returned home with team medals. The only gold came from Cari Hughes as a member of the winning women's under 20 team finishing 13th in the race. All other Welsh athletes took team silver medals. Jake Hayward was the highest placed Welsh athlete with 4th place in the men's under 20 race. But there was some consolation for him being out of the individual medals as along with Matt Willis he was a member of Britain's silver medal winning team. Charlotte Arter and Melissa Courtney had outstanding runs finishing 7th

and 8th respectively in the senior women's race to help the British team to silver medals. In the senior men's race Swansea duo Kris Jones finished 12th and Dewi Griffiths 13th to be part of the three man scoring team securing the team silver, with Charlie Hulson just behind in 17th.

2018 Nine Welsh athletes feature in the top three in the 51st UK merit rankings for 2018 compiled by the leading track and field statistician Peter Matthews. Discus star Brett Morse and Commonwealth Games 20k walk bronze medallist Bethan Davies head their events as Britain's best with Davies repeating her success of 2017. Remarkably, Morse tops the list for the seventh time. Heather Lewis, another walks star completes a Welsh double by being ranked second behind Davies in the 10 and 20k walk category. The last time that two Welsh athletes topped the rankings was in 2009 and 2011 when 400m hurdlers Dai Greene and Rhys Williams were Britain's best. Others ranked in the top three in 2018 are: Ieuan Thomas (2nd 3,000m steeplechase); 2011 world champion Dai Greene (2nd 400m hurdles); Ben Gregory (2nd decathlon); Commonwealth Games 1,500m bronze medallist Melissa Courtney (2nd 5,000m); Charlotte Arter (2nd 10,000m and 3rd 10 mile/half marathon) and Bethan Rees (3rd javelin).

2019 Cardiff's National Indoor Athletics Centre (NIAC) at Cardiff Metropolitan University's Cyncoed Campus, hosts Britain's combined events international competition against France, Czechoslovakia, Spain and Poland, with Wales' Ben Gregory finishing 5th in the men's heptathlon.

2019 Sian Swanson takes her 20th Welsh title across all events and age groups to win the Welsh indoor triple jump title at NIAC.

2019 Heather Lewis is the only Welsh athlete to strike gold at the British indoor championships when she takes the 5,000m walk to keep the title in Welsh hands following Bethan Davies' win last year. Later in the year Heather takes the British 20k walk title from holder Bethan to cement her position as Britain's leading female race walker.

2019 Four Welsh athletes win titles at the England Athletics indoor championships. In the under 20s Jeremiah Azu took both the 60 and 200m titles in 6.73 and 21.25; Ben Reynolds won the 800 gold with 1:56.69 in the under 17 and Emmanuella Kone (7.67) was victorious in the under 17 60m.

2019 Dewi Griffiths is the third UK finisher in the London marathon with 2:11.46.

2019 Jenny Nesbitt and Matt Willis are part of the British team at the World cross country championships in Denmark. Nesbitt was the third Briton to finish in the six-strong British senior team whilst Willis was the first Briton home in 25th place in the junior men's race.

2019 James Thie wins the M40 1,500m at the World Indoor Masters Athletics Championships in Poland with 4:07.33. His best time of 3:37.06 set in 2004 is still the third fastest of all time by a Welshman.

2019 Charlotte Arter and Matt Willis were Britain's number one cross country runners in the 2018/19 season according to Athletics Weekly. The bible of the sport in the UK said that Arter was an easy choice for the top women's spot, whilst Willis was the UK's top under 20 performer. And there was a Welsh one-two in the latter group as Jake Heyward took second spot in the rankings.

2019 Andy Davies is part of Britain's silver medal winning team at the world trail championships in Portugal.

2019 Melissa Courtney takes the 3,000m bronze medal at the European Indoor Championships in Glasgow in a new Welsh record - indoors and out - of 8:38.22. 400m runners Owen Smith and Joe Brier were also part of the British team with Smith going out in the semi-finals in the individual event and Brier taking 5th spot in the 4 x 400m.

