

## West Wales athletics team and the Welsh inter regional athletics championship

I became chairman of Dyfed AAA in 1981 and in 1998 was appointed chairman of West Wales Regional Athletic Council. Still in post at the present time

In 1990 took over also the position of team coordinator, selector and team manager of the Welsh inter county and inter regional cross country and athletics teams

### Team results from 1990 to 2020

#### 1990-1998

Dyfed won the Welsh overall inter county team cup every year except in 1996 at Swansea when South Glamorgan won by 10 points

#### 1998-2020

West Wales won the Welsh inter region overall team trophy every year (19 times) except on two occasions (2011 and 2015)

In 1997,1998,2002,2003 and 2004 when I was President of the Athletics Association of Wales, I had the pleasure of presenting the magnificent Alderman Huw T Edwards trophy to the winning Dyfed/ West Wales senior team captains

The success of Dyfed and West Wales teams over the years in the Welsh inter county/Welsh inter regional athletics championship is a result of a lot of hard work put in by a few volunteers in the Region

Sincere thanks to all the team managers, selectors, club coaches, parents and officials and athletes

My greatest pleasure was seeing Dyfed and West Wales athletes win individual medals on the day. For many of the West Wales athletes it would be their only representative vest

Hedydd Davies  
6 August 2020

Year and venue	Overall and individual team results
1990-1997	Dyfed win the overall inter county team trophy every year except in 1996 when at the old Swansea track South Glamorgan beat Dyfed by 10 points
2004	West Wales won overall inter region team trophy by 159.5 points 1 West Wales 1040.5; 2 S Wales 881; 3 N Wales 778; E Wales 777.5 West Wales also won the overall male and female team trophies

<p><b>At Brecon on Monday 30 August 2004</b></p>	<p>Competition was for U15B, U15G U17M, U17W; U20M, SM and SW</p> <p>Gwilym Evans AAW President presented the overall team trophies to the West Wales team captains Anna Leyshon and Paul Clarke</p>
<p><b>2005</b></p> <p><b>At Carmarthen on Saturday 27 August 2005</b></p>	<p>West Wales won overall inter region team trophy by 49 points. The eighth year in succession</p> <p>1 West Wales 838; 2 S Wales 789; 3 N Wales 499; 4 E Wales 459 West Wales also won the overall male and female team trophies</p> <p>Hedydd Davies chairman of West Wales RAC presented the overall trophies to Heather Jones and Bruce Tasker the West Wales captains</p>
<p><b>2006</b></p> <p><b>At Leckwith Stadium Cardiff on Sunday 27 August 2006</b></p>	<p>West Wales won the overall inter region team trophy by 82.5 points</p> <p>1 West Wales 1098; 2 S Wales 1015.5; 3 E Wales 711; 4 N Wales 435.5</p> <p>Competition age groups – U15G; U15B; U17W; U17M; U20M U20 W; SM and SW- eight age groups</p>
<p><b>2007</b></p> <p><b>At Deeside College Connahs Quay on Sunday 26 August 2007</b></p>	<p>West Wales won the overall inter region team trophy for the ninth year in succession. West Wales won by 79 points</p> <p>1 West Wales 782; 2 N Wales 703; 3 S Wales 680; 4 E Wales 669</p> <p>West Wales also won the male and female overall team trophies</p> <p>Competition for eight age groups U15, U17, U20 and seniors (both male and female)</p>
<p><b>2008</b></p> <p><b>At Brecon on Sunday 31 August 2008</b></p>	<p>West Wales won the overall inter region team trophy for the tenth year in succession. West Wales won by 223 points</p> <p>1 West Wales 1077.5; 2 S Wales 854; 3 E Wales 704; 4 N Wales 476</p> <p>West Wales also won the overall male and female trophies</p> <p>Competition for eight age groups U15, U17, U20 and senior age groups – both male and female</p>
<p><b>2009</b></p>	<p>West Wales failed to win the overall inter region team trophy for the eleventh year in succession in very wet conditions at Swansea. South Wales won by 37 points</p>

