

WELSH INDOOR RECORDS & BEST PERFORMANCES

MEN

October-2017

Records

These are recognised for All Comers (AC), Welsh National (WN) and Under 20 (U20)

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Event/Category	Performance	Athlete	Country /Club	Venue	Date
<u>50 Metres</u>					
WN	5.81	Christian Malcolm	Cardiff AAC	Lievin, France	28.02.2004
<u>60 Metres</u>					
AC	6.52	Jason Gardener	England	NIAC, Cardiff	03.02.2002
WN	6.49	Colin Jackson	Cardiff AAC	Paris, France	11.03.1994
U20	6.67	Christian Malcolm	Cardiff AAC	Chemnitz, Germany	01.03.1997
U17	6.93	Tim Benjamin	Cardiff AAC	NIA, Birmingham	21.02.1998
U15	7.06	Andrew Watkins	Pontypridd AC	NIA, Birmingham	23.02.2002
U13	7.95	Sion Roberts	Wrexham AAC	Manchester	07.03.2010
<u>200 Metres</u>					
AC	20.92	Doug Turner	Wales	NIAC, Cardiff	10.02.2002
WN	20.54	Christian Malcolm	Cardiff AAC	Ghent, Belgium	26.02.2000
U20	20.78	Tim Benjamin	Cardiff AAC	NIA, Birmingham	24.02.2001
U17	21.51	Tim Benjamin	Cardiff AAC	NIA, Birmingham	22.02.1998
U15	22.57	Andrew Watkins	Pontypridd AC	NIA, Birmingham	24.02.2002
U13	25.92	Sion Roberts	Wrexham AAC	NIAC, Cardiff	30.01.2010
<u>300 Metres</u>					
AC	33.99	Sebastian Roger	England	NIAC, Cardiff	10.03.2013
WN	33.40	Matt Elias	Cardiff AAC	NIA, Birmingham	14.02.2006
U20	35.00	Haydn Wood	Cardiff AAC	Cosford	31.03.1984
U17	37.7h	Haydn Wood	Newport Harriers	St Athan	27.03.1982
U15	37.54	Ben Griffin	Brecon AC	Sheffield	28.02.2015
<u>400 Metres</u>					
AC	47.39	Matt Elias	Wales	NIAC, Cardiff	10.02.2002
WN	45.39	Jamie Baulch	Cardiff AAC	NIA, Birmingham	09.02.1997
U20	47.74	Bruce Tasker	Carmarthen Harriers	NIA, Birmingham	05.03.2006
U17	48.85	Bruce Tasker	Carmarthen Harriers	NIA, Birmingham	29.02.2004
U15	52.24	Gerwyn Morgan	Bridgend AC	NIA, Birmingham	25.02.2007
<u>600 Metres</u>					
WN	1:18.06	Joe Thomas	Cardiff AAC	NIAC, Cardiff	08.12.2012
U20	1:22.8	Bedwyr Huws	Eryri Harriers	Cosford	18.02.1989
U17	1:26.2	Shaun Whelan	Port Talbot Harriers	St Athan	24.02.1980
	1:26.20	Rhys Granville	Carmarthen Harriers	NIAC, Cardiff	11.12.2011
U15	1:30.4	Huw Davies	Newport Harriers	St Athan	12.04.1986
U13	1:44.21	Scott Edwards	Derby AC	Manchester	25.02.2007
<u>800 Metres</u>					
AC	1:47.82	Joe Thomas	Wales	NIAC, Cardiff	21.01.2012
WN	1:46.33	Joe Thomas	Cardiff AAC	Stockholm, Sweden	23.02.2012
U20	1:50.11	Elliott Slade	Cardiff AAC	Linz, Austria	31.01.2013
U17	1:55.46	Rhys Granville	Carmarthen Harriers	NIA, Birmingham	26.02.2012
U15	2:04.2	Jake Heyward	Cardiff AAC	NIAC, Cardiff	06.01.2013
U13	2:20.52	Jacob Reynolds	Cardiff AAC	NIAC, Cardiff	09.01.2016

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1000 Metres					
WN	2:22.1	Malcolm Edwards	Andover	Cosford	20.02.1987
U20	2:26.6	Neil Emberton	Wrexham AAC		1992
U17	2:40.2	Tony Dyke	Swansea Harriers	St Athan	12.03.1972
U17	2:40.2	Mike Powell	Cardiff AAC	St Athan	27.02.1983
U15	2:44.9	Peter Wyatt	Bristol & West AC	St Athan	11.04.1987
U13	3:08.5	Ian Gould	Torfaen	St Athan	28.03.1981

