

### WHAT'S TO COME IN DECEMBER & END OF THE YEAR?

**Sunday / Dydd Sul 02.12.18:** John H Collins Gwent Cross Country League 3 @ Parc Bryn Bach, Tredegar [LINK](#)

**Sunday / Dydd Sul 02.12.18:** Welsh Athletics U13, U15 & U17 Indoor Athletics Open & Regional Championships @ National Indoor Athletics Centre, Cardiff [LINK](#)

**Sunday / Dydd Sul 02.12.18:** Cambrian News Charity 10K [LINK](#)

**Saturday / Dydd Sadwrn 08.12.18:** Welsh Athletics Inter-Regional Cross Country Championships @ Trefonnen School, Llandrindod Wells [LINK](#)

**Sunday / Dydd Sul 09.12.18:** Spar European Cross Country Championships @ Tilburg [LINK](#)

**Sunday / Dydd Sul 09.12.18:** Aberystwyth 10K & Junior 1 Mile @ Aberystwyth [LINK](#)

**Sunday / Dydd Sul 09.12.18:** Broad Haven 10K Pudding Race @ Broad Haven [LINK](#)

## Christmas / New Year December Events 2018

Written by Nathan Jones

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**Sunday / Dydd Sul 09.12.18:** Merthyr Mawr Christmas Pudding 10K Multi Terrain @ Merthyr Mawr, Bridgend [LINK](#)

**Saturday / Dydd Sadwrn 15.12.18:** Run 4 All Neath Santa 5K and 1K children races @ Aberavon Seafront [LINK](#)

**Sunday / Dydd Sul 16.12.18:** Cardiff Met Christmas Classic Grand Prix @ National Indoor Athletics Centre, Cardiff [LINK](#)

**Sunday / Dydd Sul 16.12.18:** Falcondale 5K Santa Run @ Lampeter Leisure Centre [LINK](#)

**Sunday / Dydd Sul 16.12.18:** Christmas 5K Fun Run @ Pontardawe [LINK](#)

**Wednesday / Dydd Mercher 19.12.18:** Afan Nedd Tawe Secondary Schools Indoor Sportshall Triall @ Swansea University Indoor Track [LINK](#)

**OVER THE CHRISTMAS PERIOD / DROS ADEG Y NADOLIG**

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**Wednesday / Dydd Mercher 26.12.18:** Glynneath 5 Mile Road Race @ Glynneath [LINK](#)

**Wednesday / Dydd Mercher 26.12.18:** Boxing Day 6 Mile @ Crymymch Rugby Club [LINK](#)

### OVER THE NEW YEAR PERIOD / DROS ADEG Y FLWYDDYN NEWYDD

**Sunday / Dydd Sul 30.12.18:** Old Father Time 5 Mile @ Cardiff [LINK](#)

**Monday / Dydd Llun 31.12.18:** 3 Parks Challenge New Years Eve 10 Mile @ Llandeilo [LINK](#)

**Monday / Dydd Llun 31.12.18:** Llandysul New Years Eve 5 Mile & 10 Mile @ Llandysul [LINK](#)

**Monday / Dydd Llun 31.12.18:** Nos Galan 5Km & Junior Road Races @ Mountain Ash [LINK](#)