

WELSH OUTDOOR CHAMPIONSHIP BEST PERFORMANCES

WOMEN

November-2017

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Event	Category	Performance	Athlete	Club	Venue	Year
100m						
Senior	(HT)	11.3w	Michelle Probert	Sale Harriers	Cwmbran	07.06.1980
Senior	(ET)	11.36w	Sallyanne Short	Torfaen AC	Cardiff (Leckwith)	26.08.1989
U20		11.66	Helen Miles	Cardiff AAC	Swansea (Morfa)	08.06.1985
U17		11.88w	Rachel Johncock	Colwyn Bay AC	Newport	07.06.2009
U15		11.81w	Hannah Brier	Swansea Harriers	Cardiff (CISS)	02.06.2012
U13		12.71	Hannah Brier	Swansea Harriers	Cardiff (CISS)	13.06.2010
200m						
Senior	(HT)	23.3w	Sallyanne Short	Torfaen AC	Swansea (Morfa)	25.06.1988
Senior	(ET)	23.35w	Catherine Murphy	Shaftesbury	Cardiff (Leckwith)	17.06.2001
U20	(HT)	24.2	Sallyanne Short	Torfaen AC	Swansea (Morfa)	21.06.1986
U20	(ET)	24.50	Hannah Thomas	Wrexham AAC	Wrexham	11.06.2011
U17	(HT)	24.4w	Sallyanne Short	Torfaen AC	Swansea (Morfa)	15.07.1984
U17	(HT)	24.4w	Jane Bradbeer	Cardiff AAC	Swansea (Morfa)	15.07.1984
U17	(ET)	24.53	Lisa Armstrong	Torfaen AC	Cwmbran	09.07.1989
U15		24.87	Hannah Brier	Swansea Harriers	Cardiff (CISS)	03.06.2012
U13	(HT)	26.49	Chloe Griffiths	Menai T&F	Newport	14.08.2016
300m						
U17		39.45	Eve Williams	Cwmbran Harriers	Wrexham	14.06.2014
U15		40.60	Macey Morris	Newport Harriers	Wrexham	20.08.2017
400m						
Senior		53.08	Michelle Scutt	Sale Harriers	Cwmbran	02.06.1984
U20		55.80	Amanda Pritchard	Cardiff AAC	Carmarthen	30.06.1996
800m						
Senior		2:02.3	Kirsty McDermott	Bristol AC	Swansea (Morfa)	08.06.1985
U20		2:08.28	Amanda Pritchard	Cardiff AAC	Colwyn Bay	24.05.1997
U17		2:11.18	Naomi Reid	Cardiff AAC	Cardiff (CISS)	11.06.2016
U15		2:14.40	Lauren Bell	Pembrokeshire Harriers	Cardiff (CISS)	11.07.2009
U13		2:19.97	Rosa Yates	Bridgend AC	Cardiff (CISS)	13.06.2010
1500m						
Senior		4:17.61	Melissa Courtney	Shaftesbury	Cardiff (CISS)	01.06.2014
U20		4:32.04	Georgina Outten	Birchfield Harriers	Wrexham	14.06.2014
U17		4:33.21	Non Stanford	Swansea Harriers	Colwyn Bay	19.06.2004
U15		4:35.60	Non Stanford	Swansea Harriers	Cwmbran	21.06.2003
U13		4:49.93	Hywelis Thomas-Howells	Neath Harriers	Cwmbran	14.07.2007
3000m						
Senior		9:07.8	Susan Tooby	Cardiff AAC	Swansea (Morfa)	25.06.1988
U20		9:47.77	Carol Hayward	Newport Harriers	Cwmbran	09.07.1989
U17		9:56.26	Ffion Price	Brecon AC	Neath	11.08.2010
U15		10:22.93	Lara Philippart	Swansea Harriers	Neath	10.08.2011

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<u>5000m</u>						
Senior		15:44.84	Caryl Jones	Swansea Harriers	Cardiff (CISS)	02.06.2012
<u>10000m</u>						
Senior		33:41.40	Angela Tooby	Cardiff AAC	Cardiff (Leckwith)	26.08.1989
<u>Steeplechase</u>						
<u>3000m</u>						
Senior		10:39.8	Clare Martin	Newport Harriers	Cardiff (Leckwith)	29.08.2005
<u>2000m</u>						
Senior		6:57.52	Emily Brown	Cardiff AAC	Cardiff (CISS)	03.06.2012
U20		6:57.08	Rhianwedd Price	Brecon AC	Cardiff (CISS)	03.06.2012
<u>1500m</u>						
Senior		5:10.0	Sian Pritchard	Brecon AC	Colwyn Bay	19.06.2004
U20		5:24.59	Rhianwedd Price	Brecon AC	Wrexham	11.06.2011
U17		5:18.90	Lucy Davies	Pembrokeshire Harriers	Cardiff (CISS)	27.06.2015
<u>High Hurdles</u>						
Senior	100m	13.24	Kay Morley	Cardiff AAC	Cardiff (Leckwith)	26.08.1989
U20	100m	13.8w (HT)	Bethan Edwards	Cardiff AAC	Wrexham	01.08.1992
U20	100m	14.46 (ET)	Bethan Edwards	Cardiff AAC	Cardiff (Leckwith)	26.05.1990
U17	80m	11.27	Heather Jones	Carmarthen Harriers	Cwmbran	21.06.2003
U15	75m	10.86	Heather Jones	Carmarthen Harriers	Cardiff (Leckwith)	17.06.2001
U13	70m	11.43	Hannah Davies	Swansea Harriers	Cardiff (CISS)	29.06.2013
<u>300m Hurdles</u>						
U17		43.7	Caryl Granville	Carmarthen Harriers	Cardiff (Leckwith)	18.06.2005
<u>400m Hurdles</u>						
Senior		58.49	Caryl Granville	Swansea Harriers	Cardiff (CISS)	30.06.2013
U20		59.98	Faye Harding	Sale Harriers	Colwyn Bay	20.06.2004

