

Carmarthen Harriers athletes competing for West Wales in the Welsh inter regional cross country championships

Not every athlete is able to compete for Welsh schools or Wales

Listed below is a list of Carmarthen Harriers athletes who have been selected and competed for West Wales in the Welsh inter regional cross country championship in the period since 1999

Carmarthen Harriers athletes have won individual Welsh inter regional championship titles on 23 occasions

Kayleigh Brown won 4 times, Angharad Davies 3 times (also 1 second and 1 third place) and Dewi Griffiths 3 times

Date	Age Group	Details
At Brecon on Sunday 12 December 1999	U13G	14 Nicola Walters (13.28); 21 Claire Gregory (13.41)
	U15G	26 Sioned Lake (19.00)
	U17W	3 Claire Evans (24.48)
	U20W	14 Anwen Owen (27.14); 16 Catrin Evans (28.36)
	U13B	7 Huw Jones (11.46); 10 Jack Davey (11.49); 32 Craig Davies (12.50); 34 Keith Davies (13.08); 37 Huw Aled Evans (13.17)
	U15B	6 Charles Harvey (16.26); 23 Owen Evans (18.03)
	U17M	3 David Jones (22.09); 25 Gwyn Bellamy (25.32)
	U20M	10 Paul Clarke (32.12)
At Singleton Park Swansea on Sunday 8 December 2002	U13G	1 Kayleigh Brown (9.36); 10 Caryl Granville (10.41) 27 Hannah Pick (11.05)
	U15G`	12 Nicola Walters (14.38); 16 Jenna Paynter (14.45) 20 Megan Thomas (15.14)
	U17W	6 Caryl Jones (15.32); 12 Charlene Beedie (16.29)
	U20W	10 Anwen Rees (25.51)
	SW	9 Sharon Griffiths (20.50); 22 Anwen Owen (26.05)
	U13B	11 Rhydian Evans (10.00); 19 Steffan Raw-Rees (10.19) 27 Tomas Northcott (10.36)
	U15B	3 Lee Ladd (13.09); 23 Jack Davey 14.57) 27 Dafydd Loughran (15.12); 30 Jonathan Dowle (15.18)
	U17M	2 Daniel Evans (17.54); 12 Rhys Beynon-Thomas (19.32)
	U20M	12 Gwyn Bellamy (29.29)
	SM	1 Andres Jones (33.21); 15 Felipe Jones (36.41)
	U13G	29 Nesta Thomas; 36 Catherine Goldsmith

