

Alaw Beynon-Thomas

Lead Coach Kevin Evans MBE

Personal Bests

**300 43.88 (2006); 400 61.0 (2007); 800 2.15.05 (2016); 100 2.56.03 (2011); 1500 4.30.47 (2016); 3000 9.41.45 (2016); 5000 16.39.13 (2012); 10000 35.49.1 (2017)
1500SC 5.42.2 (2007); 2000SC 7.40.80 (2007); 3000SC 11.27.8 (2014)
10K 34.57 (2019);10M 63.46 (2012); HM 76.48 (2018); Mar 2 58.06 (2019)**

Alaw Joined Carmarthen and District Harriers Athletics Club as an under 15 athlete when she was a pupil at Ysgol Y Strade Llanelli

With her coach Kevin Evans MBE, she soon developed as an endurance athlete and went on to gain many honours in her long career

She was a faithful member of Carmarthen Harriers as a junior athlete and competed regularly for Dyfed Schools and West Wales teams

Alaw has done extremely well (so far) as an endurance athlete as is shown below

- **Won 22 Welsh championships**
- **Competed for Wales or Welsh schools on 25 occasions**
- **Competed for Wales in the Commonwealth Half Marathon in Cardiff**

Brother Rhys and sister Sara competed for Welsh Schools in the SIAB Schools Cross Country International

Alaw Beynon-Thomas Career Milestones (340 Recorded Performances)

2004 Second Year Under 15 Carmarthen Harriers (11 Recorded Performances)

800	3	2.26.2	Carmarthen	Dyfed Schools Championships	13 Jun 2004
800	1	2.29.2	Brecon	Welsh Junior League Cup Final	23 Aug 2004
800	4	2.36.2	Carmarthen	West Wales v Munster Match	15 Aug 2004
1500	1	5.08.5	Newport	Welsh Junior League Match	31 Jul 2004
KZC	7		Swansea	Welsh Boys & Girls Clubs Champs	23 Nov 2003
KZC	24		Cardiff	Welsh Inter Regional Championships	14 Dec 2003
KZC	15		Swansea	Welsh Cross Country Championships	21 Feb 2004
KZC	5		Brecon	Welsh Schools Championships	13 Mar 2004
KZC	24		Ayr SCO	SIAB Cross Country Championships	12 Apr 2004
KZC	3		Bridgend	Welsh Boys & Girls Clubs Championships	28 Nov 2004
KZC	12		Wrexham	Welsh Inter Regional Championships	11 Dec 2004

2005 First Year Under 17 Carmarthen Harriers (14 Recorded Performances)

300	4	44.2	Brecon	Welsh Junior League Cup Final	21 Aug 2005
800	2	2.21.55	Carmarthen	Welsh Inter Regional Championships	27 Aug 2005
800	1	2.22.0	Brecon	NASUWT Cup Finals	13 Jul 2005
800	3	2.26.1	Carmarthen	Welsh Junior League Match	9 Jul 2005
800	3	2.26.86	Kilkenny IRE	Leinster v Munster v West Wales	13 Aug 2005
1500	3	5.16.5	Newport	Welsh Boys & Girls Clubs Champs	25 Jun 2005
KZC	32		Cardiff	Reebok Schools Cross Country	23 Jan 2005
KZC	6		Cardiff	Welsh U15 Cross Country Champs	20 Feb 2005
KZC	10		Brecon	Welsh Schools Cross Country Champs	19 Mar 2005
KZC	4		Loughborough	UK Boys & Girls Clubs Championships	27 Feb 2005
KZC	11		Brecon	Welsh Inter Schools Championships	12 Nov 2005
KZC	1		Bridgend	Welsh Boys & Girls Clubs Champs	27 Nov 2005
KZC	6		Brecon	Welsh Inter Regional Championships	11 Dec 2005
5K	1	21.47	Carmarthen	Welsh U17 5K Road Championship	28 Mar 2005