2019 Harrison Walsh sets a new F44 world record for the shot with 15.73m at the para athletics grand prix in Italy.

2019 Kirsty Taylor and Kyron Duke set new para world records in Germany. Taylor set her new world mark in the T44 long jump with 4.52m and Duke set his F41 shot record with 14.19m.

2019 Joe Brier wins a team silver medal in the 4 x 400m at the under 23 European championships in Sweden. Melissa Roberts, Shannon Malone and Hannah Brier all ran in the women's 4x100m but were outside the medals.

2019 Four Welsh athletes take medals at the British championships, with Bethan Davies the only winner taking her fourth consecutive 5,000m walk title. Other medallists were Dai Greene (silver 400m hurdles) with bronze medals coming from Ieuan Thomas (3,000m steeplechase); Osian Jones (hammer) and Bethan Rees (javelin). Jones has had an outstanding 2019 bettering his own Welsh hammer record on five occasions taking it from 71.62m to 73.89m which he recorded taking the bronze medal.

2019 The Welsh team of Michael Spill and Joseph Reardon take the silver medals in the under 18 Mountain Running World Cup in Italy.

2019 Melissa Courtney takes almost 20 secs off Angela Tooby's (now Smith) 1987 Welsh 5,000m record in Sweden with 14:53.82.

2019 Dan Nash breaks the 50km British record at the World Championships in Romania with 2:29.01 to take the bronze medal.

2019 The Cardiff Athletics team of Jenny Nesbitt, Charlotte Arter, Lucy Marland and Clara Evans outclass the field to finish first in the England RRA Road Relay championships in Birmingham. However, they are denied the gold medals as awards are only made to English teams. This has not been the situation in the past as Swansea's took the title in 2015.

2019 Natasha Cockram erases Sue Tooby's Welsh marathon record set at the Seoul Olympics in 1988 with 2:30.49 in Dublin and Charlotte Arter beats Sue's 30 year-old half marathon Welsh record with 69:40 in Spain. 2019 Andy Davies runs 2:14.36 in Valencia for a new V40 British marathon best.

2019 Sam Gordon clocks the fastest time ever recorded by a Welshman - a wind aided 10.08 - to win his 3rd Welsh 100m title. Other highlights included Brett Morse taking a record 11th discus title and Adele Nichol winning her 7th consecutive shot title and third successive shot and discus double.

2019 Six of the seven Welsh athletes competing for Britain at the World Para Championships came home from Dubai with medals with three - Sabina Fortune, Aled Davies and Hollie Arnold returning as world champions. Sabina took gold in the F20 shot with a championship record of 13.91m; world record holder Hollie won her fourth consecutive world para title taking the F46 javelin with a European and championships record of 44.73m and Aled took his fourth world para shot title in a row with 15.32m. Harri Jenkins took bronze in the T33 100m with 18.89 secs; world record holder Kyron Duke won bronze in the F41 shot with 13.82m and defending champion Olivia Breen produced a leap of 4.93m in the T38 long jump to finish third. Jordan Howe was the only Welsh athlete not to win a medal as he finished 5th in a very competitive T35 100m.

2019 There were several Welsh winners at the England age group championships with Ciaran Lewis taking the 3,000m steeplechase gold with 9:11.45 in the under 23 category. In the under 20 championships Jeremiah Azu added to his indoor titles and clocked 10.75 to take the 100 whilst James Tomlinson retained his discus title with 56.93m. Also in the under 20s there were wins for Sarah Omoregie in the shot with 15.4m and Bethany Moule in the Javelin with 45.72m. Ben Reynolds and Osian Perrin were victorious in the under 17 1500 (3:56.37) and 3000 (8:34.57) respectively.

2019 Jake Heyward runs 3:54.78 in the prestigious Emsley Carr Mile to record the fastest mile by a Welshman since Neil Horsfield's Welsh record set in Cork 33 years ago. Heyward's time was just 0.39secs off the record.

2019 Osian Perrin erases Colin Clarkson's 42 year old 3,000m Welsh under 17 record from the books in clocking 8:23.64 at the British Schools international meeting in Swansea.