1500 Metres

AC	3:41.25	Stephen Davies	Wales	NIAC, Cardiff	24.01.2009
WN	3:38.69	James Thie	Cardiff AAC	NIA, Birmingham	22.02.2004
U20	3:52.0	Tony Blackwell	Wolverhampton	Cosford	19.11.1977
	3:52.00	Kyran Roberts	Carmarthen Harriers	Vienna, Austria	28.01.2014
U17	3:57.31	Jake Heyward	Cardiff AAC	NIAC, Cardiff	15.02.2015
U15	4:15.61	Elliott Hardee	Newport Harriers	NIAC, Cardiff	03.02.2008
U13	4:43.24	Benjamin Reynolds	Cardiff Archers	NIAC, Cardiff	25.01.2015

One Mile

AC	3:59.31	Ieuan Thomas	Wales	NIAC, Cardiff	05.02.2017
WN	3:57.29	Chris Gowell	Swansea Harriers	Boston, USA	08.02.2014

2000 Metres

WN	5:09.60	James Thie	Cardiff AAC	NIAC, Cardiff	14.03.2004
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3000 Metres

AC	7:53.63	Rob Whalley	England	NIAC, Cardiff	06.02.2000
WN	7:51.49	Ian Hamer	Swansea Harriers	NIA, Birmingham	14.03.1992
U20	8:13.4	Tony Blackwell	Wolverhampton	Cosford	10.12.1977
U17	8:46.33	Simon Lawson	Cardiff AAC	NIAC, Cardiff	17.12.2005
U15	9:25.19	James Jones	Deeside AAC	NIAC, Cardiff	05.03.2017

60 Metres Hurdles

AC	(106.7cm) 7.56	Andrew Pozzi	England	NIAC, Cardiff	28.01.2017
WN	(106.7cm) 7.30	Colin Jackson	Brecon AC	Sindelfingen, Germany	06.03.1994
U20	(106.7cm) 7.78	Colin Jackson	Cardiff AAC	Cosford	26.01.1985
U20	(106.7cm) 7.78	David Omoregie	Cardiff AAC	Sheffield	08.02.2014
U20	(99.0 cm) 7.50	David Omoregie	Cardiff AAC	NIAC, Cardiff	09.03.2014
U17	(91.4cm) 8.09	David Omoregie	Pembrokeshire Harriers	Glasgow	03.10.2011
U15	(84.0cm) 8.58	Harry Hillman	Cardiff AAC	Glasgow	01.12.2012
U13	(76.2cm) 9.62	Daniel Murathodzic	Cardiff Archers	NIAC, Cardiff	26.01.2014

4x200 Metres

AC	1:26.29		Wales	NIAC, Cardiff	10.02.2002
<i>(Kevin Williams, Dominic Papura, Doug Turner, Christian Malcolm)</i>					
WN	1:26.29		Wales	NIAC, Cardiff	10.02.2002
<i>(Kevin Williams, Dominic Papura, Doug Turner, Christian Malcolm)</i>					
U20	1:28.88		Wales	NIAC, Cardiff	09.03.2014
<i>(Anax da Silva, Tom Williams, Ryan James, Kristian Jones)</i>					
U17	1:34.37		Wales Schools	NIAC, Cardiff	22.02.2009
<i>(Rhys L Williams, Matthew Davies, Matthew Richards, Jamaul White)</i>					