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High Jump						
Senior		1.82	Julie Crane	Sale Harriers	Cwmbran	18.06.2000
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U20		1.77	Rebecca Jones	Wrexham AAC	Cwmbran	17.06.2000
U17		1.70	Sarah Nicholls	Bridgend AC	Cwmbran	06.06.1981
U17		1.70	Teresa Andrews	Preseli Harriers	Wrexham	01.08.1992
U15		1.75	Julia Charlton	Carmarthen Harriers	Cwmbran	07.06.1980
U13		1.52	Sarah Omoregie	Pembrokeshire Harriers	Cardiff (CISS)	02.06.2012
Pole Vault						
Senior		4.32	Sally Peake	Birchfield Harriers	Cardiff (CISS)	11.06.2016
U20		3.60	Jessica Abraham	Cardiff AAC	Deeside	12.07.2008
U17		3.50	Christina Hughes	Deeside AAC	Deeside	12.07.2008
U15		3.11	Carys Jones	Carmarthen Harriers	Cardiff (CISS)	29.06.2013
Long Jump						
Senior		6.33w	Ruth Howell	Birchfield Harriers	Cwmbran	03.06.1978
U20		6.19w	Lisa Armstrong	Torfaen AC	Wrexham	01.08.1992
U17		5.77w	Lisa Armstrong	Torfaen AC	Cardiff (Leckwith)	27.05.1990
U15		5.43	Emily Wright	Yate & District AC	Cardiff (CISS)	03.06.2012
U13		4.82	Sarah Lane	Torfaen AC	Brecon	19.06.1993
U13		4.82	Aimee Cutler	Torfaen AC	Brecon	19.06.1994
Triple Jump						
Senior		12.62w	Sara Barry	Cardiff AAC	Cardiff (CISS)	12.06.2010
U20		12.02	Sally Peake	Liverpool Harriers	Cardiff (Leckwith)	18.06.2005
U17		12.11	Jayne Ludlow	Cardiff AAC	Cardiff (Leckwith)	27.05.1995

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Shot						
Senior	4.00kg	18.03	Venissa Head	Cardiff AAC	Cwmbran	11.06.1983
U20	4.00kg	14.21	Sally Hinds	Swansea Harriers	Cardiff (Leckwith)	18.06.2005
U17	3.00kg	13.95	Sarah Omoregie	Cardiff AAC	Cardiff (CISS)	11.06.2016
U15	3.00kg	10.71	Jamie Holland	Swansea Harriers	Cardiff (CISS)	10.06.2017
U13	2.72kg	10.29	Nicola Stevenson	Bridgend AC	Cardiff (Leckwith)	17.06.2001
Discus						
Senior	1.00kg	61.41	Philippa Roles	Swansea Harriers	Swansea (Uni)	15.06.2008
U20	1.00kg	46.62	Philippa Roles	Swansea Harriers	Carmarthen	30.06.1996
U17	1.00kg	45.04	Sandra Lee	Friars Sch	Cwmbran	02.06.1979
U15	1.00kg	40.66	Philippa Roles	Swansea Harriers	Barry	26.07.1992
U13	0.75kg	28.34	Natalie Owen	Menai T&F	Newport	13.08.2016
Hammer						
Senior	4.00kg	66.30	Carys Parry	Rhondda AC	Swansea (Uni)	15.06.2008
U20	4.00kg	53.26	Amber Simpson	Deeside AAC	Wrexham	20.08.2017
U17	3.00kg	53.85	Jade Williams	Wrexham AAC	Newport	14.08.2016
U15	3.00kg	47.05	Amber Rimmington	Deeside AAC	Cardiff (CISS)	30.06.2013
U15	3.00kg	47.53	Jade Williams	Wrexham AAC	Newport	15.08.2015
Javelin						
Senior	600g	52.26	Lianne Clarke	Cardiff AAC	Cardiff (CISS)	18.06.2011
U20	600g	47.95	Lianne Clarke	Neath Harriers	Colwyn Bay	19.06.2004
U17	500g	43.58	Bethan Rees	Cannock & Stafford AC	Cardiff (CISS)	27.06.2015
U15	500g	43.12	Bethan Rees	Cannock & Stafford AC	Swansea (Uni)	03.08.2014
U13	400g	33.15	Bethany Moule	Neath Harriers	Swansea (Uni)	03.08.2014
Multi Events						
Heptathlon						
Senior		5424	Lisa Gibbs	Torfaen AC	Wrexham	01.08.1993
U20		4814	Rebecca Jones	Wrexham AAC	Aberdare	24.06.2001
U17		4657	Rebecca Jones	Wrexham AAC	Cardiff (Leckwith)	04.07.1999
Hexathlon						
U15		2981	Jamie Holland	Swansea Harriers	Manchester	13.08.2017
Pentathlon (75H/HJ/LJ/SP/800)						
U15		2706	Alaw Evans	Cardiff Archers	Swansea (Uni)	25.06.2016
Quadrathlon (70H/LJ/SP/800)						
U13		2111	Hannah Davies	Swansea Harriers	Newport	30.06.2013