2006 Second Year Under 17 Carmarthen Harriers (15 Recorded Performances)

300	1	45.6	Brecon	Welsh Junior League Cup Final	20 Aug 2006
300	1	43.88	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
300	2	44.7	Carmarthen	Dyfed Schools Championships	10 Jun 2006
800	2	2.25.0	Carmarthen	West Wales Championships	13 May 2006
800	2	2.40.1	Brecon	Welsh Junior League Cup Final	20 Aug 2006
3000	1	11.34.69i	Cardiff	Welsh U17 Indoor championships	29 Jan 2006
3000		11.36.0	Neath	UKA YA League Match	28 Mar 2006
KZC	8	21.02	Pembrey	Welsh U17 Cross Country Championship	23 Feb 2006
KZC	8	16.26	Brecon	Welsh Schools Championships	25 Mar 2006
KZC	31		Stowe	SIAB Schools Cross Country International	8 Apr 2006
KZC	9		Swansea	Welsh Inter Regional Championship	10 Dec 2006

2007 First Year Under 20 Carmarthen Harriers (15 Recorded Performances)

400	2	61.0	Tipton	UK National Junior League Match	29 Jul 2007
800	1	2.21.5	Aberdare	Welsh Junior League Match	21 Apr 2007
1500	1	4.56.71	Aberdare	Inter Association Match	18 Jul 2007
1500	2	4.57.21	Connah's Quay	Welsh Inter Regional Championships	26 Aug 2007
1500	1	5.00.2	Carmarthen	Dyfed Schools Championships	9 Jun 2007
1500		5.00.68	Brecon	Welsh Schools Championships	7 Jul 2007
3000	1	10.59.26i	Cardiff	Welsh U20 Indoor Championships	28 Jan 2007
3000		11.04.16	Street	BMC Classic	7 May 2007
1500SC 1		5.42.2	Brecon	Welsh Senior League	11 Aug 2007
2000SC 1		7.40.60	Swansea	Welsh U20 Championships	16 Jun 2007
2000SC 4		7.56.85	Derby	U23 Inter Territorial Match	19 Aug 2007
2000SC 1		7.58.71	Cwmbran	Welsh Senior Championships	14 Jul 2007
KSC	3	21.33	Cardiff	Welsh Inter Regional Championship	9 Dec 2007

2008 Second Year Under 20 Carmarthen Harriers (25 Recorded Performances)

400		64.1	Brecon	Welsh Junior League Cup Final	24 Aug 2008
800	1	2.21.1	Aberdare	Welsh Senior League Match	8 Jun 2008
800	1	2.22.3	Carmarthen	Welsh Junior League Match	26 May 2008
800	1	2.22.8	Carmarthen	Dyfed Schools 800	22 Apr 2008
1500	8	4.40.59	Street	BMC Classic	5 May 2008
1500	1	4.53.91	Brecon	Welsh Inter Regional Championships	31 Aug 2008
1500	1	4.54.5	Brecon	Welsh Schools Championships	5 Jul 2008
1500	2	4.56.15	Connahs Quay	Welsh U20 Championships	12 Jul 2008
1500		5.01.29i	Cardiff	Welsh Indoor U20 Championships	26 Jan 2008
3000	1	10.45.90	Carmarthen	West Wales U20 Championships	11 May 2008
5K	2	19.26	Carmarthen	Welsh U20 Championships	23 Mar 2008
ZXC	10	13.47	Dublin IRE	President's Cup	19 Mar 2008
ZXC	1	19.29	Brecon	Welsh Schools Championships	8 Mar 2008
ZXC	2	19.47	Wrexham	Welsh Inter Regional Championships	13 Dec 2008
ZXC	1	21.40	Swansea	Welsh U20 Championships	24 Feb 2008
ZXC	8	23.57	Edinburgh	Home Countries International	29 Mar 2008
ZXC	14	25.45	Edinburgh	Great Edinburgh International	12 Jan 2008
ZFL	2	31.19	Carncastle SCO	P&O Knockdu Classic	26 Apr 2008

2009 Under 23 (18 Recorded Performances)

1500	13	4.50.93	Street	BMC Classic	4 May 2009
1500	5	4.58.83i	Cardiff	Welsh Indoor Senior Championships	24 Jan 2009
1500	1	5.02.87	Swansea	Welsh Inter Regional Championships	30 Aug 2009
2000SC 3		8.14.63	Cardiff	Welsh Senior Championships	13 Jun 2009
ZXC	2	19.10	Builth Wells	Welsh Senior Championships	1 Feb 2009
ZXC	6	20.30	Carmarthen	Gwent Cross Country League Match	14 Mar 2009
ZXC	29	21.38	Bangor	Home Countries International	28 Mar 2009
ZXC	5	27.18	Builth Wells	Welsh Inter Regional Championships	13 Dec 2009