At Pontcanna Fields Cardiff on Sunday 14 December 2003	U13B	5 Tomas Northcott; 6 Dewi Griffiths; 7 Geraint Mansfield; 16 Ifan Beynon-Thomas; 17 Aled Bowen; 26 Darren Brown 32 Xien Witt
	U15G	1 Kayleigh Brown; 5 Rachel Marfleet; 14 Caryl Granville 24 Alaw Beynon-Thomas
	U15B	31 Dafydd Loughran; 33 Rhydian Evans
	U17W	7 Caryl Jones; 19 Nicola Walters; 20 Mererid Jones 33 Sara Beynon-Thomas
	U17M	3 Lee Ladd; 11 Wynne Evans; 21 Jack Davey 26 Matthew Birch; 27 Joseff Morgan
	U20W	9 Charlene Beedie
	U20M	U17 Brian Black
	MM50	65 Peter Moody
At Morgan Llwyd School Wrexham on Saturday 11 December 2004	U13G	1 Angharad Davies (8.39); 2 Catrin Lewis (8.47); 3 Aneura Phillips (8.54); 17 Ffion Rees (9.39); 21 Elin Jones (9.39); 23 Nia Davies (9.42); 27 Abbi Marie- Slater (9.47)
	U15G	1 Kayleigh Brown (13.57); 5 Rachel Marfleet (14.33) 12 Alaw Beynon-Thomas (15.09); 38 Abigail Thompson (18.58)
	U17W	17 Megan Thomas (20.32)
	ML	9 Helen Mansfield (21.08)
	U13B	3 Den Mead(d) (8.19); 6 Jack Jones (8.29); 11 Xien Witt (8.36); 23 Glen Elsdon (8.50); 33 Darren Brown (9.17)
	U15B	1 Dewi Griffiths (12.19); 7 Steffan Raw-Rees 8 Oliver Upton (13.25); 11 Tomas Northcott (13.38) 13 Geraint Mansfield (13.11)
	U17M	3 Lee Ladd (19.09); 9 Nick Jones (20.11) 13 Jack Davey (20.31); 23 Dafydd Loughran (21.35)
	SM	3 Gwyn Bellamy (32.47); 20 David Jones (35.47)
	MM	58 Peter Moody (41.57)
At Brecon on 11 December 2005	U13F	10 Catrin Lewis; 17 Ffion Rees; 26 Florence Bowen Rees 31 Rhiannon Plant; 35 Nia Davies; 41 Jodie Jones
	U15F	1 Angharad Davies; 5 Aneura Phillips; 34 Sioned Howells
	U17W	1 Kayleigh Brown; 2 Katie Parkes; 6 Alaw- Beynon-Thomas
	U20W	2 Caryl Jones
	U13B	6 Andrew Drakeley; 13 Jack Lear; 17 Luke Parker 22 Glen Elsdon; 29 Joseph Fisher; 32 Davy Lewis 37 Emyr Jones; 39 Thomas Drakeley
	U15B	1 Dewi Griffiths; 7 Geraint Mansfield; 15 Tomas Northcott 31 Xien Witt; 32 Aled Bowen 39 Dean Mead (d)
	U17M	3 Nick Jones; 10 Richard Stephenson; 15 Dafydd Loughran
	U20M	3 Lee Ladd
	SM	8 Gwyn Bellamy

At Singleton Park Swansea on Sunday 10 December 2006	U13G	13 Amy Roberts (11.06); 19 Rhiannon Plant (11.29) 22 Leah Bitchell (11.42); 26 Florence Bowen Rees (12.00) 29 Alyce Phillips (12.07); 31 Jodie Jones (12.11) 33 Carys Mansfield (12.31)
	U15G	2 Angharad Davies (15.36); 8 Aneura Phillips (16.03) 18 Catrin Lewis (17.04); 19 Elin Jones (17.26) 21 Angharad Roberts (17.49); 32 Nia Davies (19.20)
	U17W	9 Alaw Beynon-Thomas (17.33)
	U20W	8 Megan Thomas (25.17)
	U13B	10 Joseph Fisher (10.10); 11 Ronan Llyr (10.11) 15 Davy Lewis (10.29); 17 Lloyd Heckler (10.38) 20 Adam Bowman (10.45); 30 Harry Lewis (11.50) 32 Thomas Drakeley (12.04)
	U15B	6 Nicky Morrell (15.16); 11 Luke Parker (15.40) 22 Andrew Drakeley (16.36); 32 Freddy Payne (17.32) 36 George Lewis (20.25)
	U17M	1 Dewi Griffiths (18.11); 2 Adam Bitchell (18.39) 7 Geraint Mansfield (18.41); 19 Steffan Raw-Rees (20.47)
	U20M	18 Jack Davey (33.55)
AT LLANDAFF FIELDS CARDIFF ON SUNDAY 9 DECEMBER 2007	U13G	7 Amy Roberts; 16 Kari O'Neill; 32 Alyce Phillips; 38 Lowri Heckler
	U15G	18 Rhiannon Plant; 25 Catrin Lewis; 29 Jodie Jones
	U17W	1 Angharad Davies; 3 Aneura Phillips
	U20W	3 Alaw Beynon-Thomas; 5 Megan Thomas
	U13B	2 Ronan Llyr; 4 Lloyd Heckler; 9 Timmy Jones 18 Kyran Roberts; 22 Christian Lovatt; 32 Josh Watson
	U15B	10 Luke Parker; 17 Jake Isles; 24 Liam Jones; 27 Davy Lewis
	U17M	1 Adam Bitchell; 6 Nicky Morrell; 12 Geraint Mansfield
At Wrexham on Saturday 13 December 2008	U13G	6 Kari O'Neill; 25 Lowri Heckler; 33 Lottie Williams
	U17W	3 Angharad Davies
	U20W	2 Alaw Beynon-Thomas
	SW	1 Caryl Jones; 5 Enfy Jones
	U13B	1 Kyran Roberts; 7 Christian Lovatt; 26 James Bryan 34 Gethin Daniel; 35 Callum Jackson; 36 Jonathan Waugh
	U15B	8 Lloyd Heckler; 22 Ronan Llyr
	U17M	5 Nicky Morrell
At Builth Wells on Sunday 13 December 2009	U13G	31 Manon Lloyd; 39 Gwenno Evans
	U15G	11 Kari O'Neill; 24 Lowri Heckler; 36 Lottie Williams
	SW	1 Caryl Jones; 5 Alaw Beynon-Thomas
	U13B	1 Christian Lovatt; 33 Ben Williams; 29 Jordan Richards

