

It was a busy Sunday for sprinters, throwers, jumpers and distance runners last weekend - Sunday 2nd December - as the Welsh Athletics Indoor Season got well underway in the Capital, plus it was round three at the John Collins Gwent League in Tredegar.

WELSH ATHLETICS JUNIOR INDOOR OPEN MEETING & REGIONAL CHAMPIONSHIPS DAY 1 - 02.12.18

Eighteen Dyfed club athletes from Pembrokeshire Harriers, Carmarthen Harriers and Llanelli AC went to the **National Indoor Athletics Centre in Cardiff** to compete at the opening day of the **Welsh Athletics Junior Indoor Open Meeting**. It

incorporated the

West Wales Indoor Championships

in the 200m, 300m and 400m ahead of the championships in January at Swansea. Hundreds of throwers, jumpers and sprinters from all corners descended on the Welsh Capital as it also featured the South & East Wales & South West England Championships, where medals were up for grabs for all of their events.

Carmarthen athletes, twelve in total, brought home a tally of six medals on the track after some great early season performances with some making their debut, either in the indoors or in a new age group.

The first went to under 13 Casi Gregson on her first race in this distance. Her time of 29.51 was enough to become West Wales champion at the first attempt. We wish her a speedy recovery following a fall as she finished.

Ellie Loweth and Dion James won silver medals thanks to second-fastest finishes, with Loweth

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Written by Nathan Jones

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clocking 27.79 and James 29.33 respectively. There were also two bronze medals from the Carmarthen duo of Matthew Vaughan Williams, 27.26 in the under 15 boys followed shortly by Sophia Reid-Thomas taking third in 28.03. Also taking part here in the 200m heats across the three age groups were the following: Jessica Lee (28.10), Thaia Davies (28.92), Llew Vardill (29.26), Tom Williams (30.44) and James Sloyan (32.16)

It was a familiar position for Loweth towards the end of the competition, winning another silver medal this time in the 300m (44.94).

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**JOHN H COLLINS GWENT CROSS COUNTRY LEAGUE
ROUND THREE - 02.12.18**

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What a great picture above of the tents by the lake! Whilst the indoor athletes were keeping warm over in Cardiff, the cross country runners were battling against very testing conditions at round 3 of the **John H Collins Gwent Cross Country League** in the 2018-19 season. Following visits to Cardiff and Pembrey in October and November, the latest destination was a new one at **Parc Bryn Bach** over in Tredegar .

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It was a mud-free and dry course in Pembrey, however this one was to be different! Heavy rain in the days leading up to last Sunday did not help the matter, but competitors had to contend with some real cross country elements on the day. Rain, Wind, Mud, it had it all!

Just under 1,300 competitors from all corners of South Wales and the South West of England made their way to the park in Tredegar as the league approached the half way mark.

The Novice Girls and Boys got the action underway shortly before lunchtime and was followed by the other eight races in the under 13, under 15, under 17/20 and of course, the popular Senior races which this time round saw 300 women finish with another bumper turnout for the men of over 400. By half way, the ground began to break up in many parts with pools of water and mud on the course.

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Carmarthen Harriers Athletes & Results as follows...

Under 11 Boys / Bechgyn O Dan 11:

2 Macsen Toogood (5:23), 3 Alex Coles (5:28), 11 Daniel Warrender (5:43), 14 William Coles (5:46), 19 Liam Upton-Boorman (5:51), 20 Jac Jones (5:54), 37 Tristan Warrender (6:14), 44 Harri James (6:25), 50 William Davies (6:34), 54 Jimmy Davies (6:36)

Under 11 Girls / Merched O Dan 11:

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10 Martha Morgan (6:07), 12 Ellie-May John (6:08), 17 Jessica Norman (6:11), 38 Esme Lynock (6:34), 43 Ellie-Marie Jones (6:43), 64 Lybbi Greatrick (7:17), 83 Jemima Taylor (7:45)

Under 13 Boys / Bechgyn O Dan 13:

4 Jack Thomas (11:46), 7 Ifan Bowen (11:57), 11 Steffan Davies (12:08), 14 Iwan Thomas (12:19), 17 Rogan Cox (12:27), 18 Jake Lynock (12:31), 27 Ellis Caddick (13:13)

Under 13 Girls / Merched O Dan 13:

3 Frances Mackie (12:33), 14 Chloe Hale (13:13), 16 Erin Morgan (13:15), 19 Amy Greatrick (13:27), 29 Carys Wood (13:43), 37 Faye Jones (14:14)

Under 15 Boys / Bechgyn O Dan 15:

3 Frank Morgan (15:14), 29 Scott Price (17:34)

Under 15 Girls / Merched O Dan 15:

31 Tanwen Moon (20:53)

Under 17 Men / □ Bechgyn O Dan 17:

22 Archi Morgan (25:19)

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Senior Men / Menywod:

Wendy Price (33:14), Gordon Orme (37:17), Kate Parker (38:20), Lisa Forrest (42:54)

Senior Women / Dynion:

Jamie Best (51:39), Matthew Page (52:18), Huw Davies (56:37), Paul Lynock (57:47)

For the John Collins Gwent Cross Country League Third Match Provisional Results in full, go to [CLICK HERE](#)

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