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<u>4x400 Metres</u>					
AC	3:16.40		Scotland	NIAC, Cardiff	22.02.2009
<i>(Jamie Bowie, Donald McLeod, Graeme Oudney, Kris Robertson)</i>					
WN	3:16.71		Wales	NIAC, Cardiff	21.02.2010
<i>(Rhys Smith, Adebowale Ademuyewo, Gareth Warburton, David Guest)</i>					
<u>1600 Metres Medley</u>					
WN	03:25.41		Wales	NIA, Birmingham	15.03.1992
<u>High Jump</u>					
AC	2.27	Chris Baker	England	NIAC, Cardiff	07.02.2016
WN	2.24	Robert Mitchell	Sale Harriers	NIAC, Cardiff	24.01.2009
U20	2.15	Andrew McIver	Cardiff AAC	Cosford	26.01.1980
U20	2.15	John Hill	Solihull	Cosford	11.01.1985
U17	2.07	Chuka Enih-Snell	Swansea Harriers	NIA, Birmingham	05.02.2000
U15	1.91	Chuka Enih-Snell	Swansea Harriers	NIA, Birmingham	21.02.1998
U13	1.55	Jamie Dalton	Preseli Harriers	Swansea	26.01.1992
<u>Pole Vault</u>					
AC	5.70	Luke Cutts	England	NIAC, Cardiff	07.02.2016
WN	5.45	Paul Walker	Sale Harriers	NIAC, Cardiff	02.03.2014
U20	5.10	Neil Winter	Shaftesbury	NIA, Birmingham	08.02.1992
U17	4.85	Neil Winter	Shaftesbury	Cosford	17.02.1990
U15	3.60	Stephen Guest	Bridgend AC	NIA, Birmingham	23.02.2008
<u>Long Jump</u>					
AC	8.01	Gable Garenamotse	Botswana	NIAC, Cardiff	03.02.2002
WN	7.97	Lynn Davies	Roath H, Cardiff	Los Angeles, USA	12.02.1966
U20	7.33	David Guest	Bridgend AC	Bompas, France	06.03.2010
U17	6.90	Scott Herbert	Milton Keynes	Cosford	10.02.1990
U15	6.16	Lloyd Robbins	Deeside AAC	NIA, Birmingham	29.02.2010
U13	5.02	Daniel Murathodzic	Cardiff Archers	NIAC, Cardiff	03.11.2013
<u>Triple Jump</u>					
AC	16.05	Julian Golley	England	NIAC, Cardiff	11.02.2001
WN	16.39	Steven Shalders	Cardiff AAC	Sheffield	19.02.2006
U20	15.45	Steven Shalders	Cardiff AAC	NIA, Birmingham	20.02.1999
U17	14.42	Steven Shalders	Cardiff AAC	NIA, Birmingham	22.02.1998
<u>Shot</u>					
AC	(7.26kg) 19.00	Garrett Johnson	USA	NIAC, Cardiff	20.01.2007
WN	(7.26kg) 19.10	Shaun Pickering	Haringey AC	NIA, Birmingham	27.01.1996
U20	(7.26kg) 15.56	Brett Morse	Cardiff AAC	NIAC, Cardiff	26.01.2008
U20	(6.00kg) 17.51	Brett Morse	Cardiff AAC	NIAC, Cardiff	14.12.2008
U17	(5.00kg) 16.73	Clayton Turner	Crawley AC	Cosford	08.12.1985
U15	(4.00kg) 15.69	Mathew Evans	Carmarthen Harriers	NIAC, Cardiff	11.01.2003
U13	(3.25kg) 13.26	Mathew Evans	Carmarthen Harriers	Carmarthen	31.01.2001

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Heptathlon					
AC	5836	Laurent Hernu	France	NIAC, Cardiff	26.01.2003
WN	5834	Ben Gregory	Birchfield Harriers	Glasgow	05.03.2017
U20	5793	David Guest	Bridgend AC	Bompas, France	06.03.2010

Pentathlon (60H/HJ/LJ/SP/800)

WN	(HT)	3494	Tony Pithers	Cardiff AAC	Cosford	02.03.1985
WN	(ET)	3487	Daniel Leonard	Milton Keynes	Carshalton	08.01.2006
U20		3418	Nigel Skinner	Cardiff AAC	Vittel, France	04.02.1984
U17		3758	David Guest	Bridgend AC	Manchester	17.03.2007
U15		3087	David Guest	Bridgend AC	Sheffield	07.01.2006
U13		2197	David Guest	Bridgend AC	NIAC, Cardiff	25.09.2004

Pentathlon (60H/200/LJ/SP/800)

U17		3856	David Guest	Bridgend AC	Glasgow	08.12.2007
U15		3150	David Guest	Bridgend AC	Glasgow	10.12.2005
U13		1094	Kieron White	Swansea Harriers	NIAC, Cardiff	25.11.2006

Quadrathlon (60H/LJ/SP/800)

U13		1459	Immanuel Feyi-Waboso	Cardiff Archers	NIAC, Cardiff	02.11.2014
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