	U15B	5 Lloyd Heckler; 8 Ronan Llyr; 9 Kyran Roberts
	U20M	1 Dewi Griffiths
	SM	6 Lee Ladd
2010 championships at Builth Wells		Cancelled due to heavy snow
At Builth Wells on Saturday 10 December 2011	U13G	11 Sioned Glynn; 20 Mared Owen
	U15G	14 Shannon De Smet; 23 Amber Howell; 26 Siobhan Eleri
	U17W	6 Kari O'Neill; 21 Lowri Heckler
	SW	7 Angharad Davies
	MW35	2 Sharon Leech
	U13B	19 Aled Phillips; 26 Nathaniel Davies
	U15B	5 Christian Lovatt; 7 Nikita Neary; 30 Benjamin Williams; 34 Tom Walters; 36 Hendrik De Smet
	U17M	2 Lloyd Heckler; 8 Ronan Llyr; 22 Emlyn Lewis
	U20M	4 Josh Griffiths
	MM40	24 Jonathan Jones
	MM50	30 Mark Kallenburg; 31 Gordon Orme; 37 Roland Sherwood
At Builth Wells on Saturday 8 December 2012	U13B	6 Thomas Jones; 11 Ben Thomas; 17 Iestyn Williams; 19 Aled Davies; 22 Will Thompson
	U15B	10 Nikita Neary; 20 Aled Phillips; 31 Dwayne Griffiths
	U17M	4 Christian Lovatt; 21 Cerith Evans
	U20M	5 Lloyd Heckler
	U13G	8 Sioned Glynn; 20 Ellie Kiff
	U15G	30 Tegan Harrison
	U17W	7 Kari O'Neill
	MW35	1 Sharon Leech
At Builth Wells on Saturday 14 December 2013	U13G	17 Non Morgan; 28 Taylor McArthur; 37 Cerys Davies 47 Ellen Hawkins
	U15G	6 Mared Owen; 10 Sioned Glynn; 14 Ellie Kiff
	U17W	14 Amber Howell
	U20W	5 Kari O'Neill
	MW35	3 Sian Bradshaw
	U13B	2 Ben Thomas; 3 Iestyn Williams; 14 Will Thompson 16 Gareth Thompson; 29 Tomos Rees
	U15B	12 Thomas Jones; 28 Aled Phillips
	U17M	14 Brychan Williams; 16 Cerith Evans; 17 Ashraf Liles 19 Dwayne Griffiths; 23 Sion Lewis
	U20M	4 Christian Lovatt

