

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 @ Crymych 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](#)