2010 Under 23 (24 Recorded Performances)

800	1	2.20.0	Swansea	West Wales Championships	9 May 2010
1500	10	4.39.51	Cardiff	BMC Grand Prix	28 Aug 2010
1500	1	4.46.15	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
1500	1	4.54.2	Swansea	West Wales Championships	9 May 2010
3000	5	10.24.33	Neath	Welsh Senior Championships	11 Aug 2010
3000	6	10.34.53i	Cardiff	Welsh Senior Indoor Championships	31 Jan 2010
5000	1	18.46.10	Cardiff	Welsh Senior Championships	13 Jun 2010
5K	1	18.04	Swansea	Welsh 5K Road Championship	22 Aug 2010
5K	1	18.15	Carmarthen	Carmarthen Mayor's 5K	5 Apr 2010
ZXC	12	23.53	Mansfield	Home Countries International	27 Mar 2010

2011 Under 23 (30 Recorded Performances)

1000	3	2.56.03	Swansea	Wales v Welsh Schools v Harvard v Yale	22 Jun 2011
1500	1	4.41.10	Brecon	Welsh Senior League	22 Jun 2011
1500	5	4.48.23	Cardiff	Welsh Senior championships	18 Jun 2011
3000	1	10.01.27	Neath	Welsh Senior Championship	10 Aug 2011
5000	5	17.42.59	Bedford	BUCS Championships	2 May 2011
5000	1	17.43.24	Cardiff	Welsh Senior Championships	18 Jun 2011
KXC	23	28.37	Antrim NI	Home Countries International	28 Mar 2011
KZC	2	21.32	Dublin IRL	Celtic Nations International	6 Feb 2011
KZC	2	26.02	Northop	Welsh Senior Championships	19 Feb 2011

2012 Senior Swansea Harriers/ Cardiff University (31 Recorded Performances)

1500	1	4.37.33	Swansea	Welsh Senior League	10 Jun 2012
1500	1	4.38.14	Cardiff	Welsh Senior Championships	4 Jun 2012
3000	3	9.53.67i	Cardiff	Welsh Senior Indoor Championships	29 Jan 2012
3000	2	10.35.90	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
5000	6	16.39.13	Olympic Park	BUCS Championships	6 May 2012
ZXC	2	26.00	Builth Wells	Welsh Inter Regional Championships	8 Dec 2012
ZXC	8	31.00	St Fagans	Welsh Cross Country Championships	18 Feb 2012

2013 Senior Swansea Harriers/Cardiff University (27 Recorded Performances)

800	6	2.16.18	Sportcity	UK Women's League Match	6 Jul 2013
800	5	2.18.5	Cardiff	Welsh Senior Championships	29 Jun 2013
1500	4	4.35.05	Bromley	UK Women's League Match	3 Aug 2013
1500	1	4.39.25i	Cardiff	Welsh Senior Indoor Championships	27 Jan 2013
1500	5	4.47.1	Swansea	Welsh Senior Championships	22 Jun 2013
3000	1	9.43.34i	Sheffield	BUCS Indoor Championships	24 Feb 2013

2014 Senior Swansea/ Cardiff University (15 Recorded Performances)

800	1	2.18.8	Brecon	Welsh Senior League	20 Jul 2014
1500	3B	4.44.80	Eton	UK Women's League Match	5 Jul 2014
3000	8	10.15.96i	Sheffield	BUCS Indoor Championships	23 Feb 2014
3000SC	1	11.27.8	Yeovil	Bill Whistlecroft Memorial	21 Apr 2014
KZC	3	27.51	Llandeilo	Welsh Championships	15 Feb 2014
ZXC	4	26.21	Builth Wells	Welsh Inter Regional Championships	13 Dec 2014
ZXC	10	29.44	Wollaton Park	Home Countries International	22 Mar 2014