2019 Cardiff and Swansea men's and women's teams had mixed fortunes in their respective British athletics league competitions with Cardiff's men - the men's league title holders for three successive years almost 50 years ago - relegated from the top division. But due to a new format to be introduced in 2020 both men's and women's teams from Cardiff and Swansea will compete in a 16 team premiership due to the amalgamation of the men's and women's leagues.

2019 Ben Reynolds knocks 3.19 secs off Kyran Roberts' 2012 Welsh under 17 1500 record with 3:50.19.

2019 Leonard Langat of Kenya sets a Welsh all-comers and course record with one of the fastest times ever recorded of 59:30 to win the Cardiff University half marathon. Kenyans were also to the fore in the women's race as Lucy Cheruiyot just held off Ethiopia's Azmera Abreha in the same time of 68:20.

2019 Six Welsh athletes represent Britain in the European cross-country championships in Portugal with three returning with gold medals as part of Britain's winning teams. Kristian Jones took gold in the men's event as third British scorer in 22nd place whilst Charlotte Arter led the British women's team home in seventh to secure her gold with Jenny Nesbitt in 29th spot also securing gold. Matt Willis' gold came in the men's under 20 event where he finished 9th as Britain's second scorer. Bronwen Owen led the British team home in seventh in the women's under 23 race to secure the bronze medal with Cari Hughes also winning bronze in the same event despite not finishing the race due to injury.

2019 Baroness Tanni Grey-Thompson, Wales' undisputed top para star of all-time, added to her huge array of awards in collecting a lifetime achievement award at the BBC Sports Personality of the Year ceremony.

2019 Matt Newman steps down as CEO of Welsh Athletics after 12 years at the helm to focus his attention on Run 4 Wales, the not-for-profit events company, which he has also led since 2012. Head of Operations, James Williams, is appointed as interim Chief Executive from 1st January 2020.

2019 The Welsh athletics community is sad to record the deaths of the following:

Jock Anderson: Jock was one of Britain's leading coaches and coached numerous British international athletes including Christian Malcolm, Tim Benjamin, Doug Turner and Jamie Baulch.

Jackie Daly (nee Barnett): Jackie was one of the trail blazers of Welsh women's middle distance running taking the Welsh record for 880 yards down from 2:34 to 2:12.1 (c2:11.4 800m) in 1962. She won nine Welsh titles ranging from 220 yards through to 880 yards.

Tony Clemo: Although closely associated with Welsh football as Chairman of Cardiff City, first and foremost he was an athletics man. He was coach to the Welsh team at the 1974 Commonwealth Games, an accomplished 800m runner and meeting organiser and stadium announcer.

Averil Williams: After taking the javelin bronze medal for England in the 1958 Cardiff Empire and Commonwealth Games she changed her allegiance to Wales and finished 5th in the 1970 Edinburgh Games, also competing in the 1958 European Championships and 1960 Rome Olympics. She was an outstanding administrator and made a significant contribution to the organisation and management of athletics in Wales also as a team manager and coach. She set three British javelin records taking the record from 46.10m to 48.20m and ended her career with a personal best of 49.50m, a performance that would have placed her amongst Wales' best 60 years later. She won 27 British international vests, two Women's AAA (effectively UK) titles and 4 Welsh titles - 3 at Javelin (1961, 1970 and 1971) and discus in 1962.

2019 Only five Welsh athletes can claim to be amongst the top three in Britain in their respective events. That's according to the 52nd annual UK merit rankings for 2019 compiled by the UK's leading track and field statistician Peter Matthews. Just one athlete - walker Heather Lewis - can claim to be Britain's number one, taking over the mantle held by fellow walker Bethan Davies who topped the lists both in 2017 and 2018. Bethan had to settle for second this time. Also in the runners-up spot is the remarkable former world champion Dai Greene in the 400m hurdles whilst Dewi Griffiths is ranked 3rd in the marathon. The men's marathon is the strongest Welsh event in 2019, with no fewer than five athletes (Dewi Griffiths, Josh Griffiths, Matt Clowes, Charlie Hulson and Andy Davies) featuring in the top 10. Also third best in his event is hammer thrower Osian Jones. After topping the discus rankings on seven previous occasions, Brett Morse has to settle for seventh this time.

Clive Williams, March 2020