<p><b>At Swansea on 30 August 2009</b></p>	<p><b>1 South Wales 1053, 2 West Wales 1016; 3 E Wales 619; 4 N Wales 599</b></p> <p><b>West Wales won the female overall team trophy</b></p> <p><b>AGAIN, THE COMPETITION WAS FOR EIGHT AGE GROUPS – U15, U17, U20 and seniors – both male and Female</b></p>
<p><b>2010</b></p> <p><b>At Cardiff on Sunday 29 August 2010</b></p>	<p><b>West Wales won the overall the inter region team trophy by 272.5 points. 11<sup>th</sup> win in 12 years</b></p> <p><b>1 West Wales 1168; 2 S Wales 895.5; 3 N Wales 645; 4 E Wales 580.5</b></p> <p><b>West Wales also won the overall male and female team trophies</b></p> <p><b>Now 7 age groups</b></p> <p><b>U15B; U17M; U20M, SM, U15G; U17W and Over 17 Women</b></p> <p><b>127 athletes competed for West Wales</b></p>
<p><b>2011</b></p> <p><b>At Deeside College Connahs Quay on Sunday 28 August 2011</b></p>	<p><b>West Wales travelled north to Connahs Quay and finished second 29 points behind North Wales in the overall inter region team championship</b></p> <p><b>1 North Wales 913; 2 W Wales 884; 3 S Wales 728; 4 East Wales 514</b></p> <p><b>West Wales won the overall female trophy</b></p> <p><b>Competition had been reduced to six age groups</b></p> <p><b>U15, U17 and over 17 (both male and female)</b></p>
<p><b>2012</b></p> <p><b>At Cardiff on Saturday 14 July 2012</b></p>	<p><b>West Wales regained the overall inter region team championship winning by 110.5 points</b></p> <p><b>1 West Wales 1020; 2 S Wales 909.5; 3 E Wales 600.5; 4 N Wales 600</b></p> <p><b>West Wales also won the Women’s overall team trophy</b></p> <p><b>West Wales won four of the six age group team trophies</b></p>
<p><b>2013</b></p> <p><b>At Newport on Sunday 1 September 2013</b></p>	<p><b>West Wales at Newport won the overall inter region team championship by 138 points. 13<sup>th</sup> win in 15 years</b></p> <p><b>1 West Wales 961; 2 S Wales 823; 3 E Wales 700; 4 N Wales 506</b></p> <p><b>Won the overall male and female trophies</b></p>

	<p>Also won all six age group trophies (U15G, U15B, U17W, U17M, over 17 women and over 17 men)</p>
<p><b>2014</b></p> <p>At Swansea on Sunday 31 August 2014</p>	<p>West Wales won the overall inter region team championship for the 14<sup>th</sup> time in 16 years. West Wales won by 224 points</p> <p>1 West Wales 1086; 2 S Wales 864; 3 E Wales 720; 4 N Wales 700</p> <p>West Wales won all the team trophies Overall male, overall female, U15B, U15G, U17M, U17W, over 17 female, over 17 male</p>
<p><b>2015</b></p> <p>At Eirias Park Colwyn Bay on Saturday 29 August 2015</p>	<p>West Wales travelled north to Colwyn Bay and West Wales won for the 15<sup>th</sup> time in 17 years the overall inter region team championship by 145 points</p> <p>1 West Wales 943; 2 N Wales 798; 3 S Wales 736.5; 4 E Wales 564.5</p> <p>West Wales also won the overall male and female trophies as well as the under 17 women and over 17 male and female team trophies</p> <p>The overall team trophies were presented to the two West Wales captains ALED PRICE (CARMARTHEN H) AND DONNA JONES (SWANSEA H)</p>
<p><b>2016</b></p> <p>At Brecon on 27 August 2016</p>	<p>West Wales win the overall inter region team championship for the 16<sup>th</sup> time in 18 years. West Wales win by 51 points</p> <p>1 West Wales 999.5; 2 S Wales 948.5; 3 N Wales 672; 4 E Wales 585</p> <p>West Wales won 4 of the seven trophies – overall, overall male, senior male and under 15</p>
<p><b>2017</b></p> <p>At Brecon on Saturday 26 August 2017</p>	<p>West Wales win the overall inter region team championship for the 17<sup>th</sup> time in 19 years. West Wales win by 210 points</p> <p>1 West Wales 1047.5 ,2 S Wales 837.5; 3 N wales 815.5; 4 E Wales 720</p> <p>West Wales win six of the seven team trophies</p>
<p><b>2018</b></p> <p>At Brecon on Saturday 25 August 2018</p>	<p>West Wales win the overall inter region team championship for the 18<sup>th</sup> time in 20 years. West Wales win by 150 points</p> <p>1 West Wales 904; 2 N Wales 754; 3 S Wales 736; 4 E Wales 704</p>

	<p><b>West Wales win all seven trophies – Overall, Overall men, overall women, under 15, under 17 and over 17</b></p> <p><b>120 athletes in the West Wales team</b></p>
<p><b>2019</b></p> <p><b>At Aberdare on Sunday 4 August 2019</b></p>	<p><b>West Wales win the overall inter region team championship for the 19<sup>th</sup> time in 21 years. West Wales won by 271 points</b></p> <p><b>1 West Wales 977; 2 E Wales 706; 3 N Wales; 693; 4 S Wales 673</b></p> <p><b>West Wales win six of the seven team trophies. North Wales won the under 17 trophy</b></p> <p><b>New format this year – under 13, under 15 and under 17</b></p> <p><b>The over 17 had been removed and replaced by the under 13</b></p>
<p><b>2020</b></p> <p><b>At Swansea 2 August 2020</b></p>	<p><b>Championship cancelled due coronavirus</b></p>