2015 Senior Swansea Harriers/ Cardiff University (24 Recorded Performances)

800	7	2.17.57	Birmingham	UK Women's League Match	12 Jul 2015
1500	3	4.38.32	Birmingham	UK Women's League Match	12 Jul 2015
3000	4	10.28.52	Cardiff	Welsh Athletics International	29 Jul 2015
5000	6	17.07.71	Bedford	BUCS Championships	4 May 2015
5000	1	17.43.98	Cardiff	Welsh Senior Championships	28 Jun 2015
KXC	4	23.40	Builth Wells	Welsh Inter Regional Championships	12 Dec 2015
KXC	3	27.54	Corwen	Welsh Senior Championships	21 Feb 2015
10K	1	36.42	Cardiff	St Davids Day 10K	1 Mar 2015
HM	25	82.11	Cardiff	Cardiff Half Marathon	4 Oct 2015

2016 Senior Swansea Harriers (25 Recorded Performances)

800	1	2.15.04	Swansea	UK Women's League Match	4 Jun 2016
1500	3B	4.44.41	Hendon	UK Women's League Match	6 Aug 2016
3000	11	9.51.64	Loughborough	Loughborough International	22 May 2016
3000	1	9.57.77	Cardiff	Welsh International	20 Jul 2016
5000	1	17.23.45	Cardiff	Welsh Senior Championships	11 Jun 2016
KXC	1	22.38	Builth Wells	Welsh Inter Regional Championship	10 Dec 2016
10K	7	36.04	Swansea	Swansea Bay 10K	18 Sep 2016
10K	2	36.22	Cwmavon	Richard Burton 10K	6 Nov 2016

2017 Senior Swansea Harriers (28 Recorded Performances)

1500	2	4.33.02	Newport	Welsh Athletics Endurance Open	5 Jul 2017
3000	7	10.18.01	Bromley	UK Women's League	16 Jul 2017
5000	2	17.28.02	Cardiff	Welsh Senior Championships	10 Jun 2017
10000	1	35.49.1	Cardiff	Cardiff Night of Endurance	12 Aug 2017
5K	1	16.46	Mountain Ash	Nos Galan Races	31 Dec 2017
5K	1	16.58	Cardiff	Welsh 5K Road Championships	30 Apr 2017
KXC	6	25.22	Swansea	Welsh Cross Country Championships	25 Feb 2017
10K	1	35.33	Cwmavon	Richard Burton 10K	5 Nov 2017
HM	10	81.33	Cardiff	Cardiff Half Marathon	1 Oct 2017

2018 Senior Swansea Harriers (20 Recorded Performances)

5K	4	17.19	Mountain Ash	Nos Galan Races	31 Dec 2018
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5K	7	17.53`	Cardiff	Welsh 5K Road Championships	6 May 2018
KZC	1	25.43	Llandrindod	Welsh Inter Regional Championships	8 Dec 2018
KZC	6	22.57	Swansea	Welsh Cross Country Championships	24 Feb 2018
10K	5	36.26	Cardiff	Cardiff 10K	2 Sep 2018
HM	5	77.00	Valencia ESP	International Open Race	24 Mar 2018
HM	4	78.12	Llanelli	Llanelli Half Marathon	18 Feb 2018
HM	26	79.41	Cardiff	Cardiff Half Marathon	7 Oct 2018

2019 Senior Swansea Harriers (22 Recorded Performances)

10000	25	37.11	Parliament Hill	Highgate Harriers Night of 10K	8 Jul 2019
KXC	1	22.10	Brecon	Welsh Inter Regional Championships	16 Nov 2019
KXC	6	28.15	LLANELLI	WELSH CROSS COUNTRY CHAMPIONSHIPS	23 FEB 2019
5M	2	29.52	Glynneath	Glynneath 5	26 Dec 2019
10K	5	34.59	Cardiff	Cardiff Bay 10K	31 Mar 2019
HM	17	80.12	Greenwich	Vitality Big Half Marathon	23 Jun 2019
HM	4	80.57	Swansea	Swansea Half Marathon	23 Jun 2019
HM	15	82.09	Cardiff	Cardiff Half Marathon	6 Oct 2019
Mar	2	2.58.07	Newport	Newport Half Marathon	5 May 2019

2020 Senior Swansea Harriers/ Les Croupiers (5 Recorded Performances)

5K	4	17.06	Cardiff	Cardiff Sunset Road Races	18 Sep 2020
KXC	1	22.34	Chepstow	Gwent Cross Country League	8 Feb 2020
KSC	39	32.35	Stirling SCO	British Cross Challenge	11 Jan 2020
10K	4	36.05	Beachley	Speedway 10K	19 Jan 2020