	MM70	1 Gordon Orme
At Builth Wells on Saturday 13 December 2014	U13G	14 Siwan Jones-Evans (9.19); 18 Maddie Morgan (9.25) 24 Taylor McArthur (9.29); 43 Bethan McFadyen
	U15G	5 Ellie Kiff (13.42); 14 Mared Owen (14.38) 36 Non Morgan (16.32)
	U17W	11 Amber Howell (21.23)
	U13B	3 Iwan Glynn (8.08); 9 Gareth Thompson (8.22) 12 Archi Morgan (8.33); 16 Tomos Rees (8.39) 23 Bedwyr Thomas (8.51)
	U15B	8 Ben Thomas (15.26); 9 Thomas Jones (15.29) 19 Iestyn Williams (16.08); 34 Trystan Leech (17.49) 35 William Thompson (17.56)
	U17M	3 Ryan Jenkins (19.19); 4 Ashraf Liles (19.35) 20 Sion Lewis (21.04); 21 Dwayne Griffiths (21.32)
	U20M	4 Kyran Roberts (23.05)
	MM70	1 Gordon Orme (27.16); 2 Peter Moody (29.13)
At Builth Wells on Saturday 12 December 2015	U13G	4 Daisy Thompson; 5 Phoebe Davis; 14 Siwan Jones-Evans 15 Maddie Morgan
	U15G	21 Non Morgan; 36 Mali Weston; 39 Cerys Davies 40 Elen Hawkins
	U17W	10 Ellie Kiff
	U20W	6 Amber Howell
	MW45	31 Louise Jones-Evans
	U13B	3 Iwan Glynn; 13 Joseff Rhys Ellis; 15 Liam Edwards 28 Bedwyr Thomas; 38 Nicholas Evans; 41 Dafydd Jones
At Brecon on Saturday 10 December 2016	U13G	1 Daisy Thompson; 5 Phoebe Davis; 32 Clara James
	U15G	37 Eva Edwards; 39 Beca Roberts; 40 Siwan Jones-Evans 43 Maddie Morgan
	U17W	19 Ellie Kiff; 33 Cerys Davies; 34 Grace Page
	MF45	4 Louise Jones-Evans
	U13B	3 Liam Edwards; 4 Frank Morgan; 5 Dafydd Jones 27 Dafydd Thomas; 29 Morgan Batten; 34 Morgan Lloyd
	U15B	7 Tomos Rees; 23 Gareth Thompson; 26 Archi Morgan 37 Casper Farquhar
	U17M	7 Ben Thomas; 11 Morgan Llewelyn; 13 Thomas Jones 16 Rhys Davies; 37 William Thompson
	MM45	28 Huw Davies
	MM55	23 Gordon Orme
2017 Welsh Inter regional at Brecon		Cancelled due to snow

At Ysgol Trefynnon Llandrindod Wells on Saturday 8 December 2018	U13G	2 Frances Mackie; 14 Chloe Hale; 18 Erin Morgan; 26 Cerys Wood; 29 Amy Greatrick
	U15G	26 Tanwen Moon
	U17W	9 Eva Edwards
	U20W	11 Ellie Kiff
	U13B	3 Zach Elvey; 8 Jack Thomas; 15 Ifan Bowen; 16 Iwan Thomas; 21 Ellis Caddick; 23 Steffan Davies; 24 Jake Lynock; 28 Rogan Cox
	U15B	3 Dafydd Jones; 12 Ioan Cressy-Rodgers; 31 Scott Price
	U17M	39 Lewis Jones
	U20M	6 Ben Thomas; 14 Rhys Davies
	SW	Wendy Price, Kate Parker, Lisa Forrest
	SM	Paul Lynock, Dafydd Bowen; Huw Davies, Gordon Orme, Jonathan Cox
At Brecon on Saturday 16 November 2019	U13B	1 Iwan Thomas; 3 Maccsen Toogood; 7 Ifan Bowen 22 Jake Lynock; 40 Daniel Warrender; 48 James Sloyan
	U13G	6 Frances Mackie
	U15B	1 Frank Morgan; 8 Zach Elvey; 24 Scott Price; 25 Jack Thomas 43 Steffan Davies; 58 Rogan Cox
	U15G	17 Amy Greatrick
	U17M	6 Dafydd Jones; 8 Liam Edwards
	U20W	3 Eva Edwards

Hedydd Davies
20 August 2020